



DISCOVER

Say yes to new adventures.

PEACE

If it costs you your peace it's too expensive.

MINDFUL MOTHERHOOD

LET'S BEGIN

Grab a journal, pen, & follow these steps.

STEP 1 YOUR UNIQUE MOTHERHOOD

Recognize that your motherhood may look very different than those around you, especially if you're focused on doing things like building a brand or starting a business. Describe what your ideal motherhood looks like. Read through your description and be sure that you've only described things that resonate with you, not what you think others may want or expect from you.

STEP 2 CREATE YOUR TRIBE

Reach out to those close to you and express your desire to continuing pursuing your passion for _____ and that you could use their help. Ask if they are willing to walk alongside you in this specific area of your life. Here are some possible people to incorporate into that tribe.

Partner- cares for your child as you take regular time for yourself

Doula- encourages you to be mindful of your body and implementing self-care

Breastfeeding coach- coordinates a schedule for pumping once back at work and helps you plan for trips away while maintaining breastfeeding

Business coach- plans meetings where the two of you can outline next steps within your business

Workout Bestie- meets up with you at the gym for early morning workouts

Coworker- committed to stepping in for you as you take pumping breaks and joins you for after work drinks sometimes

STEP 3 PLAN TIME AWAY

Explain to your partner the need for pre-planned time away and dedicated times to focus on things like friendships, self-care, and your passions.

Write down a few ideas for outings or adventures at these periods of time in your postpartum journey.

1 week, 1 month, 3 months, 6 months, 1 year

STEP 4 YOUR MANTRA

Create a personal mantra or find a quote that guides you back when you're feeling discouraged or unclear of why you're doing all of this. It will remind you of your mission and goal in life.

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