

SOUL WORK FOR MOMS

Soul Work Sheet

SWFM Episode #: 28

Guest: Dr. Catherine Pearlman

Soul Work Action Step:

*When you're really struggling and feeling bad about yourself, say this:
"I am not not perfect, and I don't have to act like I am. What, if anything,
can I do to make my life easier or more enjoyable without sacrificing
something that I really care about?"*

Journaling Questions:

1. Which behaviors of your children are most triggering for you? (Pick 2-3.)

2. How do you behave in those moments that could actually be reinforcing those behaviors?

3. Do you regularly reward your children for their good behavior?(Even if it's just a comment like "I really appreciate you doing that." If not, what do you think could help you shift in this area? (Catherine has a free sheet on her website with age-appropriate reward ideas!)

4. Do you feel that you need to be perfect in your parenting? Can you think of ways that actually NOT being perfect could be of service to your children?

5. What else did you take away from this episode?
