

SOUL WORK FOR MOMS

Soul Work Sheet

SWFM Episode #: 29

Guest: Katelyn Denning of Mother Nurture

Soul Work Action Step:

Curate steps that will help with the transitions in your day.

Something that allows you to release tension from your previous activity and set intention for the next. Some ideas: listening to music, a word or mantra to repeat...anything that allows you to let go of the activity you just did and focus on HOW you want the next stage of your day to play out.

Journaling Questions:

1. What have you had to let go of since becoming a mother that you've had to mourn? Have you allowed yourself to mourn that (those) loss (losses)?

2. What is most important to you right now?

3. Is there anything in your life currently that needs to be let go of to make room for the things that are most important to you in this phase of life?

4. Are there any ways, small or large, that you could ask for help/support now that you are a mother? (Coaching, looking after the children, house cleaning, etc.)

5. Katelyn talked about writing out what the "why" is behind what you do, then writing down the "why" behind the answer to the first Use the space below and the back of this sheet to write down your whys.
