

# SOUL WORK FOR MOMS

## *Soul Work Sheet*

SWFM Episode #: 30

Guest: April Combs Mann

Soul Work Action Step:

*Think of three ways that you can create & allow for more magic and innocence to weave into your mothering.*

Journaling Questions:

1. What things most often get in the way of leaving space for innocence and magic in your mothering?

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2. April suggested incorporating plenty of outdoor time, reading and rhythm into your children's day. What do you feel inspired to incorporate more of?

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3. Is there anything that you feel called to *remove* from your children's experience after listening to this episode?

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4. What are your thoughts about the term "devoted wife and mother" (even if you aren't a wife)? Has this changed for you at all through the years?

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

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