

SOUL WORK FOR MOMS

Soul Work Sheet

SWFM #17 Guest: Ellen Boeder

Soul Work Action Step:

Identify what recharges you. What activities do you walk away from feeling MORE resourced or recharged than when you started? For Ellen, it's seeing clients part time. For me, it's producing the podcast. For you, it might be hosting dinners for friends, or sneaking away to paint, or spending time with your children or your career. The possibilities are endless, but only you can know what recharges you. Important to note here: there is no wrong answer!

Journaling Questions:

1. What does being an empowered mother look like to you?

2. Would you describe yourself as being swept downstream by the river of motherhood or do you feel you are steering the ship?

3. Do you know what things you need when you start to feel depleted? What is your intuition telling you that you need when this happens?

4. Do you think you're carrying any messages that aren't yours around who you should be as a mother?

5. What else did you take from this episode?
