

# Check Yo'self, Mama

A workbook for mindful reflection when the day hands you lemons (or chucks them at your face)

**M** MOTHER LIKE A BOSS

# Check Yo'self, Mama

Hello mama friend,

This is a workbook for those days when you feel like your mindset is in the gutter. We've all been there and no matter how mindful you become, you'll be there again, too.

That's ok! Beating yourself up over feeling negative in the moment is just feeding the monster.

Instead, let's create space for you to feel those feels and then quickly shift back to a positive and productive place.

When you feel all those negative, unproductive, stressful thoughts creeping in, check yo'self mama.

Peace and love

Xo Kendra



# Check Yo'self, Mama

## 30 mom affirmations to create more peace in your life

- I am exactly where I need to be in this moment.
- I am in control of how I feel and how I act.
- My outside circumstances don't control who I am or how I feel.
- I'm the absolute best mom for my children
- I don't need to be a perfect mom to be a great mom
- I am the only one responsible for showing my kids what a happy mom looks like.
- I am in control of teaching my children.
- My maternal instincts are trustworthy.
- It is safe for me to trust my intuition and do what is best for my family.
- I am a blessing to my family.
- I am a blessing to my home.
- I see the blessings in everything around me.
- I choose gratitude over guilt today.
- The way that other women run their homes has no effect on my life.
- Perfection is not an end result I strive for.

# Check Yo'self, Mama

## 30 mom affirmations to create more peace in your life

- Today I choose to be intentional with my time.
- I am always learning and growing.
- I love my kids and that means I am doing a great job.
- I will take care of my own needs because I know that is how I can best serve my family.
- My needs are important and I'm allowed to meet them without guilt.
- I will not give attention to any self-doubt that creeps into my mind today.
- My worth is not based on anything external.
- There is no better mother for my children than me.
- My mistakes are lessons, not failures.
- I am not a problem that needs to be solved.
- I will speak softer to others and to myself today.
- I honor the mom that I am.
- I am always learning to do better.
- I am grateful for the messes because they are proof of a life well lived. Messes can always be cleaned up.
- I am thankful for my ability to always do my best, even in the face of difficulties.

# Check Yo'self, Mama

## 3 steps to shifting your mindset and resetting yourself

1. What is holding you back?

*You can't change what you don't recognize.*

Is it guilt, perfectionism, self-doubt, or control?

2. What can I do to shift right now?

- Pause in the moment
- What is the circumstance and the story you are telling yourself about the circumstance? Remember, you can't always control what happens, but you control how you feel about what happens.

3. What can I replace this with?

- Do I need to create a better boundary?
- Can I show gratitude in this situation?
- Can I change my feelings of lack to feelings of growth?
- How can I love myself the way I am right in this moment?

# Check Yo'self, Mama

What was my overall mindset when I woke up this morning?

How did I carry that mindset throughout my day?

What are three positive things that happened today?

How can I shift my negative feelings to positive ones?

*Example: "Ugh. Rain again. Great." can become "This is a great opportunity for me to get things done that I've been putting off inside."*

# Check Yo'self, Mama

Use this chart below to work out how you can create a better outcome for yourself and your home. The circumstances may not change, but how can you change your interpretation? It's amazing what can happen when you put it down on paper and see how your overall outcome can change quickly by changing your interpretation rather than trying to change the circumstance.

*You got this, mama*

Circumstance (what happened)	My interpretation	The overall outcome (based on my interpretation)

# Check Yo'self, Mama

You have the ability in any given moment to shift your mindset. You can't always change the circumstance. In fact, MOST times you can't. But you are in control of how you feel and act in your life, in your home and toward your family.

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*Remember, the time is going to pass whether you're happy or not. Being miserable won't make the time stop until you're ready to be happy. This is time you will never get back. Choose wisely.*