

Congratulations!!!

Day Twelve

I really appreciate you for making the commitment to complete this program and I hope that deepening your level of self-awareness and self-love has brought you closer to your loved ones and to thriving in your life. Doesn't it feel ahhhazing???

Take a moment to go through your journal entries from the last 11 days. What are some of the shifts you have made to your mindset or your life? What assignment was the most impactful for you? Are there any that you missed or would like to review again?

Please know that you did exactly the right exercises that you needed in your life right now. The divine plan is fantastic, right?

The world NEEDS your gifts right now more than ever. The reason it is sooo important for you to be happy and healthy is so that YOU can go out and make a difference in the world. NO contribution is too small but we must do SOMETHING! What are YOU here for? Not sure? Marianne Williamson might say, "Wake up every morning and ask God, Source, Universe how you can be of service today. Wake up and send love out to everyone you are going to meet today. Wake up and raise your consciousness by doing the inner work AND by taking inspired action to make our world a better place." I'm paraphrasing but you get the point, right?

Mama's YOU have a purpose and I will do anything I can to support you.

Now it is your time to speak your truth and fully express your authentic self.

My personal, business and life mission is to redefine what it means to be a good mom by inspiring mothers to make mindful living, self-care and FUN a daily habit...so they can go and heal our planet.

Day 12

Now it's your turn!!

What do you care about? _____

What makes you angry? _____

Who are your heroes? _____

What kind of world do you want your children to grow up in? _____

What is your mission? Your why? You should feel it in your soul and it might even make you cry.

My name is _____ and I believe that _____

_____.

It is my mission to inspire _____ (a specific group of people)

to _____

By _____.

Now the FUN part: **You are going to do a Facebook Live.**

Step 1: Open up on Thriving Mama Quick Start Facebook page on your phone.

Step 2: Go to 'write something' and type in "Here is my Mission", then click "go live"

Step 3: Smile and share your mission. We want to know your why!

Essential Oil Suggestions

Use **Motivate** to start your day and in the afternoon around 3pm

Use **Peace** around 6pm and anytime you feel anxious and **Lavender** right before bed

Use **Cheer** all day to celebrate your accomplishment!!

I invite you to continue to journal and connect with other moms in our Facebook Group. Always remember that you are NOT alone and a Mama Tribe is only a post away! If you have 5 minutes, I would really appreciate it if you could take the short survey in our classroom about this course.

If you find yourself needing more support, visit our classroom for more information about getting 1-1 support or applying to be a part of the Thriving Mama Sacred Circle.

I truly hope that you continue to explore the amazing benefits of Human Design, mindful living and essential oils. I am here if you need me.

Day Twelve Checklist

- Say YES! to self-care
- Review the past 11 assignments
- Come up with your Why
- Write in your journal
- Do a Facebook LIVE in the Thriving Mama group
- Use Essential Oils
- Check out Thriving Mama Sacred Circle
- Fill out a 3-minute survey on this course

Journaling Space

Share any closing thoughts, gratitude, or breakthroughs.

The Beginning

Day 12