



MINDSET GUIDEBOOK

Your mindset can make or break your progress. If you want to create change you must believe you can before it happens. Use this guidebook to help frame your rested mama mindset.

WONDER WORDS

What are the words and/or thoughts that are doing you a disservice?

What are the wonder words and/or thoughts you can use to serve your desire to be a rested mama?

AFFIRMATIONS

Create 1 - 3 affirmations you can use to help you fuel your rested mama motivation. Remember to make them positive, personal and present. You can also just use these examples if needed; *I feel refreshed. I nurture my needs. I am friends with sleep. I listen to my body. I always have the perfect amount of time.*
