

Play

LIKE A  
MOTHER

Workbook

# Your Mask

*Found on Page 115 of Slay Like a Mother*

When do you wear a mask and why are you wearing it?  
When do you find yourself pretending to be someone  
you're not? What aspects of your life are you fearful about  
feeling exposed?

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What are you trying to prove in those situations or in front  
of those people? What are you trying to demonstrate,  
protect, or hide from?

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# Assumptions You're Making

*Found on Page 141 of Slay Like a Mother*

Write down a time you made an assumption about another person that turned out to be false:

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Write down a time you made an assumption that others might make about you that isn't true:

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# Priorities

*Found on Page 159 of Slay Like a Mother*

Saying no is all about prioritizing what should and shouldn't be on your list. Practice by separating the things on your list into major and minor league items.

## MAJOR LEAGUE

*Battles I want to win*

*Why they matter*

*What does winning look like?*

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## MINOR LEAGUE

*Battles I'm willing to lose*

*Why they're less important*

*What does de-prioritizing look like?*

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# Saying Yes to Yourself

*Found on Page 167 of Slay Like a Mother.*

What gives you joy? Jot down six activities that energize you and bring you a sense of fulfillment. Then list the top six activities that exhaust and drain you.

ENERGIZING:

DRAINING:

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Next pick two activities from the column on the left and put them on your calendar as a recurring meeting starting five weeks from now. And vow to say no, more than ever, to the activities on the right.

# Living in the Present

*Found on Page 175 of Slay Like a Mother*

Think about this moment, right now. What problems do you have? Not five minutes from now, not five years ago. What are your problems *right now*?

1 \_\_\_\_\_

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2 \_\_\_\_\_

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3 \_\_\_\_\_

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# Fearing the Future

*Found on Page 185 of Slay Like a Mother*

Maybe your worrying feels comforting, but is it worth it? Write down three examples of times you were convinced things would turn out terribly and they turned out just fine.

1

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2

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3

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# Cutting Yourself Off

*Found on Page 202 of Slay Like a Mother*

What's keeping you from embracing your greatness? List a few ways you're cutting yourself off from the rich nutrients of self-love. Be honest about the negative actions as well as the absence of positive actions that affect multiple areas of your life.

WHAT I'M DOING:

WHAT I'M ALLOWING  
OTHERS TO DO:

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