

Stay

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?

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?

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:

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

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?

<hr/>	<hr/>	<hr/>

MINOR LEAGUE

Battles I'm willing to lose

Why they're less important

What does de-prioritizing look like?

<hr/>	<hr/>	<hr/>

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:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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

2

3

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

2

3

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:

<hr/>	<hr/>
<hr/>	<hr/>