

Stay

LIKE A
MOTHER

Workbook

LET'S *Slay*
TOGETHER.

How to Spot a Dragon

Found on Page 35 of Slay Like a Mother

Check all that apply:

- You're a people pleaser by day and an overthinker by night.
- Your mouth says yay even when your gut says nay.
- The negative voice in your head is the meanest mean girl you know.
- What other people think of you carries more weight than what you think of you.
- You're behind on your to-do list before your feet hit the ground in the morning.
- The longest you've ever been proud of one of your accomplishments is six minutes.
- You point out everything you do wrong and nothing you do right.
- One day, everyone will realize you're not as smart or pretty or nice as they think you are.
- You're tired. Like fall-down-after-running-a-marathon tired.
- You feel broken and believe you must hide that brokenness to be loved.

WAYS YOU'RE

*Feeding
Your Dragon*

AND HOW TO

Stop.

Superhero Expectations

Found on Page 75 of Slay Like a Mother

What are your expectations? Be honest. Moving from darkness to light is a brave move to make.

My expectations for motherhood:

My expectations for myself:

Identifying Challenges

Found on Page 77 of Slay Like a Mother

Full-frontal confession: What challenges are you experiencing right now in your life? Any area is fair game – home, work, marriage, friends, kids, etc. You're a human *and* a mother, which means you have more challenges than just maternal ones.

- 1 _____

- 2 _____

- 3 _____

- 4 _____

Setting More Realistic Expectations

Found on Page 80 of Slay Like a Mother

It's time to set expectations that make you feel good about them while also starving your dragon. Stop trying to prove yourself and set some expectations based on reality.

My new expectations for motherhood:

My new expectations for myself:

The Mean Voice in Your Head

Found on Page 96 of Slay Like a Mother

What's the last terrible thing you said to yourself? Jot it down here.

Two Sides of the Same Coin

Found on Page 97 of Slay Like a Mother

For each hypothetical situation below, indicate how you'd respond to yourself versus how you'd respond to a friend who found herself in a similar situation.

1: You yelled at your son last night. I mean, *really* yelled.

What you'd say to yourself:

What you'd say to a friend:

2: You skipped the gym. Again.

What you'd say to yourself:

What you'd say to a friend:

3: You promised you'd watch a movie with your partner after the kids were in bed but you fell asleep.

What you'd say to yourself:

What you'd say to a friend:
