

Play

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 person 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 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.

- 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 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:

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?

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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:

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

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:

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**GETTING RID OF
YOUR DRAGON**
for Good.

Dear Dragon

Found on Page 226 of Slay Like a Mother

Write a message of gratitude to your dragon. If you had to express gratitude for what your dragon has taught you, what would you say?

DEAR DRAGON, _____

Your Intuition

Found on Page 241 of Slay Like a Mother

Do you know the difference between the voice of your intuition and your dragon's echo? Here's a list to help you navigate the difference:

YOUR INTUITION:

Quiet
Compassionate
Supportive
Comes from Your Gut
Wise
Quick

My intuition
convinced me to:

How I felt after:

YOUR DRAGON'S ECHO:

Annoyingly Loud
Cruel
Paranoid
Comes from Your Ego
Fearful
Obsessive

My dragon's voice
convinced me to:

How I felt after:

IT'S
Bigger
THAN YOU

Defining Success

Found on Page 271 of Slay Like a Mother

Welcome to life without a dragon. Now that you're no longer under its influence, how will you define success for yourself? Take a minute to draft your definition, for life in general and for another area of your life.

My definition of success in life:

My definition of success in _____:

Slay On.

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