

# The mama mindset map

TO CULTIVATE CALM & CONNECTION IN DAILY MAMAHOOD

**Intentions** Write out uplifting intentions + mantras and place them where you will see them during your day. Try the back of your phone, bathroom mirror or kitchen sink, as little reminders to call you back to centre, into gratitude and out of busy. My favourite daily mantra is...

*"Things are always working out for me"*

## The Magic of 27

Feeling overwhelmed or stuck? Try the ancient Feng Shui practice of moving 27 things in your home. Simply move, put away or throw away 27 items in your physical space. De-cluttering our physical space can have the most incredible effect on our emotional & energetic wellbeing. Try it & see!

**Meditate** A burst of stillness to reset your mindset. Prioritise sitting down as soon as you put your little one to bed or whenever you have a few spare moments. Try my 3 Minute Mama Mindset guided meditations!

## Our children as teachers

Use your child's behaviour as a reference point to anchor you into the present. When our mind is elsewhere, we lose connection with the here and now. Our children constantly read our energy and call us back into the present in the moment. If your child is pushing the boundaries, can you see them as your spiritual teacher? What are they needing in this moment? Maybe it's for you to be more present with them, to set firm boundaries so they feel secure or to notice what we are holding in our energy (that needs some space to unpack in our own time) that they are responding to.

## Sunshine <sup>and</sup> Nature

Go outside and feel the sun on your face and body. Give yourself permission to simply stop what you are doing and take a break. Make a cup of tea and take your children with you to the sand pit or garden or take a little hand and go for a walk. Being in nature brings us into the present moment.

**Get offline** Turn off all social media & screens and leave behind any feelings of comparison & inadequacy. Bring your presence back to the moment with your children and what you are doing. Commit to a few social media free days each week. Instead connect with your own self, your children and the simple pleasures of life.

## Nourish yourself

with real home made slow food, a hot cup of tea, chai or some organic chocolate. Allow yourself to delight in the preparation and the eating or drinking.

## Higher Guidance

Pull an oracle or affirmation card if you are stuck on a decision/situation or find your mind replaying the same limiting thoughts over and over. Cards are a great way for us to access our intuition and can help shift our energy into a state of more positivity and abundance.

**Dance** Turn on some music that uplifts you or makes you want to move and get dancing! Put on headphones if you have little ones asleep and allow your body to move. Not only is dancing a wonderful way to ground yourself and to clear your energy field, it is also a wonderful way to embody your true essence.

**Sleep** Have an early night! Enjoy a warm bath with some epsom salts and candles to allow your day to wash away. Take a hot water bottle to bed, along with a cup of chamomile and maybe even massage your feet with a delicious essential oil. If you have trouble getting your little ones to bed, try just letting go and enjoying a bath along with them .....allow yourself to relax at this often hectic time of the evening.

**Get creative!** Give yourself a little time to indulge in play and creativity. What is it that you are interested in or that you loved doing as a child? Maybe it is ceramics, beading, woodwork, flower arranging, gardening, writing, mosaic, sewing and the list goes on. Make it your priority to buy the materials you need, create space and make time to experiment with this medium. PLAY with no exceptions other than to have fun!



*"Love begins at home, and it is not how much we do...but how much love we put in that action."*

Mother Theresa