

# how to suck less at mom-ing

A black and white photograph of a woman with blonde hair tied back, smiling warmly as she holds a baby. The woman is wearing a dark tank top and the baby is wearing a light-colored, short-sleeved shirt. They are lying on a bed with white linens. The image is overlaid with a semi-transparent grey filter.

## workbook

Calm down, chill out,  
move more and feel  
like you suck less at  
mom-ing

*lauren anderson*  
yoga | movement | motherhood

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## Day 1: It's Your Time

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### INTRO

I would like to think deeply for a few seconds about why you purchased this course. What was your primary hope? What attracted you to this course?

Today we're using those hopes to set goals and intentions.

In part A, I want you to take the primary hope and turn it into a goal. So, if you enrolled in the course to learn self-care, then your goal might be '10 minutes to myself each day'

In part B, you will set your intention. Your intention is how you plan on meeting that goal. So, in part B, you might say, 'I plan to meet my goal by getting up 10 minutes earlier and practicing yoga'.

And, in part C, you will decide how to reward yourself when you meet that goal.

Remember, we only have a week together and while I want you to eventually dream big, for this exercise I want you to set a goal you can manage.

I WANT YOU TO HAVE A WIN.

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### A SET YOUR GOAL Add a little bit of body text

**My primary goal and reason for taking this course is:**

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### B SET YOUR INTENTION

**I intend to meet my goal by:**

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### C TREAT YOURSELF

**I will treat myself when I meet my goal by:**

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## Day 2: Progress not Perfection

### INTRO

We are each perfect in our own way. We possess skills, talents, and personality traits that individual to us and make us who we are.

This in and of itself creates the idea that "we are exactly where we need to be". But before others have faith in us, we have to have faith in ourselves and believe that these traits, skills, abilities, and talents are what make us individual and "perfect".

Today, I want you to dig deep and think of 10 things you LOVE about yourself that you think others might see as an imperfection. And then I want you to write the reason why you love them. Believe in those traits- build confidence in who you are.

1

2

3

4

5

6

7

8

9

10

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## Day 3: Grace Under Fire

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### INTRO

- Today is a bit of a worst case scenario exercise. It sounds a bit depressing, but this is the kind of work you do when you are working through anxiety and fear.
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- For each #1-3, I would like you to write your top 3 to-dos for this week, with #1 being the most important. And then, I want you to answer the following questions for each?
  - Why is this important?
  - What is the worst thing that can possibly happen if it doesn't get done? Is it that big of a deal to cause stress?
  - Is there any chance it will not get done?
  - Should it be higher on my list.

The goal here is to show you that some of the things causing you stress, anxiety and overwhelm might not be worth the energy you're allowing it to have.

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### 1 PRIORITY 1:

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### 2 PRIORITY 2:

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### 3 PRIORITY 3:

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## Day 4: Attitude of Gratitude

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### INTRO

Today, list three people, places, or "things" you are grateful for. Allow your mind to wander to a happier place while you describe them in detail.

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**1 I'M GRATEFUL FOR**

**2 I'M GRATEFUL FOR**

**3 I'M GRATEFUL FOR**

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## Day 5: Create a Space to Create

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### INTRO

Recall a time that you felt creative, productive, or happy making or doing something. Anything. Describe how it would feel to create that again or be back in that space.

Then, list 3 things you love to do that would give you these feelings of creativity, productivity & happiness.

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### A DESCRIBE HOW IT FEELS TO BE IN A CREATIVE SPACE

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### B 3 WAYS I COULD FEEL CREATIVE, PRODUCTIVE, HAPPY MORE OFTEN

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## Day 6: The Power of Vulnerability

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### INTRO

Let's do a little brainstorming. I want you to sit and think about your vulnerabilities. In what areas do you feel the most vulnerable. Write it down.

In part B, describe what would happen if you faced your vulnerability head on.

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### A MY BIGGEST VULNERABILITY

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### B WHAT COULD HAPPEN IF I FACE MY VULNERABILITIES HEAD ON

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## Day 7: Build a Tribe

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### INTRO

How much support do you have? Think about the other moms in your circle and what it means to have a group of mamas you can lean on, complain to, and empathize with.

If you don't have a circle, how would you feel if you had a supportive group of mamas, that were in a similar space, to cheer you through the ups and downs of motherhood. In space A describe what it means to you to have this support.

In space B, list how you can help support or create a support network for other mamas in your area.

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### A WHAT DOES HAVING A SUPPORTIVE TRIBE MEAN TO ME

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### B HOW CAN I HELP CREATE A SUPPORTIVE TRIBE IN MY AREA