The Mama Method

Undesired Symptoms: DAILY SYMPTOMS THAT MANY MUMS FACE
- Yelling
- Overwhelm
- Mama Guilt
- Not feeling appreciated
- Worrying
- Snapping at the kids
- Fighting with loved ones
- Feeling Lonely

Desired Symptoms: DAILY SYMPTOMS THAT MANY MUMS CAN ALSO FACE:
- Calm
- Able to pass through overwhelm confidently
- Releases Guilt
- Feels loved and appreciated
- Is content
- Patient with the kids
- Communicates easily
- Feels supported

Steps:
1. My right NOW
2. My joyful life
3. Befriending my inner voice
4. Honoring the skin I'm in
5. My relationships matter
6. Going forward with confidence

Cause:
1. LITTLE TIME FOR SELF
2. MENTAL LOAD
3. PRESSURE

Solution:
1. DEDICATED TIME
2. MINDFUL ACTIONS
3. SELF-CONFIDENCE

PRINCIPLES:
- MIND
- BODY
- ORGANISE
- CONNECT

Copyright © 2018 Kirstie Stockx