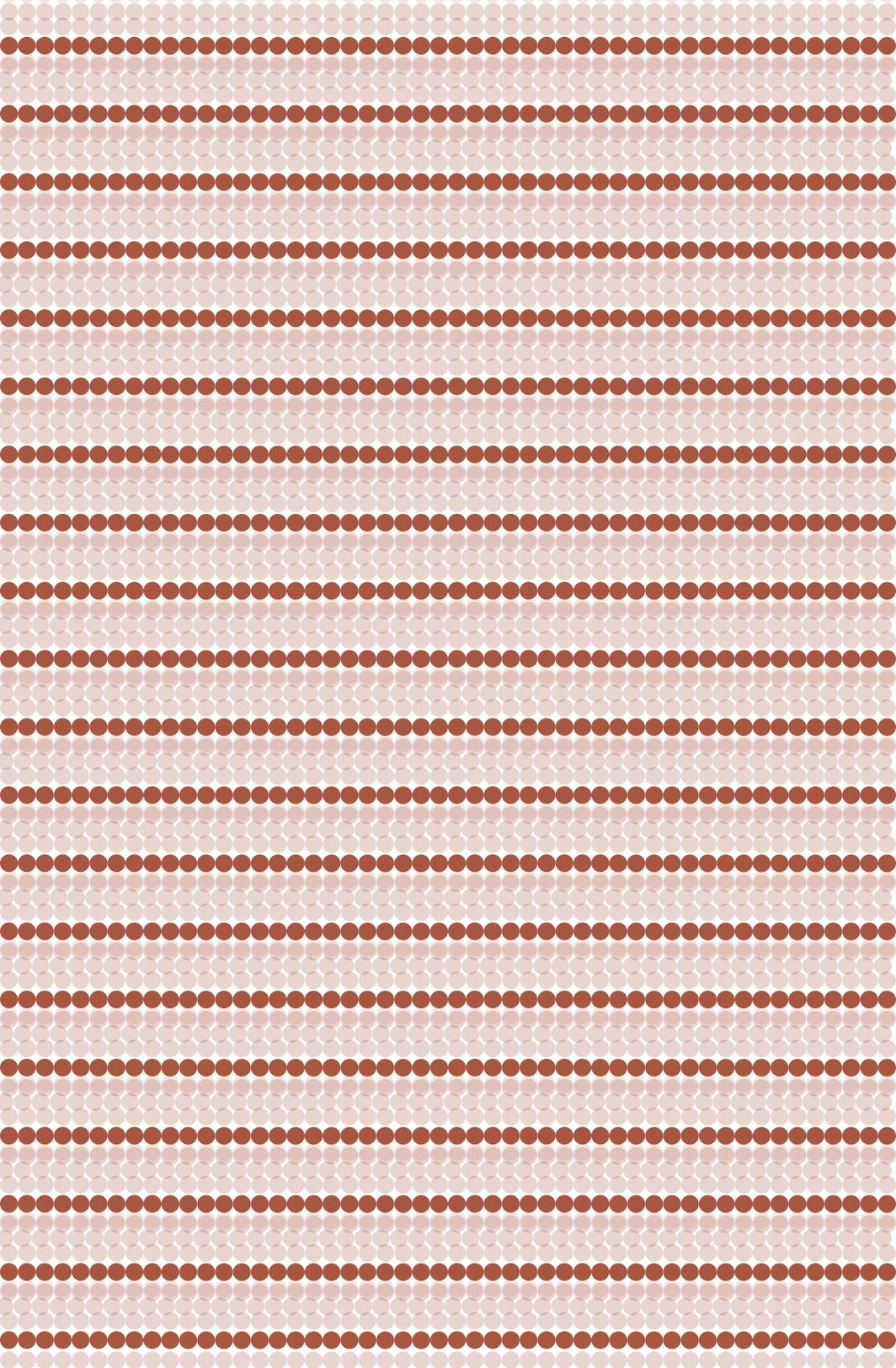




The Mama Reset Self-Care  
Retreat *at Home*

RECENTER, RECHARGE, AND RECONNECT!





6	Prepare Yourself
7	Meditation
10	Creating a Centered Vision
20	Outside the Center
30	Expand Your Circle
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60	Attending to the Basics: Letting Nutrition Fuel Us
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105	Resources

## DOCTOR'S NOTE

I'm so glad you've joined me to recenter, recharge, and reconnect. We all need the time and space to care for ourselves, but it's hard to make it happen with our busy lives. Take the next two to three hours to focus just on your own personal growth and development. We know that when we take good care of ourselves, we're better equipped to take good care of everyone else around us. We've gathered a collection of experts to help us help you thrive in motherhood, not just survive.

Remember to ask your child's pediatrician or behavioral health specialist for help regarding specific questions you have about your child's development, needs, and behavioral challenges as they arise. And remember to ask your own health providers about your health, needs, and challenges.

The information on our site and in this program is not intended to serve as medical advice and should never be used as a substitute for face-to-face, personalized advice from a medical professional.

You've got this, Mama!



Dr. Whitney

WHITNEY CASARES

M.D., M.P.H., F.A.A.P.

Author, *The New Baby Blueprint: Caring for You and Your Little One*

Host, The Modern Mommy Doc Podcast

Founder, Modern Mommy Doc



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MODERN MOMMY  
DOC



DRY HAY  
No. 1  
SCENTED CANDLE

Kb. 69,5 Kn. 69  
PREMIUM QUALITY WAX  
ORIGINAL BATCH  
50 Lbs. Net



## Preparing Your Mind and Body

As with any project, you get out of it what you put into it. Here's how to make the most of your at-home retreat:

- Dedicate three to four hours of uninterrupted time — without kids, partners, work, or phone (unless you're using it for the lessons!) — to this retreat.
- Find somewhere comfortable where you can focus your attention.
- Use this program manual to respond to journaling prompts from the video program. (After you complete the program, our [Parenting with Intention Journal](#) can be a great resource as you continue your self-care and self-discovery journey.)
- Give yourself enough space to move for simple Pilates stretching postures.
- Wear comfortable clothes (and shoes if you need them).

Here we go...

## Guided Self-Love Meditation



WITH SPECIAL GUEST, TERRI COLE

*Owner, YoYoYogi*

Terri Cole is the founder and owner of [YoYoYogi](#), a family-owned yoga studio in Portland, Oregon and now online across the world! A businesswoman, yes, but a mother, grandma, and wife first and foremost. As a mom, Terri understands that self-care is often deprioritized. However, through yoga and meditation, she developed a daily practice that replenishes her emotionally and sets a foundation that allows her to generously take care of others. She is passionate about sharing these tools that enable others to live their best lives.

Taking care of ourselves starts with getting intentional around who we are and what we want our lives to look like. Let's set our intention to make space for ourselves and center on what we need.

Learn more about Terri Cole and YoYoYogi [here](#).







## A Life That's Centered

So many moms I meet describe their days as chaotic and conflicted. They feel pulled in every direction, all at the same time. They're trying to do it all, but they often feel like they're not doing any of it as well as they'd like to. The answer? A life that's centered.

Creating a centered life starts with having a centered vision: a clear idea of what life would look like for you if you were living according to what mattered most to you.



## YOUR TURN

---

Close your eyes and sit in a comfortable position. Allow your body to relax. Imagine yourself five years from now. What does life look like for you? Who are you with and what are you doing? What do you see? What are you wearing? How does it smell? When you wake up in the morning, how does your world look? What do you do? Where do you go? How do you feel? How do you not feel?

Maybe what you saw was yourself in a new career or living in a new place. Maybe what you imagined was more of a feeling. Whatever you envisioned, write it down here. Give as much detail as you can.





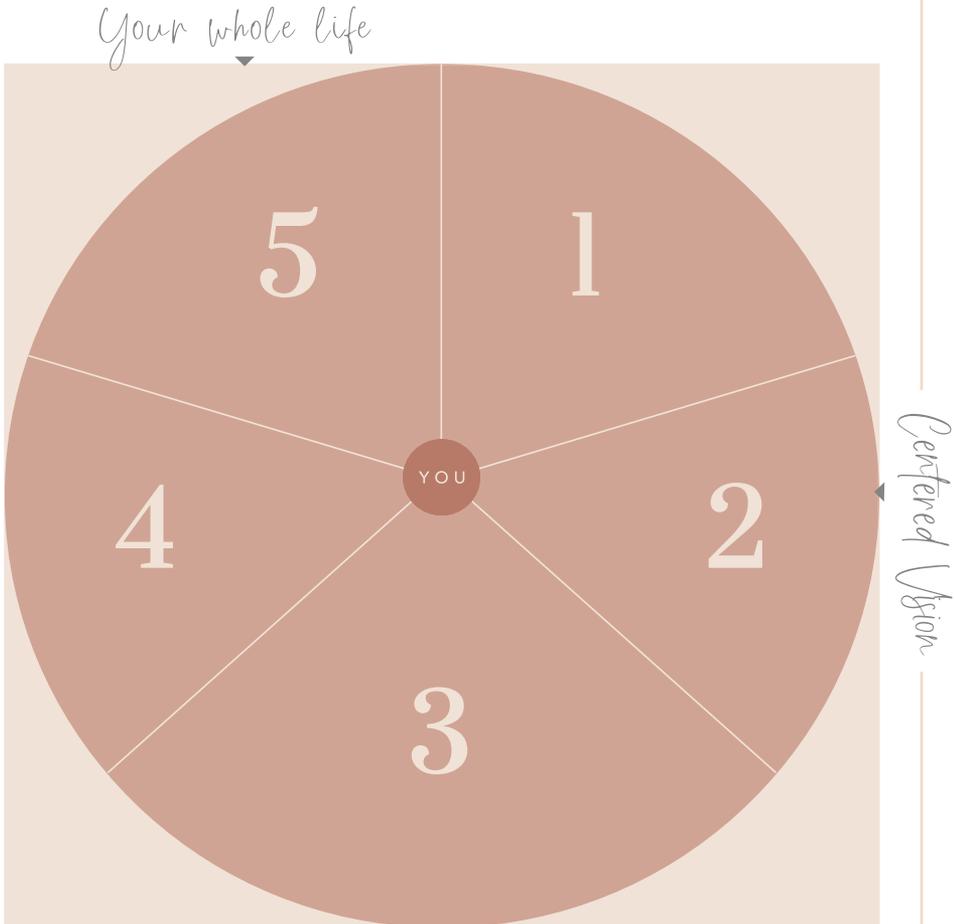


# Center Points

• • •

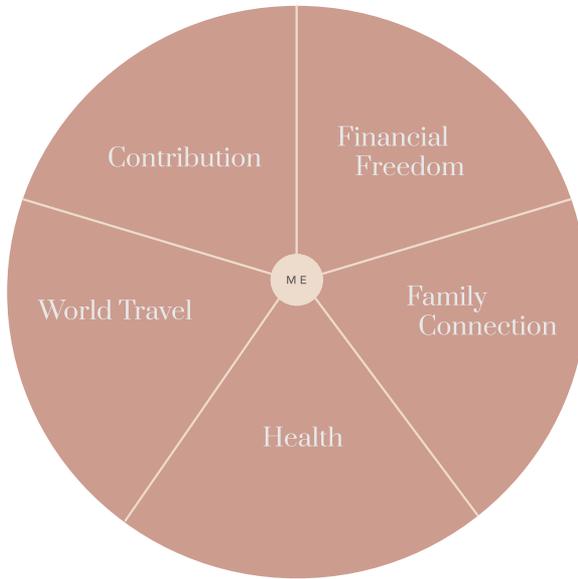
Let's imagine your vision as a circle and your whole life as a box around that circle.

Your centered vision is all the things that give your life purpose and that make you feel centered. As you reflect on the centered visioning exercise you just completed, let's identify five themes or components that make up that vision for your life.



# These are My Center Points:

• • •



## 1 FINANCIAL FREEDOM

I am completely debt-free.

## 2 STRONG MENTAL AND PHYSICAL HEALTH

I'm in the best physical and mental shape of my life.

## 3 FAMILY CONNECTION

I am an exceptional wife and have a thriving marriage. I have deep connections and amazing relationships with each of my kids.

## 4 WORLD TRAVEL

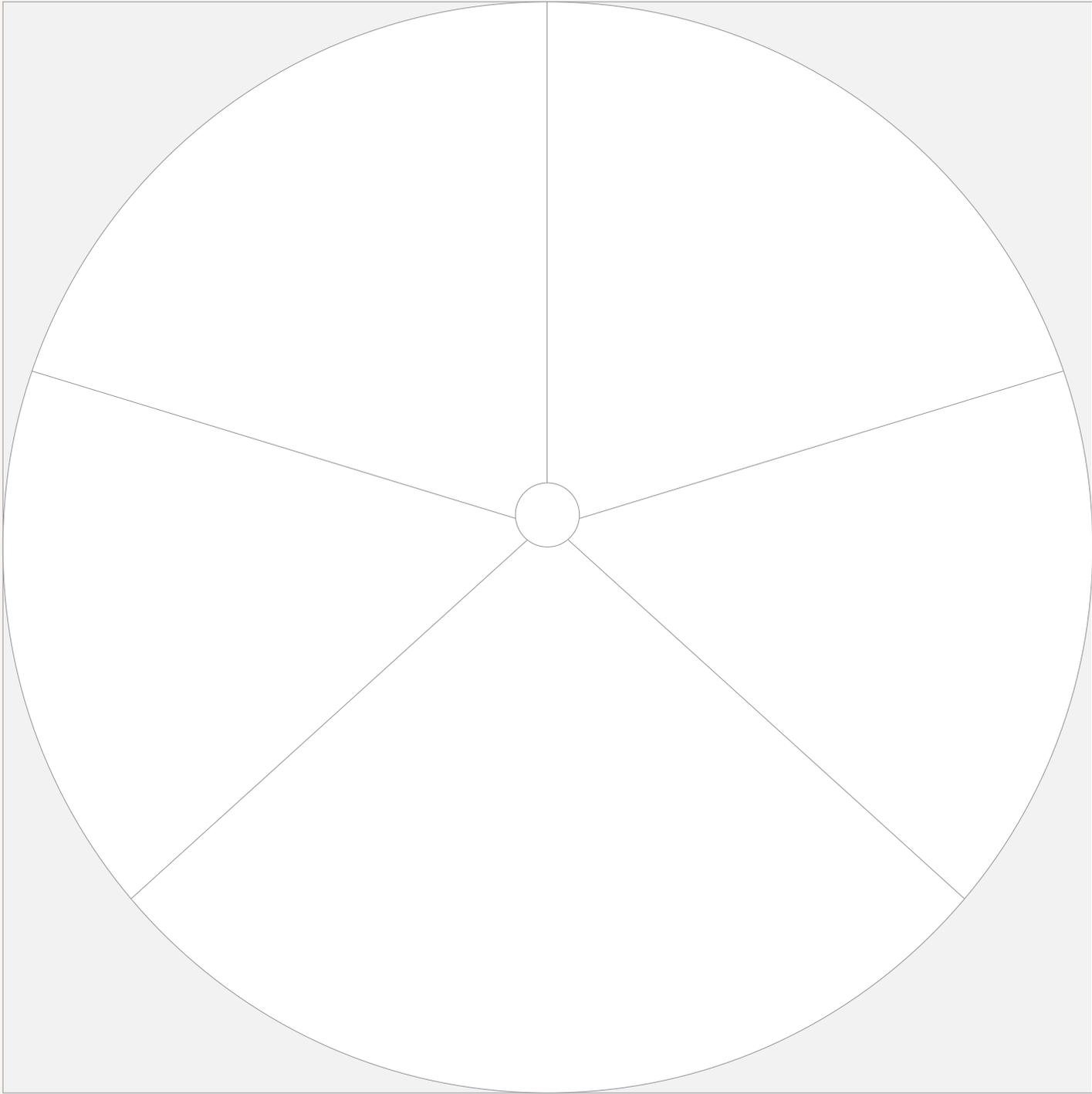
I work for myself as a speaker, blogger, and businesswoman, speaking and traveling around the world.

## 5 PASSIONATE, GIFTED CONTRIBUTION

I give my best talents compassionately and generously to inspire other women to create social-emotional wellness for themselves and their families.





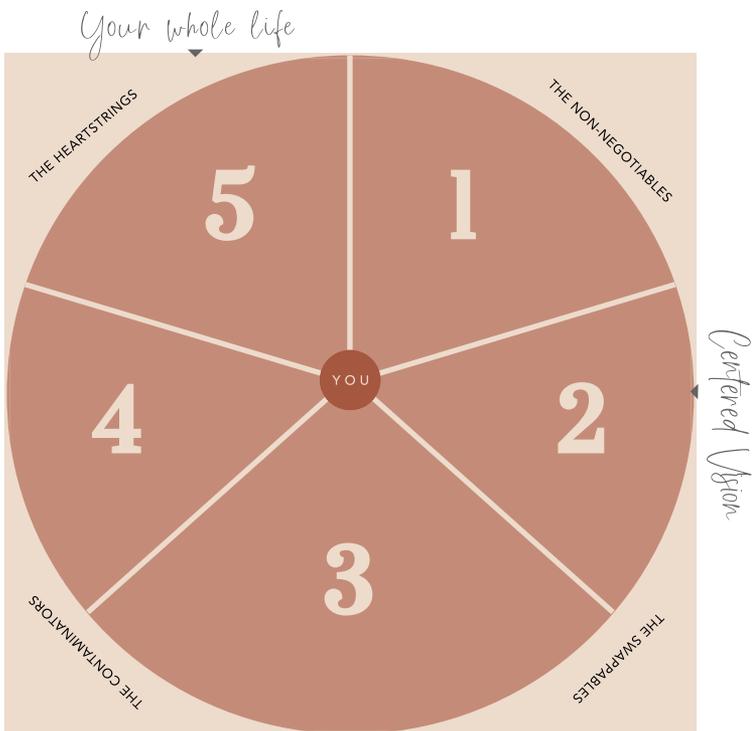


FILL IN  
YOUR  
CENTER  
POINTS



## What Doesn't Fit Inside the Circle?

All of these points have to work in conjunction with each other to create a truly centered life. We'll show you how to get started on this journey, but first we have to address everything outside the circle. In the corners of the box are where you put the things that have to happen in your life but that don't fit within your specific vision. (We're talking tasks, responsibilities, and obligations.)



**The Non-Negotiables:** These are the things that only you can do. It doesn't matter if you find them enjoyable or not — the fact is you have to do them, even though they don't necessarily have a place in your overall vision for your life.

**EXAMPLES**

Documenting patient notes at my office, answering personal emails, breastfeeding, etc.

**The Swappables:** These are tasks that have to get done, but they don't serve you. They can either be delegated to others or completely automated.

**EXAMPLES**

Grocery shopping, yardwork, bill pay, etc.

**The Contaminators:** These are the tasks or commitments that fill your schedule but aren't really necessary. They eat up your time and your family's time, keeping you unnecessarily busy.

**EXAMPLES**

Extra Committees/volunteer obligations, your child's fifth extracurricular activity, physical clutter/toys/gear, etc.

**The Heartstrings:** These are the tasks that are important to you — you may have to do them or want to do them — but they are definitely outside the circle containing your ultimate vision for your life.

**EXAMPLES**

Calling Grandma, health appointments, a trip to your in-laws, etc.

In order to make room for our centered life, we have to give less physical, mental, and emotional energy to the things that aren't part of our centered vision.

## Your Centered Vision Versus Your Current Life

• • •

So just how close are you to living your vision? Let's figure it out by auditing the way you currently live your life. Fill out the journaling activity on the next page.



What percentage of your week do you feel joyful and content, and what percentage do you feel overwhelmed, burnt out, and/or conflicted?

Where in the box do you spend the most time?

What overwhelms you most?

What keeps you from living a life that's more joyful and peaceful?

Most women have a hard time taking care of themselves regularly due to five primary factors:

CHAOS • BUSYNESS • TIME • MOM GUILT  
INSTITUTIONAL & SOCIAL BIAS

Which of these factors impacts you the most?

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Which of these factors impacts you the least?

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Which of these factors are under your control?

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Which of these factors are not under your control?

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## Comparing Your Centered Life with Your Current One

• • •

Christie is a business-executive coach. She spends all day guiding leaders personally and professionally as they make million-dollar decisions. One night, discussing life at a bar, she took a cocktail napkin and wrote out the major categories of life — kids, spouse, work, exercise, friendships, hobbies and sports, homemaking, travel and experiences, and appearance.

For clarification, exercise to me meant releasing endorphins, stress reduction, and meditation, whereas appearance included everything that goes into looking put together (including exercise for the purpose of having a good appearance).

Christie wrote them down in random order and then asked me to rank them in order in the left-hand column according to what I, in an ideal world, would spend the most time doing. “Rank them as a private, honest list, not based at all on what other people would think is the right way to rank them,” she said.

In the next column, she asked me to rank what I thought I spent my time on.

Then, she told me to *compare* them.

### MY IDEAL LIST:

1. Exercise and stress reduction
2. Kids
3. Travel and experiences
4. Hobbies and sports  
(including writing and reading)
5. Partner
6. Friendships
7. Homemaking  
(tasks such as laundry and dishes)
8. Appearance
9. Work



### MY REALITY LIST:

1. Work
2. Homemaking  
(tasks such as laundry and dishes)
3. Kids
4. Hobbies and sports  
(including writing and reading)
5. Partner
6. Appearance
7. Friendships
8. Exercise and stress reduction
9. Travel and experiences



That comparison was scary, Mama. I didn't like at all how I was spending my time in the real world versus how I wanted to be spending it in my ideal world. So, I changed it. I switched it up.

Why?

Because joy, contentment, and centeredness lived at the top of the Ideal List. Stress and resentment found their unhappy home at the top of the Reality List. We will all spend a lot of time on the areas outside our centered circles at the corners of our boxes, but the trick is to give them less physical, emotional, and mental energy than what's inside.

How about you?



## YOUR TURN

---

### Your Ideal List:

1.

2.

3.

4.

5.

6.

7.

8.

9.

### Your Reality List:

1.

2.

3.

4.

5.

6.

7.

8.

9.

How closely does the ideal, centered life you visualized match up with your current life?

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What are some barriers you might face to making your reality list more closely match your ideal list?

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OUR EXPERTS  
ARE HERE TO GIVE  
YOU SOME PRACTICAL  
ADVICE ON HOW TO PUSH YOUR  
CIRCLE FURTHER OUT TO THE  
EDGES SO YOU HAVE MORE  
ROOM FOR ALL THE BEST  
STUFF IN LIFE.

THE MAMA RESET SELF-CARE RETREAT

## Creating White Space and Simplifying



WITH SPECIAL GUEST, **SHERRI CURLEY**

*Founder, The Practical Sort*



Sherri Curley, a.k.a. [The Practical Sort](#), is a home organizer, organizing motivator, speaker, and writer who adores helping others simplify life through personalized, practical, eco-friendly solutions. She's been featured on [KATU's Afternoon Live](#), [PDX Small Business Network Podcast](#), The Portland Home & Garden Show, and in [NBCNews.com](#); [Forest Heights Magazine](#); [the Better, Smarter, Richer blog](#); and [Oregon Jewish Life Magazine](#). Each week she shares new practical solutions.

## Tame Overwhelm with Thoughtful Selection



### **MINDFUL PURCHASING**

Before pulling out your wallet ask yourself

Is the object useful? Save time? Enhance enjoyment?

How often will you use it? If seldom, can you borrow or rent it?

Will you mind cleaning one more object?

How easily can you eco-dispose (donate, sell, gift, repurpose, recycle)?

### **LESS IS ABUNDANTLY MORE...**

With less you gain...

MORE disposable income for necessities & niceties (travel, education, entertainment, well-care).

MORE available space for you to work or relax.

MORE free time!

MORE calming, aesthetically pleasing rooms.

## WAYS TO MAKE MORE ROOM IN YOUR HOME

Remove items that are tattered, torn, stained & irreparable, outdated, non-fitting, not functioning, and don't mesh with your style.

Remove items with netegative emotional baggage such as personal relationships, work related or event trauma.

Remove 1-2 items from your surfaces or closet. Box up & stow the objects for 3-9 months. See how that feels. Bring them back if you miss them. Donate, gift, sell, recycle if you don't.

"Minimizing doesn't  
mean barren & lifeless.  
It's a lifestyle of  
thoughtful selection"

### KEEPER TIPS...

Keep the objects you use.

Retain the things you need (safety devices & emergency prep, tax & financial records, property deeds, estate planning documents).

Hold onto gadgets that make your life easier & save you time.

Save possessions that make your life wonderful (family & event photos, artwork, hobby supplies, clothes & accessories that wow, favorite memorabilia).

Find many more tips at: [thepracticalsort.com/guide](https://thepracticalsort.com/guide).

# Organizing and Creating Efficiency



WITH SPECIAL GUEST, KATIE MATUSKY

*Katie Matusky, Founder, Entropy Organized*



On a mission to help solopreneurs create powerfully organized businesses, Katie Matusky, founder of [Entropy Organized](#), teaches business owners how to cut their workload in half while curating a five-star experience for their clients, one workflow at a time. Her processes and ideas extend far beyond the workplace, though they're applicable to every mama, everywhere.



Let's dive in...

## Responsibilities vs. Projects

Understanding the difference between a responsibility and a project will literally change your life.

There are 2 reasons for this:

1. It will explain why you always feel like you never get anything done
2. It will completely change the way you view and plan your life moving forward

Everything on your to-do list falls into 1 of 2 categories:

**Responsibilities** are any area of activity in your life that:

1. does not have an end date
2. is a standard you've set for yourself that you need to maintain

**Projects** are:

1. a series of tasks linked to a goal
2. action items that fall off of your to-do list once they're complete

---

Your mission today is to get clear on how to classify your activities and then brain dump everything you need to do into the proper group.

# Let's Break This Down

What's the difference and why does it matter?

## RESPONSIBILITIES

---

Responsibilities are the reason you feel like you're always busy but not accomplishing anything. Because they *neveerrr end*.

This is the root of so much stress because you've set all these standards for yourself and you're racing around trying to keep up with them and you're always noticing that they need to be done again, right? For example, on Sunday, you could do every ounce of laundry in your house and then come Tuesday, the hampers are half full again. No wonder you feel like your not making any progress.

When you're assigning all of these responsibilities a time slot, it's also forcing you get honest about what your standards actually are and whether certain activities really deserve a slot in your life. You are the gatekeeper of your 168 hours a week and it's up to you to put anything that doesn't serve you to be put on the chopping block.

And probably the most important point of all about responsibilities is: these are moving targets in your week. Some weeks you'll hit a specific target and some weeks you'll defer it. The point of this is progress, not perfection. You don't have to hit every target every week, you just have to be **consiously deciding** not to hit them in the case that you need room for something else (like a big deadline). It shifts your perspective from feeling like you're constantly failing to realizing you had to defer X to make room for Y.

And then remember the world is not going to fall apart if you don't clean your bathroom for 2 weeks and move on with your day. You already know when you'll tackle it next week because it's on the schedule.

## PROJECTS

---

Projects are magic. These are the tasks that capture your sense of moving the needle. We love projects because every time we finish one we experience a big win.

Projects are the filler. Once you've scheduled all of your responsibilities, the space you have left is where you find the true # of hours you have left to work on your project tasks.

Now that we've defined these two categories, go ahead and start listing out your responsibilities and any current projects you're working on. You'll notice that I have some examples on the pages for you to start with.







DAY 2

## Map out Your Routines

Yesterday you learned about the difference between a responsibility and a project. Today, is all about curating your routines so you can focus on taking action.

You're going to take your list of responsibilities and start boiling each one down into a list of all the steps you need to take to accomplish that specific task.

For example, let's say you need to create a routine for shutting down your office at the end of the day. Your checklist could look something like this:

1. Capture Issues/Brain Dump Anything that Popped Up Today
2. Plan My Agenda for Tomorrow
3. Clean up My Desk

It's really that simple. Just decide what the steps are that you need to take to accomplish a specific task.

## A Few More Examples

### Weekly PR Outreach Planning

1. Choose 3 People to Pitch each day this week and add them all to the "On Deck" queue.
2. Review Outstanding Pitches and Follow up if necessary

## Post-Client Meeting Wrap Up

1. Review my Notes and Assign any Action Steps to Myself
2. Download Zoom Recording & upload to Private Client Portal
3. Send Follow up Email with Client Next Steps, Otter Recording & Reminder to Book Next Strategy Session

## Collect & Take Out Garbage On Garbage Day

1. Collect All Garbage from Every Room in the House
2. Wipe inside and outside of all indoor trash and recycling bins
3. Discard Food and Beverages Past Their Prime in the fridge
4. Discard Magazines, Newspapers, and Catalogs on Coffee Tables/Side Tables that you're done with

## Weekly Planning

1. File/Scan Papers. Empty Filing Box
2. Budgets & Expense Tracking Updated
3. Husband Check In
4. Plan the Week
5. Set up Date Night Next Week
6. Meal Planning



# DEFINE YOUR MINI ROUTINES

A blank notepad with a light beige cover and a cream-colored page. The notepad is oriented vertically and is empty of any text or markings.A blank notepad with a light beige cover and a cream-colored page. The notepad is oriented vertically and is empty of any text or markings.A blank notepad with a light beige cover and a cream-colored page. The notepad is oriented vertically and is empty of any text or markings.A blank notepad with a light beige cover and a cream-colored page. The notepad is oriented vertically and is empty of any text or markings.

## Map Your Best Week

Yesterday you created mini routines (or systems) for all your responsibilities. Today, we're going to put those lists down for a moment to talk about how you structure your time across your week.

To make your weekly templates, you're simply going to figure out where all of these pieces in your life fit into your week. I recommend starting with laying out your responsibilities and regular appointments. Then fill in your habits and routines. And the space that is left is for projects.

When you're doing this, think about how you want your life to feel, not just what your responsibilities are. It's really important that you do not confuse this exercise with "designing your ideal week." I see that one a lot.

This is not you creating a template for your dream life, this is you creating a template that you will actually use for your real life.

So be honest about how long things will take you and what your energy levels are like at different times of the day or points in your week.



DAY 4

## Create Your Daily Templates

It's time to put these responsibilities and routines into an actionable form.

Using the lists of responsibilities, routines, and the week map you created in days 1-3, you're going to make a template of your schedule for each separate day of the week.

Essentially, what you're creating today is the template you're going to run your day out of. In the previous days of this challenge, you made all the hard decisions. Now it's time to piece it all together into a daily map that you can run with.

You're going to accomplish this in two steps.

### STEP 1: WRITE YOUR SCHEDULE TEMPLATE(S) FOR EACH DAY

Assign your routines a time and a place in your schedule, based on the week map you created. If your schedule varies, you may need more than one per day.

### STEP 2: TRANSLATE YOUR SCHEDULE TEMPLATES INTO THE TASK MANAGER OR PLANNER YOU USE TO ORGANIZE YOUR DAY.

## Practice Creating a Monday Daily Template

TIME	

### Example Daily Template:

#### MONDAY

##### 5 AM MORNING POWER UP

- Drink tall glass of water
- Take Vitamins
- Prep Breakfast/Lunch and Make Coffee

##### 5:20 AM - WORK OUT

- Review My Progress

##### 6 AM BREAKFAST

##### 6:10 AM MORNING HOME-KEEPING

- Meal Prep for Dinner
- Vacuum Main Floor
- Make the Bed
- Clean Make Up Brushes

##### 6:30 AM - SHOWER & GET READY FOR DAY

##### 7:10 AM - 9:15 AM HOME OFFICE TIME

##### 9:30 AM - LEAVE FOR DAY JOB

##### 10:30 AM - 7 PM DAY JOB

##### 8 PM - RETURN HOME & MAKE DINNER

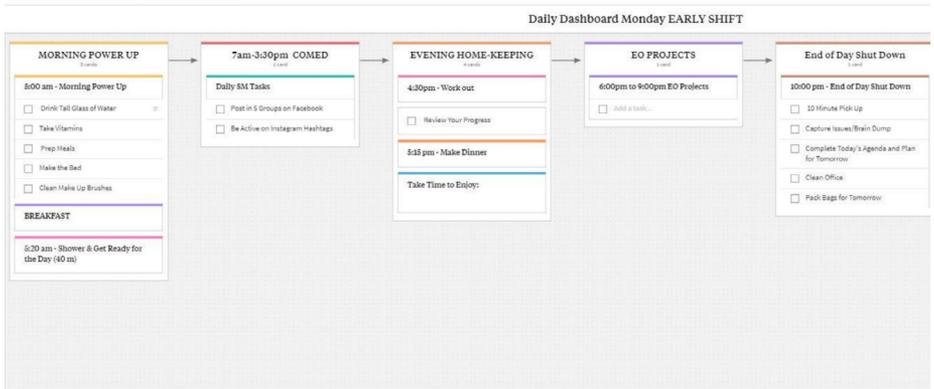
Take time to enjoy:

##### 10 PM END OF DAY SHUT DOWN

- 10 Minute Pick Up Around the House
- Capture Issues/Brain Dump
- Complete Today's Agenda + Tomorrow's Plan
- Clean Up Office
- Pack Bags for Tomorrow



## If You Use A Digital Task Manager



Format templates that you can use as a starting point for planning your day inside your task manager.

You can choose to section your day into different phases (as shown below) or you can create a running list with sub-tasks for each of your routines.

## If You Use A Paper Planner

Type up your templates and tuck them into the back of your planner. Use these typed templates as a guide when you're planning your day.

Stay tuned tomorrow when I'll walk you through how to use these templates to plan your most productive day!

## Planning Your Most Productive Day

You've made it to the grand finale! Today is all about how to use the templates you designed yesterday to plan an uber productive day. I always recommend planning your day the evening before. So, if today is Friday, you're planning Saturday before you shut down for the day.

Think of this daily template as a jumping off point. This is where you make all the decisions the night before.

When you sit down to plan, you're going to start by opening up a fresh template for that day of the week. Then add any unfinished tasks from today + appointments in your calendar for tomorrow to your template.

This is when you start to identify if you need to move things around or adjust your template for that day. And remember, the goal here is progress, not perfection.

If you need more time to meet a project deadline, you might decide the workout has to go. **BUT BEFORE YOU DELETE IT** ask yourself, can I still take a shot at this target today?

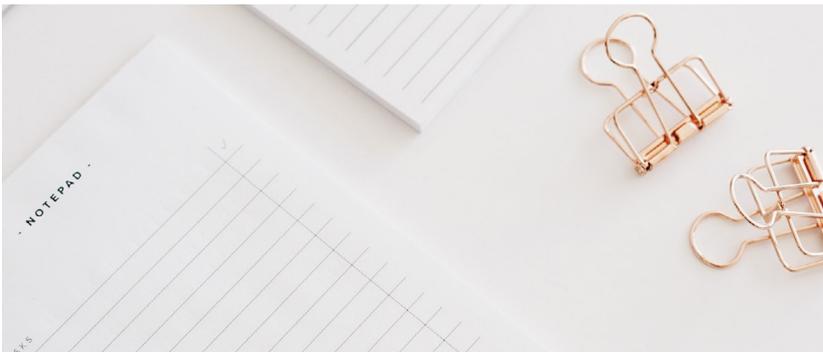
Once you've finished adding your unfinished tasks/appointments and adjusting your responsibilities for the day, you can plan your project work in the blank spaces you have left.

# 7 Tips for Your Most Productive Day



This is how you shift from busy to productive.

- 1. Ask yourself "What Am I Producing today?":** You should be asking yourself this question every day. This is the main key to making the shift from busy to productive because we often don't have enough clarity around what we're trying to accomplish. You should have a specific, actionable, list of deliverables for your day.
- 2. Plan Your Day The Night Before:** Science has shown that when you make your to-do list for the next day right before you go to bed, your brain actually starts working on your next tasks while you sleep!
- 3. Plan For Your Energy Levels:** Make sure you're scheduling your to-do's for the right time of day for you to complete each task based on your energy levels and habits.



**4. Every Item On Your To-Do List Must Be Actionable:** It's really important to write your tasks in the form of **ACTIONS YOU CAN TAKE**. For example: "Clean Garage" is not a specific action, it describes a goal. Instead, you should have a list of tasks that you need to complete to accomplish your goal of cleaning the garage. In this example, you would write things like "dispose of old paint cans", "schedule an appointment to have the refrigerator picked up with City Recycling", "sweep garage floor". This is important for two reasons: so you know exactly what you need to do to achieve your goal AND so that you can identify when you're done.

**5. Cut Your Daily Task List By 30%:** We often overestimate what we can achieve in a day. Until you get really comfortable with figuring out how long it takes you to complete your routines and project tasks, you should audit your plan for the day and cut your to-do list down by 30%.

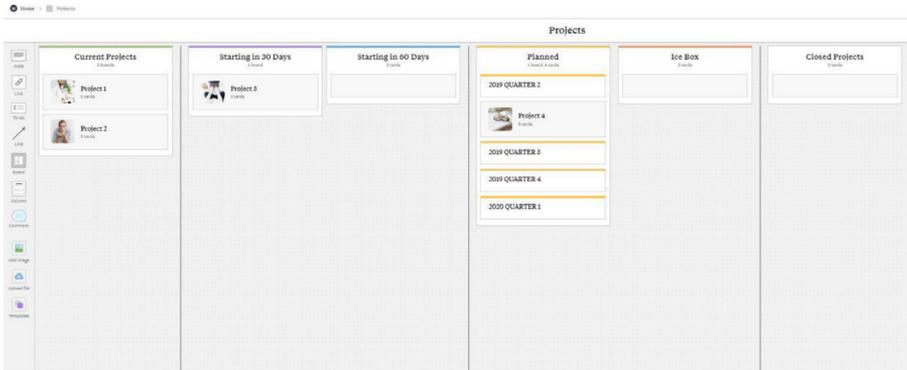
**6. Prioritize Your Efforts:** Your projects and to-do's need to be prioritized on the regular. Anything you are actively working on should be organized inside your Task Priority Matrix so you can have complete clarity on what your most important tasks are and then plan your week accordingly.

**7. Use A Project Queue:** Your projects should be organized according to what is actually active vs upcoming.

Speaking of which...



## Your Project Queue



On the first step of this process, I asked you to list your responsibilities *and* your projects. And we've been talking so much about your responsibilities, that you might have wondered if I forgot you have projects too. (ha!)

Here's how to organize your projects:

You'll do the same thing. Make a project labelled "Project Queue" or make a list in your planner that divides your projects according to the categories shown above.

After you've made your project lists, you should only spend time designing the projects that are **ACTIVE**. It doesn't make sense to start developing projects for something you're not actively working on yet.

Learn more about Entropy Organized [here](#).



# Monthly Calendar Activity

Use the calendar on the following page to write out activities you and your family have planned for the next month and coordinate the activity type with the following colors:

“Have-to’s,”  
IN RED  
Obligatory or Stressful

“Want-to’s”  
IN BLUE  
Relaxing + Enjoyable

“Flexible”  
IN GREEN  
Unscheduled

Assess the balance of RED and BLUE of stressful and of relaxing. Are there RED activities you need to take away from your family calendar? Are there BLUE activities you need to schedule in?

When you look at your available time you have, are you happy with the way you’re spending it?



# MONTHLY CALENDAR ACTIVITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## YOUR TURN

---

Where are you thriving when it comes to automating and delegating? Is there anything in the Swappable corner outside your centered circle you need to pass off?

Which household tasks do you have the hardest time completing consistently or take the most amount of your time (and are unpleasant or take time away from your priorities)?



How could you be more efficient and productive when it comes to the non-negotiable corner outside your centered circle?

Are there ways you can set aside times for the Heartstrings corner outside your centered circle without taking away from your centered vision?



## Placing Yourself At the Center of the Circle

At the bull's-eye of your center points is one critical component: YOU. You can be your best navigational beacon, able to place more emphasis on one center point or another, even placing ALL of your energy in an area OUTSIDE your circle for short periods of time when it's appropriate, when you know yourself.

You can make space for yourself by doing three things: attending to the basics, practicing regular self-care, and cultivating self-love and self-kindness.



## Daily Movement



WITH SPECIAL GUEST, ROBIN LONG

*Founder of The Balanced Life*



Robin Long lives and works in sunny Santa Barbara, California. As a certified Pilates instructor and founder/CEO of The Balanced Life, she is passionate about creating programs that empower, strengthen, restore, and rejuvenate her clients from the inside out. As the founder of the leading online Pilates membership community, Robin has worked with thousands of women all over the world. She believes in a guilt-free, balanced approach to health and fitness and is dedicated to helping women love and care for their bodies in the midst of busy lives.

Outside of The Balanced Life, she can be found chasing her seven-year-old daughter, four-year-old son, and two-year-old twins, sneaking in ten-minute workouts during the kids' bath time, and spending as much time as possible at the beach.

# THE BALANCED LIFE

The Balanced Life is dedicated to inspiring women to live balanced, healthy lives through providing high-quality, at-home Pilates workouts and healthy-living resources. The Balanced Life Sisterhood is an online Pilates membership that makes it easy for you to build strength, reduce stress, and feel good — in a way that is 100 percent doable and 0 percent overwhelming.

We completed a gentle Pilates stretching video with Robin during the retreat. You can find more quick movement opportunities on [The Balanced Life YouTube channel](#).

Robin supports women everywhere through The Balanced Life Sisterhood.

When you join The Sisterhood,  
here's what you can look forward to:



- 100+ on-demand Pilates workouts at your fingertips.
- A Workout Library where you can filter by time, muscle focus, and theme - there's something for every mood!
- A members-only app for quick access, downloading your workouts, and easy casting to your TV if that's your style.
- Easy-to-follow monthly workout calendars so you don't have to figure out a plan all on your own.
- Positivity, encouragement, and support from other women who are on this journey with you.

Learn more about [The Balanced Life](#).

## Letting Nutrition Fuel Us



WITH ANNA BOHNENDEL AND MEGAN LANDRUM

*Founders, Alavita Nutrition*



Anna and Megan are registered dietitians and the founders of Alavita Nutrition. As modern moms juggling careers with growing families, they get it. From their personal journeys, they learned how fundamental nutrition is to enjoying mom-life. Marrying their clinical research backgrounds with real-mom experience, they teach women how to best nourish themselves for strength, energy, and confidence.



Learn More about [Alavita Nutrition](#).



## Medical Disclaimer

This program is written by Alavita Perinatal Nutrition Associates, LLC. The authors are both board certified & Licensed Registered Dietitians and Nutritionists through the CDR (Commission on Dietetic Registration).

These guidelines are not intended to treat any nutrient deficiencies, allergies or other food related health problems, nor are they formulated to diagnose, treat, cure or prevent any medical conditions.

The content found in these materials have been developed for the sole purpose of promoting general healthy eating and lifestyle habits. They should not be regarded as medical advice. Each person must take into consideration her own unique nutritional needs and consult a Registered Dietitian or other medical professional for personalized recommendations. The information found here serves only as a general guide. You should always obtain any appropriate professional health advice relevant to your particular circumstances.

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[www.alavitanutrition.com](http://www.alavitanutrition.com)

## Health Professionals and Modern Moms

We, Anna & Megan, are both registered dietitians, who kept running into each other — literally — as we escaped our clinical research and patient care duties for some fresh Oregon air.

Anna was trained in clinical research at the National Institutes of Health before coming to OHSU where Megan was giving nutrition counseling to families in the children's hospital. Even as health professionals, we each had to work hard at finding a healthy balance around food and exercise. We know we're not alone when we admit to spending far too much of our young adult life overly-obsessed with calorie counts and miles logged.

**We each learned to get our mindset in  
shape as the first step to feel good in  
our own skin.**

After years of personal growth, with countless ups & downs, we made it to a place where we felt sane around food. We could finally say with confidence and calm, that we knew how to eat right for our body.

Then, we had babies...

Enter pregnancy and motherhood, and everything got flipped upside-down and inside-out. It was a huge hurdle to feel like ourselves again after having a baby.

Getting to know a new body, with new curves and new markings, was just the beginning. Things felt different when we tried to exercise. Our appetites went hay-wire. There were a lot of tears and a lot of snaps at our undeserving partners.

IT TOOK DOUBLING-DOWN ON SELF-CARE,  
STARTING WITH GOOD FOOD, TO START  
FEELING LIKE OURSELVES AGAIN.

Alavita was born when we looked around and saw so many moms, just like us, struggling to find themselves — the energy, the ambitions and the pizzazz — that once defined them. We saw too many moms running on empty, without the energy to enjoy motherhood or their lives.

Alavita is about feeling strong and confident in your mom-skin. As professional women juggling work, social lives and self-care with our growing families, we get how hard it is to fit it all in. We won't waste your time.

We base everything in science and a combined two decades of clinical experience. We throw overly-extreme, unsustainable food rules out the window and offer solutions that are realistic for the hurdles facing modern mothers.

It's time to walk with your head held high because you were made for this.

XO,

Anna & Megan

## Invest in Feeling Good

### SECRET SAUCE: HOW TO FIT IT ALL IN

**You need energy:** Whether you are preparing for pregnancy, growing a bump or already holding a sweet baby, you know that motherhood is a feat no man could handle. Growing another human takes an enormous amount of energy. Food is your fuel and eating well is the secret sauce to having energy.

**Fitting it all in:** We don't need to tell you that finding time to cook is a challenge. The catch is that you can't fuel-up if nourishing food is not prepped and in the fridge.

So what's a girl to do? Batch cook!

As busy professionals, juggling two full-time jobs, growing families, fitness and social lives, we speak from experience.

Batch cooking is how we make it all work.

- How can I get healthy dinners on the table after a packed day?
- How do I stick to healthy eating while out-and-about?
- I am so rushed in the morning, how can I find time for breakfast?

The answer to all of these questions:

**BATCH COOK!**



## Why Batch Cook? Feel Like a Mom Boss

Batch cooking means hitting the kitchen less frequently by making large batches each time you cook. Essentially, you embrace leftovers with arms wide-open because you have healthy eats ready to go when life gets busy.

By carving out time upfront, weekday meals become as easy as heat, serve and enjoy. If you're not convinced yet, here are a few more ways batch cooking can improve your life:

**Save your time:** We totally get it that, at first glance, batch cooking seems like a lot of work. Trust us that this approach will ultimately save you precious time. It's more work on the front end, but that effort affords you more free time for the rest of the week.

**Save your sanity:** Imagine 5 p.m. rolls around and you can relax, play with the littles or imbibe for happy hour, because dinner will be ready to go with a quick toss, heat and serve.

Imagine the ease of whipping out delicious, healthy food for lunch, without the fret of where to go to grab something you know you'll later regret. Imagine the days of mindless snacking on whatever is in arm's reach, in the distant past.

**Save your money:** Bye, bye take-out and hangry splurges at the grocery store because there's nothing in the fridge.

# What is Batch Cooking?

We are simply talking about making large batches when you cook, rather than single servings.

This can be as comprehensive as prepping all your meals and snacks for the week in one day, or just making a few essentials in advance, like a pot of whole grains, a soup and a roasted chicken. Anything you can prep in advance is going to make your life easier, so no need to make this an all-or-nothing. Do you what works for your life.

## Make the time

You have the time for whatever you prioritize. Here's how you can make batch cooking work:

**A** . Carve out 2-3 hours on the weekend to whip it all out; or  
**B** . Squeeze it into your routine. This could mean throwing a pot of grains on the stove while getting dressed, chopping veggies while baby naps or popping some chicken in the Crockpot before bed.

## What to cook

Check out our library of Alavita recipes. They are all developed with batch cooking in mind, because we got your back, mama.

For more structure, the Alavita offers online programs, including week-by-week meal plans with batch cooking schedules, recipes and shopping lists all laid out for you.

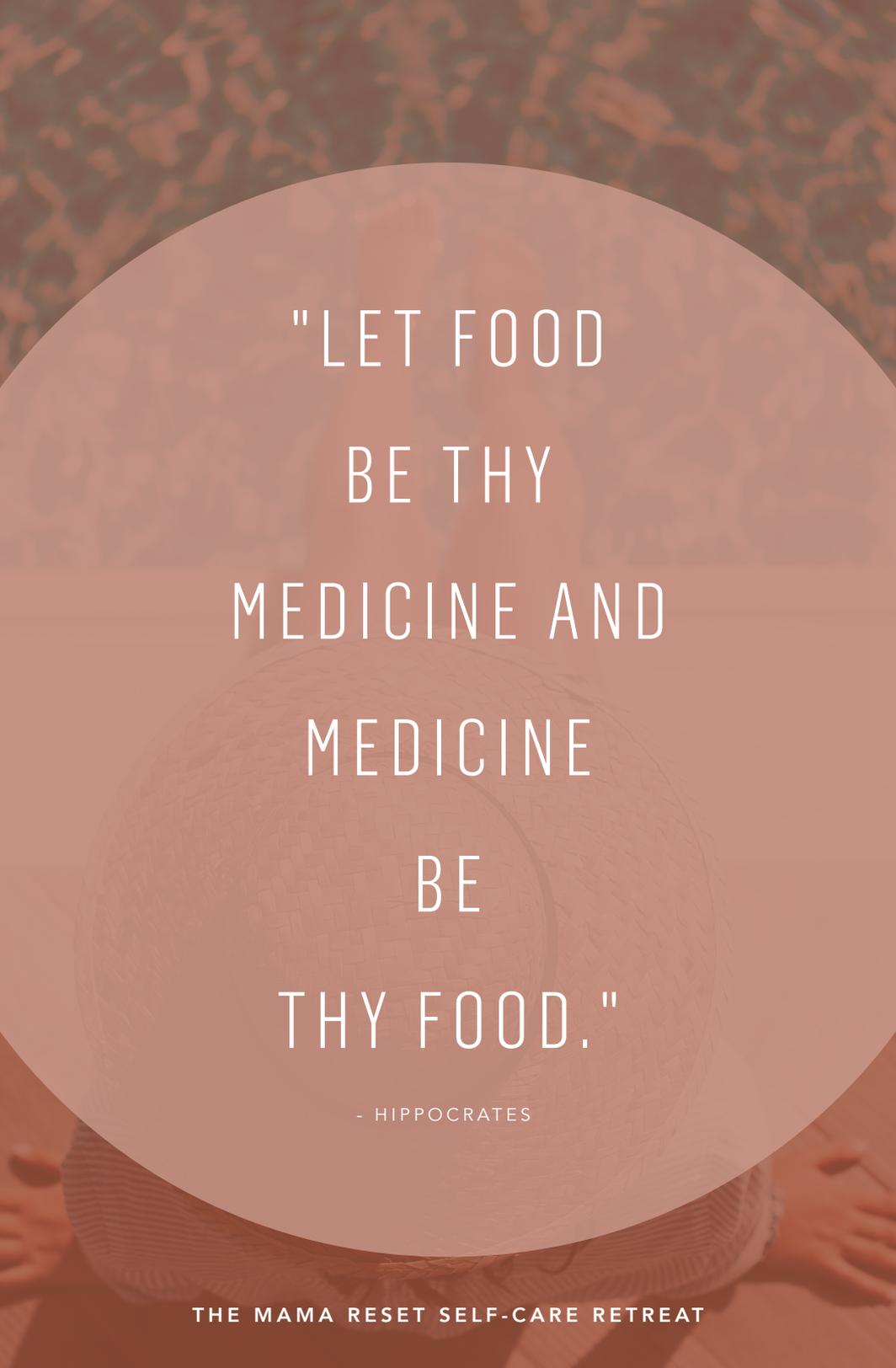
This guide is going to get you set up with a basic batch cooking template. Keep reading.

# Kitchen Supplies

EQUIPMENT TO MAKE YOUR LIFE EASIER

- **ROASTING PANS OR SHEET PANS**
- **GLASS STORAGE CONTAINERS WITH LIDS**
- **A FOOD PROCESSOR**
- **A NUTRIBULLET, VITAMIX OR OTHER GOOD BLENDER**
- **SLOW COOKER**
- **A GRILL**





"LET FOOD  
BE THY  
MEDICINE AND  
MEDICINE  
BE  
THY FOOD."

- HIPPOCRATES

THE MAMA RESET SELF-CARE RETREAT

## Easy Meal Prep

### A TEMPLATE FOR LIFELONG HEALTH

Prepare big batches of the basic components of a meal (veggies, complex carbs, proteins & a sauce). Then, when it's time to eat, combine in any way that meets your fancy.

**1. Start with veggies:** When you have prepped veggies ready, you have no excuse not to eat them. You can steam, grill, roast, or simply chop fresh. Below you'll find our Guide to Roasting Veggies, because roasting is so easy and tastes so freakin' good.

**2. Next comes complex carbs:** This can mean whole grains, root vegetables like potato or winter squash, fruit, or starchy vegetables like corn or peas. For grains and root vegetables, see Cooking Guides on the next few pages.

**3. Pile on protein:** Whether chicken, beef, pork, lamb, fish, tempeh or tofu, you can grill, braise or roast. We love making big batches of meat or poultry in the slow cooker that you can later toss on salads or in a sandwich. (Leftovers store well in the freezer.) Another favorite option: buy a rotisserie chicken.

Protein can also come in the form of beans, eggs, canned tuna or salmon, or dairy like yogurt or cottage cheese. The beauty of these options is that no prep is required.

**4. Get saucy:** Sauces and dressings are the secret to keeping things exciting. Making 1 to 3 different sauces for the week. Make in big batches and store extras in the freezer. See guide to making sauces and dressings to come.

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# 1. FILL WITH VEGETABLES

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## STEAM



kale, Swiss chard,  
spinach, broccoli,  
cauliflower

## ROAST



broccoli, cauliflower,  
carrots, asparagus,  
Brussels sprouts,  
peppers, onion

## FRESH



arugula, kale, spinach,  
romaine, mixed greens,  
peppers, tomato

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# 2. ADD COMPLEX CARB

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## GRAINS



quinoa, brown rice,  
millet, buckwheat,  
barley, wheat berries

## ROOT VEG



sweet potatoes,  
potatoes, parsnips,  
winter squash

## FRESH



corn, peas, apples,  
cranberries, pears,  
berries

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## 3. PILE ON PROTEIN

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### GRILL



chicken, fish, beef,  
pork, tempeh, tofu

### ROAST



chicken, fish, beef,  
pork, tempeh, tofu

### FRESH



beans, eggs, yogurt,  
cheese, canned fish

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## 4. GET SAUCY

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### SHAKE



tahini-lemon-garlic

### MIX



ginger-carrot-miso

### BLEND



cashew-lime-cilantro

## Sauces and Dressing

- 1. Start with Quality Fats:** Like extra-virgin olive, toasted sesame, flax or walnut oils. You can also skip oil and instead blend in foods high in healthy fats like avocados or cashews. Avoid highly processed vegetable oils like soybean, canola, safflower, sunflower or corn oils.
- 2. Add Acid:** Play with different vinegars from musty balsamic to tangy apple-cider vinegar, as well as any kind of citrus juice from classic lemon to sweet tangerine.

Pro Tip.

**TRADITIONAL DRESSINGS ARE MADE WITH A 3:1 RATIO OF OIL TO VINEGAR (I.E. 2/3 CUP OIL TO 1/3 CUP VINEGAR).**

- 3. Make it Creamy:** Mustard, hummus, egg yolk or yogurt will add a creamy texture. Two fan-favorites are Dijon mustard and a garlicky hummus. Start with 1-2 Tbsp.
- 4. Fill with Flavor:** Pack in fresh herbs like dill, cilantro, basil, mint, chives or parsley or earthy spices like garlic, cumin, ginger, or paprika. About 1 tsp of dried spices usually does the trick. Add salt to taste, starting with ~1/4 tsp.
- 5. Sweeten:** A touch of sweetness can balance the flavors - try adding 1 Tbsp of honey or maple syrup. This step is optional.
- 6. Shake, Mix or Blend:** Shake all ingredients together in a jar, mix with a whisk in a bowl, or blend.

**TASTE BY DIPPING LETTUCE INTO THE DRESSING AND THEN ADJUST FLAVORS BY ADDING MORE SALT, SWEET OR SPICES AS DESIRED.**

## Whole Grains

Start your week off by cooking a big batch of your favorite whole grains. These grains then become a ready-to-use base for satisfying meals throughout the week. Made too much? Throw extras in the freezer and thaw as needed.

**How to:** Most grains cook like rice. Grains go in the pot first, then the water. (For a flavor & nutrient boost, cook with bone broth rather than water). Bring to a boil, then turn down to low and let simmer until water is absorbed.

Use table below to determine ratio of grain to liquid; Add grain and water to pot, bring to boil, then reduce heat to low, cover and simmer until liquid is absorbed. Fluff with a fork before serving.

### TROUBLESHOOTING

**PROBLEM:** Grain is too crunchy

**SOLUTION:** Add 1/4 cup water/stock and continue to simmer, while covered.

**PROBLEM:** Grain is ready, but there is still water in the pot

**SOLUTION:** Drain off excess water, just like cooking pasta.

**PROBLEM:** Grains sticking to bottom of pan

**SOLUTION:** Add a small amount of liquid to pan and remove from heat. Cover and let sit a few minutes until the grains loosen.

# WHOLE GRAIN COOKING GUIDE

1 CUP GRAIN:	WATER OR BROTH:	BRING TO BOIL, THEN SIMMER FOR:	YIELD:
amaranth	2 cups	20-25 min	3.5 cups
barley	3 cups	45-60 min	3/5 cups
buckwheat	2 cups	20 min	4 cups
bulgur	2 cups	10-12 min	3 cups
polenta	4 cups	5 min	3 cups
kamut	4 cups	45-60 min	3 cups
millet	2.5 cups	25-35 min	4 cups
steel cut oats	4 cups	20 min	4 cups
quinoa	2 cups	12-15 min	3 cups
brown rice	2.5 cups	40-45 min	4 cups
rye berries	4 cups	45-60 min	3 cups
sorghum	4 cups	25-40 min	3 cups
spelt berries	4 cups	45-60 min	3 cups
wheat berries	4 cups	45-60 min	3 cups
wild rice	3 cups	45-55 min	3.5 cups

*Pro Tip:*

**SOAK GRAINS IN WATER OVERNIGHT, AT ROOM TEMPERATURE, TO CUT COOKING TIME IN HALF. THIS ALSO MAKES THE NUTRIENTS MORE DIGESTIBLE, BUT NOT NECESSARY.**



## Addressing Burnout



WITH KRISTEN GENZANO

*with the Portland Center for Self-Compassion*



Kristen Genzano is a Licensed Professional Counselor, a Mindful Self-Compassion Teacher, and a writer. She lives in Portland, Oregon where she runs the [Portland Center for Self-Compassion](#) and a small group-therapy practice dedicated to supporting women.

As moms, it's easy to experience burnout. Licensed psychologist Dr. Kristen Genzano shares how we can identify and address symptoms of burnout in our lives during her video meditation.

Find out more about The Center for Self-Compassion [here](#).

LET'S DIVE IN



## Here are some key takeaways from the session with Kristen:



- Remember, you can't pour from an empty cup.
- Take a moment and acknowledge that you have experienced or may currently be experiencing burnout.
- Consider how this feeling of being pulled in multiple directions might leave you feeling stressed, depleted, or even empty.
- This can be an incredibly difficult step for many of us because, as women, we're conditioned to think and believe that we should be able to do it all. This doesn't mean that you shouldn't try to achieve what you want to achieve. It's more to acknowledge that we're all human and that we can't do everything.
- Explore some of the expectations that you have for yourself.
- Write down all the things you attempt to accomplish in a single day — all the responsibilities, all the tasks, all of the commitments.
- Extend that to a week. Write down all the things you attempted to accomplish last week — all the responsibilities, all the tasks, all of the commitments.
- Look at your lists and at all that you are doing. Acknowledge how much there is on each of those lists.
- If you're feeling overwhelmed, place your hand on your heart or somewhere else that's soothing. Acknowledge that this is difficult. Acknowledge that everything you have on your plate is too much for one person to handle on an ongoing basis.
- Consider a tiny shift. What if you gave yourself one tenth of the emotional care and attention that you give to others around you.
- How might things change if you gave yourself one tenth of the emotional presence you offer to others?
- Consider this daily practice. Choose a time of day to check in with yourself:
  - Pause — pause from whatever you're doing
  - Breathe — take a big breath
  - Ask yourself what you need — a stretch, a breath, a little walk. What small shift do you need to make to fill yourself back up?



## Creating a Daily Self-Care Ritual

The most joyful moms make concrete plans to reconnect with themselves throughout the week and to intentionally care for themselves in real, practical ways. Meditation gives us a framework for slowing down and learning to pay attention to our own inner voice.

One powerful way to meditate daily is to practice writing [Morning Pages](#) (first presented by Julia Cameron, author of [The Artist's Way](#)).

Morning Pages are three pages (written in actual pen on actual paper) of stream-of-consciousness writing that you complete first thing in the morning. What you write can be anything and everything — whatever comes into your mind — but it can be especially helpful as a re-centering and reconnecting exercise to start by writing what you're feeling.

Of course, you can meditate a variety of ways, and you can do the same type of writing exercises performed in Morning Pages at any time of the day, although completing them in the morning allows you to set yourself up for intentionality right at the start of each day.



Are there any non-traditional places you might be able to meditate (e.g., in your car on the way home from work, in the shower)?

Use this space to practice your own Morning Pages.







## Creating a Weekly Self-Care Plan



Regular self-care is important for moms. When we take good care of ourselves, we can take care of all the other parts of our lives — including our partners, children, and households — with more intentionality, peace, and joy. When we spend time taking care of ourselves and doing the things that make us feel connected to ourselves (that meet our needs WITHOUT our having to consider anyone else's needs), we strengthen our internal compasses. This in turn makes it easier to make big decisions as well as the moment-to-moment choices that leave us feeling centered and content instead of conflicted.

You need time to be you, **JUST YOU**, throughout the week so you can reconnect to your centered vision, but also so you can reconnect to yourself as an individual who is separate from your role as a mom, partner, professional, or friend.

Plan on carving out one to two hours three days a week when you can focus solely on doing what you want to do. Maybe it's reading a book quietly on your porch or talking with a friend. Maybe it's something active. Only you know what you need to do to stay centered and energized throughout your week.

Of course, some weeks you won't get to your self-care plan at all, but if you can commit to three times a week most weeks, it will be often enough that you stick with it and it will become a routine. If you can get to your activity more often, awesome! But three times a week is a great start.

## YOUR TURN

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What is something you can do about every other day, almost every single week?

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What might get in the way of taking care of yourself?

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How will you handle barriers to taking care of yourself?

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How will you give yourself grace if you fail or "fall off the self-care wagon"?

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# SELF-CARE ACTIVITY ASSESSMENT

This is a guideline, something to come back to when life gets in the way and you have not taken good care of yourself in a good long while, or when you're first starting out. This is not about checking off boxes. This is about thinking about how much time you're willing to give yourself and what you would do with that time if you had it.

What if you're not sure what you need? Is it socialization, exercise, relaxation, or maybe just time to yourself? Take our self-care activity assessment to help determine what will fuel you.

I feel the most energized when I:

I feel the most drained when I:

I feel calm and relaxed when I:

Choose one:

I am most content when I am with other people - OR - I am most content when I have time to myself.

When I think back to myself pre-kids, the activities I enjoyed most were (list three):

If I had a week off of work with no obligations, I would :

I feel joyful when I'm:

My ideal getaway would be:

When I have time to be with my friends, I like it best when we:

When I'm with my partner, I like it best when we:

## Keeping Commitments to Yourself

It's challenging to make sustainable changes in our lives, but we're more likely to succeed when, 1) we understand our long-term goals for ourselves and our families, and, 2) we have accountability.

### HERE'S HOW:



Set a reminder on your phone for two weeks from now with the dream you're working toward and your first goal you're tackling to get there.



Ask a friend to set a reminder for one month from now with the same.



Reciprocate! How can you help keep your friend motivated and encouraged on her own self-care journey?

# Cultivating Self-Love *equals* Cultivating Self-Compassion

## WHAT IS MINDFUL SELF-COMPASSION?

As moms and as people, we have to make space for ourselves, but not just by devoting time to practical self-care routines or by making the rest of our lives more streamlined, efficient, or productive. We also have to make space for our feelings, needs, and wants. That takes learning to be compassionate toward ourselves. We have to learn to treat ourselves like a best friend would or a motivational coach would.

This is hard for moms. We're used to treating ourselves like a mean drill sergeant would: harshly and critically. We're all already highly skilled at giving ourselves a hard time when we don't mother, show up in our work, or show up for ourselves the ways we want to. We're all too good at criticising ourselves when we feel like we're failing in one area of life or another because we are pulled in so many directions.

Mindful self-compassion is about learning how to encourage ourselves in tough moments with kindness instead of criticism. Mindful self-compassion allows us to get through difficult situations, but it also allows us to make decisions about where we'll place our energy and efforts each day — in monumental situations and in small, seemingly inconsequential ones — without feeling so overwhelmed or conflicted by competing

priorities.

As parents, we learn to [emotion-coach](#) our kids: acknowledging their feelings and helping them identify their feelings, validating their emotions, and then helping them to problem solve when they get upset. We have to do the same for ourselves. When we practice mindful self-compassion as everyday dilemmas and stressors present themselves, we learn how to use mindful self-compassion during situations where the emotional stakes are a lot higher.

Mindful self-compassion was developed by Kristen Neff, Ph.D., and Christopher Germer, Ph.D. They define it clearly in [The Self-Compassion Workbook](#) as:

“Self-compassion involves treating yourself the way you would treat a friend who is having a hard time — even if your friend blew it, or is feeling inadequate, or is just facing a tough life challenge. Western culture places great emphasis on being kind to friends, family, and neighbors who are struggling. Not so when it comes to ourselves. Self-compassion is a practice in which we learn to be a good friend to ourselves when we need it most — to become an inner ally rather than an inner enemy.”<sup>2</sup>

## The Core Elements of Mindful Self-Compassion:

1. **Self-Kindness:** “Rather than being harshly critical when we notice personal shortcomings, we are supportive and encouraging and aim to protect ourselves from harm. Instead of attacking and berating ourselves for being inadequate, we offer warmth and unconditional acceptance.”
2. **Common Humanity:** “Self-compassion honors the unavoidable fact that life entails suffering, for everyone, without exception.”
3. **Mindfulness:** “Mindfulness involves being aware of moment-to-moment experience in a clear and balanced manner. It means being open to the reality of the present moment, allowing all thoughts, emotions, and sensations to enter awareness without resistance or avoidance.”



# Mindful Self-Compassion Versus Self-Esteem

• • •

It's easy to confuse cultivating compassion for ourselves with trying to build up your self-esteem, or even pity yourself.

Watch Dr. Neff explain the difference [here](#).



# Self-Compassion Scale

Used with permission from [The Center for Mindful Self-Compassion](#)

The following statements describe how you act toward yourself in difficult times. Read each statement before answering, and to the left of each item indicate how often you behave in the stated manner on a scale of 1 to 5.

**ALMOST NEVER**

**ALMOST ALWAYS**

1

2

3

4

5

- \_\_\_ I try to be understanding and patient toward those aspects of my personality I don't like.
- \_\_\_ When something painful happens, I try to take a balanced view of the situation.
- \_\_\_ I try to see my failings as part of the human condition.
- \_\_\_ When I am going through a very hard time, I give myself the caring and tenderness I need.
- \_\_\_ When something upsets me, I try to keep my emotions in balance.
- \_\_\_ When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

For the next set of items, use the following scale (notice the endpoints of the scale are reversed from those above):



- \_\_\_ When I fail at something important to me, I become consumed by feelings of inadequacy.
- \_\_\_ When I'm feeling down, I tend to feel like most other people are probably happier than I am.
- \_\_\_ When I fail at something, I tend to feel alone in my failure.
- \_\_\_ When I'm feeling down, I tend to obsess and fixate on everything that's wrong.
- \_\_\_ I'm disapproving and judgmental about my own flaws and inadequacies.
- \_\_\_ I'm intolerant and impatient of those aspects of my personality I don't like.

**HOW TO SCORE YOUR TEST:**

TOTAL (SUM OF ALL 12 ITEMS) \_\_\_

MEAN SCORE=TOTAL/12 \_\_\_

Average self-compassion scores tend to be around 3.0 on the 1-5 scale, so you can interpret your overall score accordingly. As a rough guide, a score of 1-2.5 for your overall self-compassion score indicates you are low in self-compassion, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high in self-compassion.

## The Self-Compassion Break

Developed By Kristen Neff, Ph.D. and Christopher Germer, Ph.D.

Adapted and Presented by Kristen Genzano,  
Licensed Psychologist

1. Find a comfortable seat.
2. Once you're settled, allow yourself to close your eyes or soften your gaze.
3. When you're ready, allow yourself to bring to mind a difficult situation that's happening in your life. Choose a situation that's in the mild to moderate range. Allow the situation to fill your mind, and let your mind see it clearly. Who is involved in the situation? What is said? What do you feel in your body as you bring the situation to mind?
4. Place a hand on your heart or somewhere else that feels soothing.
5. Repeat the following: "May I give myself what I need. May I be kind to myself. May I accept myself as I am."

If you're having difficulty finding the right words, imagine you're talking to a dear friend or a loved one who's having the same problem or is in a similar situation. What would you say to this person? What would you tell her heart-to-heart? Now can you offer that same message to yourself?

Allow these words of kindness to settle inside of you, to support you, to soothe you. Then, as you're ready, very gently and very slowly open your eyes.

When we model healthy coping strategies and calm-downs for ourselves, our children learn from us over time.

# Let's take a look back at our Center Points

*Your whole life*

THE HEARTSTRINGS

5

THE NON-NEGOTIABLES

1

4

YOU

2

*Centered Vision*

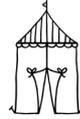
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THE CONTAMINATORS

THE SWAPPABLES

THE MAMA RESET SELF-CARE RETREAT

## Setting Achievable Goals



If you want your life to look more centered in five years, you'll want to start living according to your center points now. That's where **SMART** Goals come in: Specific, Measurable, Attainable, Realistic, and Time Sensitive. Now that you've addressed the outside of your centered circle (the "stuff" of life) and the inside of your centered circle (you), you're ready to work on the middle of your circle.

**STEP 1:** Pick one center point to focus on first. Pick the one that would make the biggest difference in eventually allowing your other center points to become your reality as well. Now, write the first goal you'll need to achieve to make that center point a reality. Make sure it's **SMART: S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime Sensitive.

**Specific:** Make sure you have a concrete goal in mind. "I want to feel better about myself," is not a goal. It's a great reflection. It's a starting place, but it's just too ambiguous to set yourself up for success, because there is no way to tell if you've actually achieved your goal once you get there.

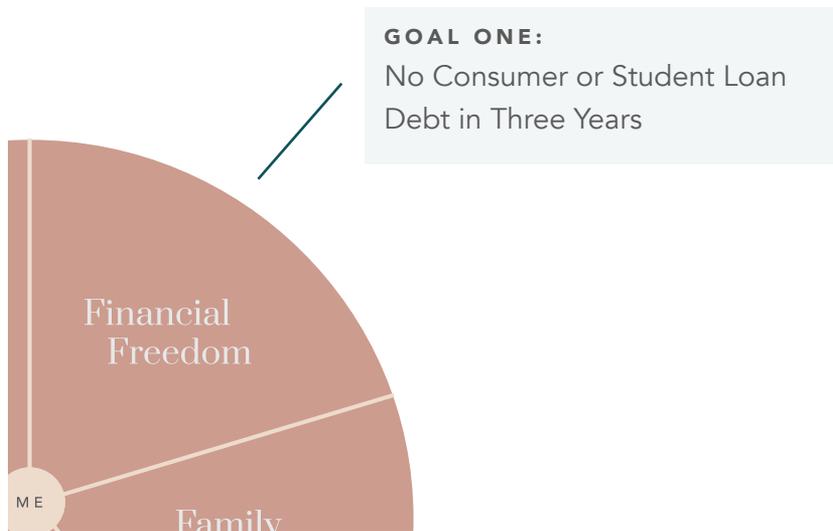
**Measurable:** Measurable goals have an outcome you can assess after a certain amount of time to determine your level of progress. That way, you know when you've met your goal and can set a new goal.

**Attainable:** If you set a goal that is too far out of reach, the chances of you reaching that goal are pretty slim. Instead, set a goal that is possible to reach. For example, an unattainable goal for me would be, "I will be a marathon runner next month." Instead, "I will complete a 10K run in three months," is more doable and therefore more likely to be achieved.

**Realistic:** Realistic goals are goals that are not based in fantasy. Instead, they are possible to achieve, even if it takes multiple, painful steps to get there.

**Time Sensitive:** Even with self-care goals, time is an important element. For example, "My goal is to write a children's book by one year from now. I'll do step X by one month from now, step Y by two months from now, and step Z by three months from now in order to achieve that goal."

So, going back to my center points, my first goal might look like this:





**STEP 2:** Set three mini-goals to achieve that larger goal.

Make sure the mini-goals are positive — things you will do, not things you won't do.

Example: I will bring my lunch to work every day. (Not, "I won't eat out at lunch.")

Go big if you can but make sure the goals are very specific here.

Example: I will reduce my childcare costs by fifty percent.

1.

2.

3.

**STEP 3:** Choose one mini-goal to focus on first.

Write out all the factors you'll need to consider to make that goal happen. This is where you'll want to dig deep on potential pitfalls that could trip you up or think outside the box about how you might make it happen. Once you've worked out the details to get to that goal and have started to make a change, move on to the next goal, still within that dream.

What are potential barriers that will get in your way?

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How will you deal with those barriers?

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**STEP 4:** Once you've achieved that mini-goal, move forward to the next mini-goal within that larger goal.

My next goal:

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As you continue to work on each center point, and to make space for and become better attuned to your own feelings and needs, you'll be able to decide where to focus your attention next.

My next center point to address is:

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## Doctor's Note

I'm so happy you joined me on this retreat. I hope you're already starting to feel more recentered, recharged, reconnected, and equipped to integrate self-care into your life moving forward.

We know your journey into better care for yourself doesn't end here and we want to continue supporting you. Explore our [masterclass and group consulting opportunities](#) for more ways to bring your best life into focus.

We're in your corner, Mama!



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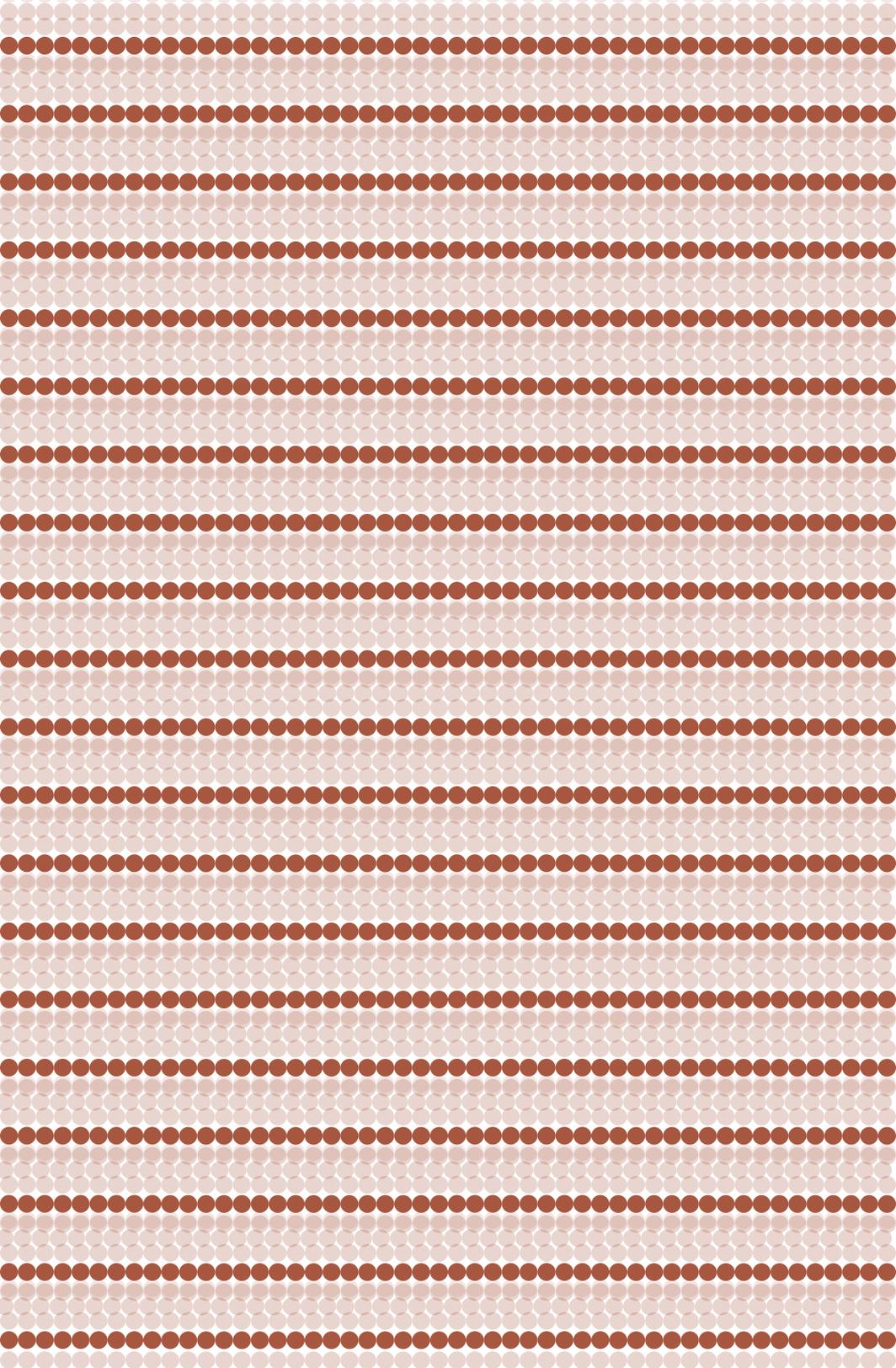


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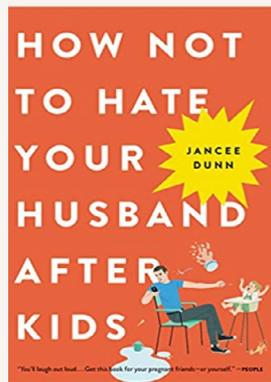
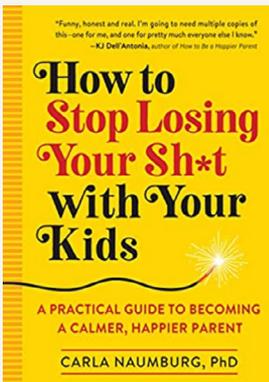
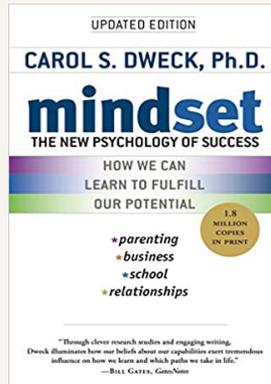
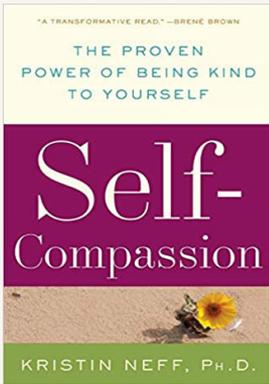
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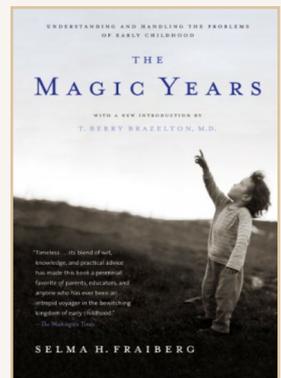
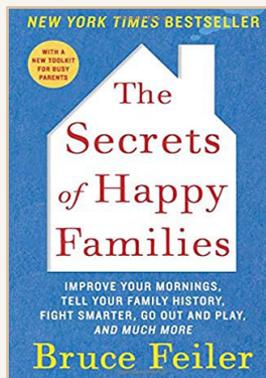
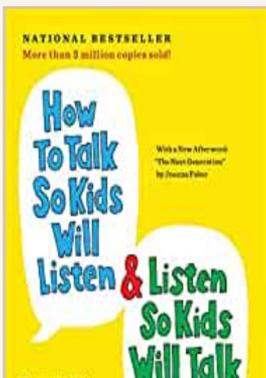
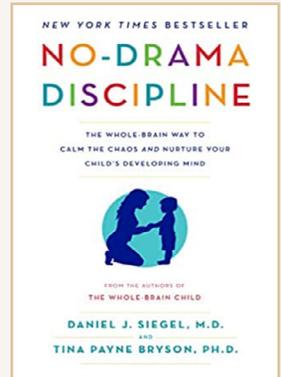
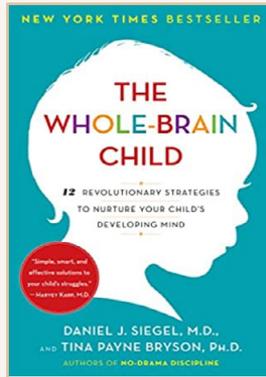
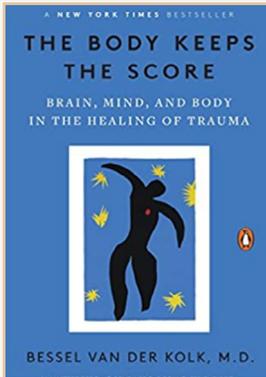
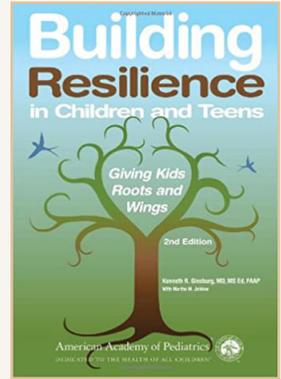
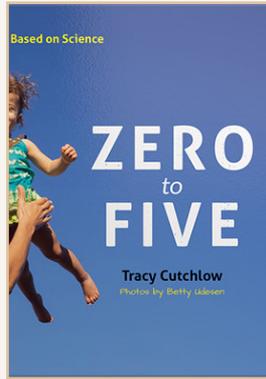
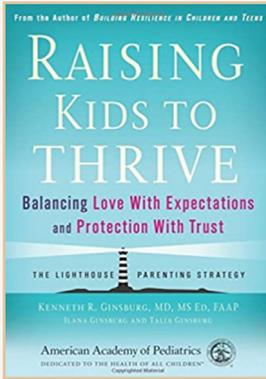
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### BOOKS:

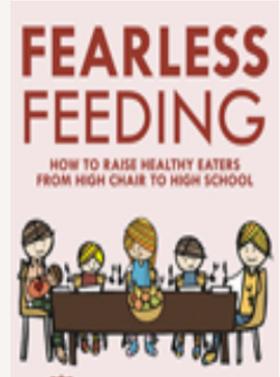
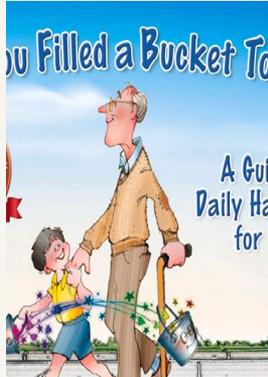
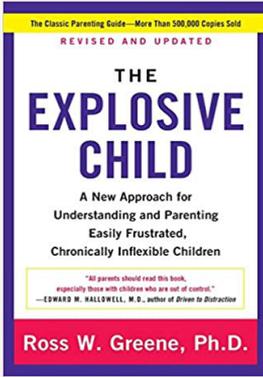


# Taking Care of Kids

## BOOKS:



## RESOURCES



### ONLINE:

[The Gottman Institute](#)

[Think Kids](#)

[Doctor Amy LLC](#)

[Common Sense Media](#)

[Fostering Resilience](#)

[Modern Mommy Doc](#)

[The Center for Sex and Couple's Therapy](#)

[YoYoYogi Online](#)

This 2-week pass provides free, unlimited access to 100+ offerings on YoYoYogi's online platform: YoYo on the Go!! Enjoy full-length yoga classes, fitness classes, and stretch outs as well as guided meditations at home, on the road, or wherever you may be!

[Alavita Nutrition](#)

[The Balanced Life Online Pilates](#)

[The Practical Sort](#)

[Entropy Organized](#)

[The Center for Mindful Self-Compassion](#)

[Kristen Genzano Therapy](#)

[Modern Mommy Doc](#)

### PROGRAM REFERENCE

Kristen Neff, Ph.D., and Christopher Germer, Ph.D., *The Mindful Self-Compassion Workbook*, pg 10-11