

# Beyond Mom: A Self-Discovery Workbook



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# Welcome Mamas!

Welcome, Mama!

Motherhood is an incredible journey, but it can also feel like you've lost a part of yourself along the way. This workbook is here to help you reconnect with **who you are beyond being a mom.**

Through guided exercises, journal prompts, and self-reflection, you'll explore your **dreams, passions, and identity**—so you can step into this new chapter feeling **fulfilled and whole.**

Let's begin this journey together! 



## Questions?

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## *How to use this Workbook*

- ✓ Take your time—no rush! Reflect and write honestly.
- ✓ Keep this as a personal guide to track your growth.
- ✓ Revisit your answers in 6 months to see how far you've come.

It may seem like you do not have all the answers at first, but keep writing. Trust me, you will be surprised with your own answers!

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You can also add a blurb to let readers know what each article is about. Two sentences will do!



## CHAPTER ONE

# Who were you before motherhood

*Your identity before becoming a mom is still a part of you! Let's rediscover those pieces.*

### **How it helps:**

This section is designed to help you take a step back to reflect on who you were before motherhood, helping you reconnect with the passions, dreams, and personality traits that made you you. We often forget who we were before motherhood, and this is a reminder that your past self is still an important part of your identity.

### **How to use this section:**

Answer the journal prompts to reflect on your life before motherhood. Then, write a letter to your past self, reminding her of her strengths and dreams. Use this exercise to gain clarity about what you may want to bring back into your current life.



# Who were you before motherhood

1. What were your favorite activities or hobbies before becoming a mother? List at least three.

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2. How would you describe yourself in three words before motherhood?

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# Who were you before motherhood

3. What dreams or goals did you have for yourself before having kids?

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4. Which parts of your past self do you miss the most?

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## This image shows a single sheet of white paper with horizontal blue lines. The top edge of the paper is irregular and torn, revealing a brown, textured surface underneath. There are ten visible blue lines across the page.



## CHAPTER TWO

# Embracing who you are now

You have changed, grown, and evolved. Let's celebrate  
the new version of you!





## CHAPTER TWO

# Embracing who you are now

### How it helps:

Motherhood changes us, and this section helps you embrace the new version of yourself. You'll explore how your personality, values, and priorities have shifted, allowing you to accept and celebrate the woman you've become.

### How to use this section:

Use the journal prompts to reflect on your growth since becoming a mom. The reflection exercise will help you articulate your personal strengths and the qualities that make you unique today. This section encourages self-compassion and acceptance.



# Embracing who you are now

1. How has motherhood shaped your personality, values, and priorities?

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2. What skills or strengths have you gained since becoming a mother?

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# Embracing who you are now

3. What are three things you love about yourself today?

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4. How do you define happiness and fulfillment at this stage in your life?

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# Embracing who you are now

Fill in the blanks:

I feel most like myself when I...

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My biggest personal strength as a mom is ...

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I am proud of myself for ...

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## CHAPTER THREE

# Reconnecting with your passions

You are more than just a mom—you are a woman with dreams, passions, and creativity.





## CHAPTER THREE

# Reconnecting with your passions

### How it helps:

In this section, you'll focus on reigniting the passions that may have taken a backseat during your motherhood journey. It's a chance to reconnect with the activities that light you up and bring you joy.

### How to use this section:

Use the journal prompts to brainstorm activities that make you feel alive. Then, pick one passion or hobby to revisit, and take actionable steps toward incorporating it back into your life. The key here is consistency, even if it's just for a few minutes each day



# Reconnecting with your passions

1. What are three activities that make you feel happy and energized?

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2. If time and money weren't an issue, what would you pursue just for fun?

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# Reconnecting with your passions

3. Have you discovered any new interests or passions since becoming a mom?

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4. What is one small thing you can do this week to reconnect with your interests?

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# Reconnecting with your passions

Pick one passion or hobby you'd like to revisit. Schedule time for it this week—even if it's just 10 minutes!

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## CHAPTER FOUR

# Making time for yourself (without guilt!)

*Self-care is not selfish. It is essential for your well-being and happiness.*

### **How it helps:**

This section focuses on the importance of self-care and how to prioritize it in your busy life. It will help you recognize that caring for yourself is not only beneficial for you but also for your family.

### **How to use this section:**

Answer the journal prompts to explore your self-care needs and obstacles. Then, use the self-care checklist to find small, easy ways to incorporate joy and relaxation into your daily routine. Remember: self-care isn't about perfection—it's about consistency.





# Making time for yourself

1. What are three things you can do just for yourself that bring you joy?

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2. Find 10-15 minutes each day which you can set aside for self-care?

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## Making time for yourself

3. What are your biggest obstacles to making time for yourself, and how can you overcome them?

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4. How does prioritizing yourself make you a better mom?

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# Making time for yourself

Quick Self-Care Checklist:

- ☐ A quiet coffee/tea break
- ☐ A 10-minute walk
- ☐ Journaling or reading
- ☐ Listening to your favorite music
- ☐ Stretching or deep breathing exercises





## CHAPTER FIVE

# Creating your support system

Motherhood can feel isolating, but you don't have to do it alone





## CHAPTER FIVE

# Creating your support system

### How it helps:

This section helps you reflect on the importance of building a strong support system. You'll identify the people who uplift you and find ways to strengthen your relationships, ensuring that you're not carrying the weight of motherhood alone.

### How to use this section:

Answer the journal prompts to identify your current support system and areas where you could benefit from more connection. The action step encourages you to reach out to someone in your circle, reinforcing the importance of community.



# Creating your support system

1. Who are the people in your life that uplift and support you?

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2. How can you strengthen your relationships and ask for help when needed?

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# Creating your support system

3. What kind of community or friendships would you like to build?

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4. What steps can you take to create a strong support network?

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# Creating your support system

Reach out to one friend or mom group this week and schedule time to connect

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## CHAPTER SIX

# Setting goals for yourself

It's time to dream again and take action toward a fulfilling life beyond motherhood.





## CHAPTER SIX

# Setting goals for yourself

### How it helps:

This section will inspire you to dream big and set personal goals that bring you joy and fulfillment. It's about creating a vision for your life beyond motherhood and taking actionable steps toward achieving those dreams.

### How to use this section:

Use the journal prompts to identify a personal goal and break it down into smaller, achievable steps. The goal-setting worksheet will guide you in making your goal specific, measurable, and attainable. Make sure to hold yourself accountable to keep your momentum going.



# Setting goals for yourself

1. What is one personal goal you want to accomplish in the next 3 months?

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2. What is one big dream that excites you?

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# Setting goals for yourself

3. What small steps can you take to start working towards your goal?

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4. How can you keep yourself accountable and stay motivated?

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# Setting goals for yourself

Goal-Setting Worksheet:

My Goal:

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Why This Matters to Me:

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First Step I Will Take:

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Target Date:

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## REMINDER

# YOU ARE MORE THAN "JUST MOM"

Taking care of yourself isn't a luxury—it's a necessity. You are still YOU, even as you grow and evolve through motherhood.

What's one thing you will do this week just for YOU? Write it down and commit to it!

Want more? Subscribe to my newsletter for weekly inspiration & self-care tips! 📧 Share your journey! Tag me on Instagram @becomingherbeyondmom and use #BecomingHerBeyondMom