



the motherhood

SELF CARE RESET

THE MUMMA NEST ACADEMY



HEY, I'M SARAH

and I'm thrilled you are here!

For those whom I am yet to meet, here is a little bit about me:

Founder: The Mumma Nest Academy where we focus on tailored, sustainable & holistic motherhood education.

Mum of 3 | Best Selling Author | Somatic & Mindset Mentor for Mum's |
Facilitator & Professional Life Coach @ The International Coaching
Institute | Trained in Meta Dynamics, NLP, Positive Psychology & Trauma
Informed | Multi Award Winner, locally & globally | Highly Commended
IWIB Best New Business 2023 | Finalist NSW Business Awards 2024 in
Education | Childhood Educator, Government Officer & Corporate Ladder
Chaser (*previously*) + Recovering High Functioning People Pleaser!

Sarah xo

DAY 1



YOUR ENERGY

What you will learn

Energy management through the awareness
exercise 'energy givers & takers'

day one

INTENTION SETTING

MY WEEKLY INTENTION:

Intentions are the inner knowing as a pathway to support the outcomes you desire.

When setting intentions:

Be clear about what you want.

State in the positive: what you want rather than what you don't want.

Keep it simple: less is more.

Eg: this week my intention may be:

**I INTEND TO CREATE SPACE & TIME FOR MYSELF THIS WEEK
NO MATTER WHAT ARISES, TO NURTURE MY MIND, BODY & SOUL,
WHICH WILL BENEFIT BOTH ME & MY FAMILY.**

Now give your intention a go here:

(if you get stuck see next page for further examples)

examples for everyday **INTENTIONS**

- I intend to listen to what my body tells me it needs
- I intend to challenge myself this week with an open mind
- I intend to practice self-care & treat my body with love & respect
- I intend to engage in _____
- I intend to speak kindly to myself today
- I prioritise choosing moments to savour today
- I choose to be fully present for this hour
- I express my thoughts & feelings with acceptance & grace
- I make a conscious effort to recognise & meet my needs
- I prioritise building and maintaining meaningful relationships
- I trust my ability to receive from my intuition
- I accept my full range of emotions without judgement
- I embrace opportunity that is aligned with my vision & life goals
- I actively create moments that bring connection into my life
- I will seek moments of fun & laughter throughout my day today
- I acknowledge and appreciate the good in my life, both big and small
- I seek personal growth through all my experiences
- I see challenges as learning & growth opportunities

I am fully present to this moment.

Aim to use I statements which is a powerful way to consistently focus on self.



ENERGY GIVERS & TAKERS

givers

takers

deepening **EXERCISE**

EXERCISE

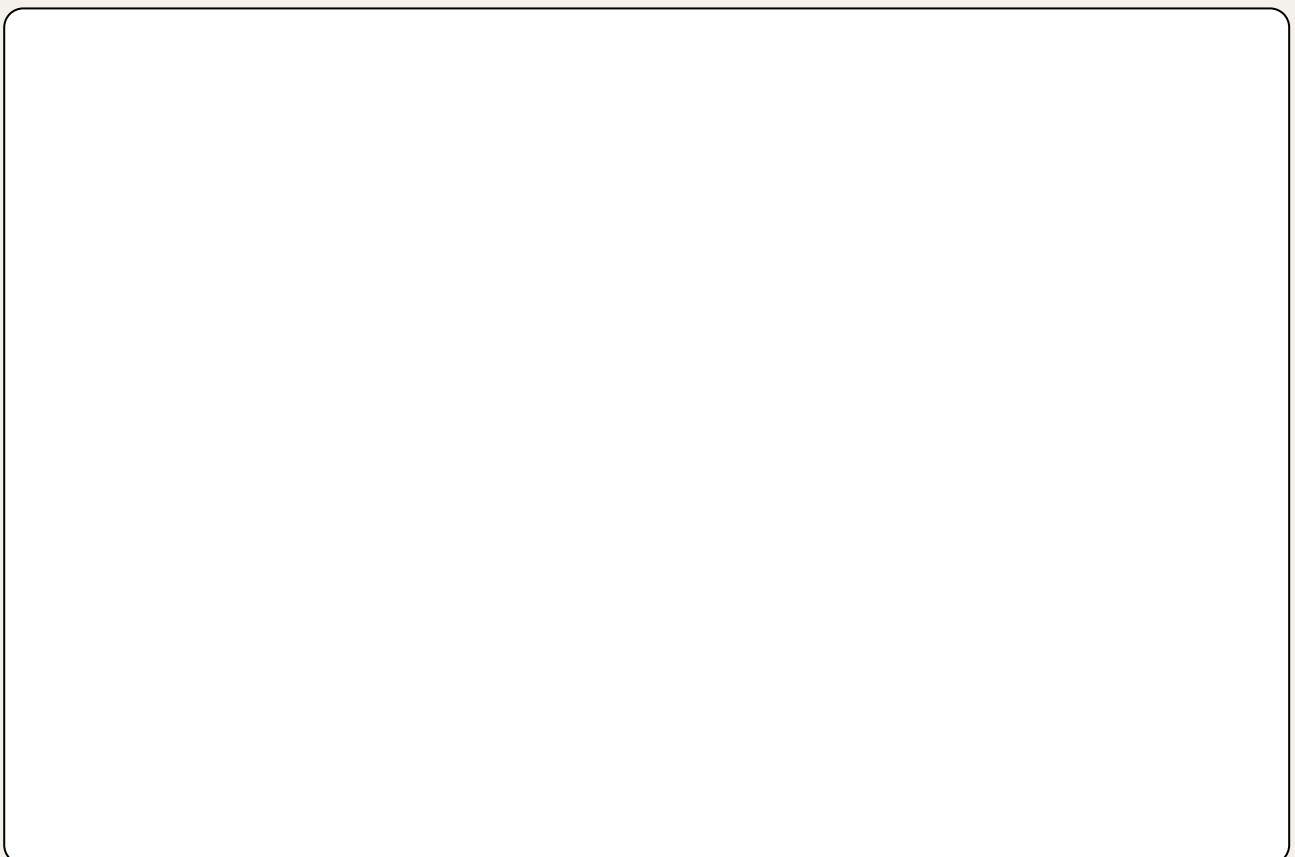
Download the Self Care Reset Spotify Playlist [here](#) & in the space below explore how you would love to nurture yourself more.

If this is hard to answer, try asking yourself one or more of these questions:

What would I like to give to myself?

What makes me feel loved, supported, taken care of?

What am I most needing in this phase of my life?



ACKNOWLEDGE YOURSELF FOR THE TIME & ENERGY
YOU HAVE GIVEN BY BEING HERE

**“YOU EITHER WALK *inside* YOUR
STORY & *own it* OR YOU STAND
outside YOUR STORY & *hustle*
FOR YOUR WORTHINESS.”**

SEE YOU AGAIN ON DAY TWO WHERE WE FOCUS ON
THE SIX SELF CARE PILLARS & PRACTICAL STRATEGIES FOR
SUSTAINABILITY