

# Lasting Change For My Gorgeous Mamahood

## P L A Y S H E E T

### *Exercise:*

#### Protecting my mama energy with good boundaries

In what relationships or areas of my life do I need to bring a boundary in closer for now (so that I've got enough focussed energy for the emotional needs of my child)?.....

In what areas or relationships can I relax any rigid boundaries so that I fill up with more energy (and don't waste energy holding onto a boundary that doesn't need to be there)?.....

## Exercise:

### Mama transformation

My top three 'BEST MEMORIES EVER'

Close your eyes. Take three deep slow conscious breaths and take yourself back to each of these experiences one at a time.

Set the scene. Describe what's happening. What do you notice? Write about the details....

Focus on your Bodyfulness: What's happening in your body? Notice sensations, posture, tone of voice, movement, tastes, aromas?...

Focus on your Heartfulness: What are you feeling? Name three desired feelings that you have a strong sense of?....

Focus on your Thoughtfulness: What are you thinking? What words would you want to say to yourself or another?.....

What does this experience have you believe about yourself and the world?...

Soak in the feelings and success of this. Sense the deliciousness. Open yourself up to really feel and embody this. Let it soak into your Being-ness like it's infiltrating your trillions of cells. This is the beginnings of activating the practice of MAMA TRANSFORMATION- A practice that is essential for brain rewiring for you to develop the qualities and being-ness the mama you deeply desire to be.

## *Exercise:*

### **My Extraordinary Self- care Fillups**

My small fillups (a few secs- 10 mins):

My medium fillups (30-60 mins):

My large fillups (2 hours- 1 day):

My super-doooper maxi fillups (more than 1 day):

Well done. I invite you to share with your mama tribe over in the [Intuitive Motherhood Facebook Village](#).