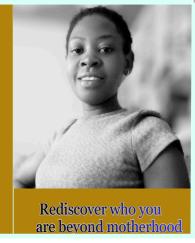
Mom Identity Rebuild Workbook



Welcome, Beautiful Mama

Motherhood changes everything. The routines, your priorities, and sometimes, your sense of self.

This workbook is your gentle space to reconnect with the woman within. The one who still dreams, creates, and grows.

Take this journey slowly. Reflect. Feel. Rebuild.

You're not starting over — you're coming home to yourself.

With love, SELUWU PROSSY

So, let's do this together.

Let's rewrite the story of motherhood. Not as a tale of losing ourselves, but as one of *coming home*.

One reflection.

One truth.

One page at a time. **

What you'll find in this book

- 1 Find a quiet space and a favorite drink.
- Use this workbook digitally or print it.
- There are no right answers only honest ones.
- 4 Write freely, without judgment.
- Return to any page whenever you need a reset.

How to use this workbook

Find a quiet space and a favorite drink.

Use this workbook digitally or print it.

There are no right answers — only honest ones.

Write freely, without judgment.

Affirmation: "I am rediscovering myself, one reflection at a time."

Return to any page whenever you need a reset.

Honour your emotions without guilt

Becoming isn't about rushing. It's about remembering.



Emotional Reconnection

prompts

What emotions come up most often for me lately?

Where do I feel tension or overwhelm in my body?

What am I afraid to admit to myself?

What helps me feel grounded when life gets chaotic?

Exercise: Name & Nature



Write one challenging emotion (e.g., guilt). Then answer:

- What is this emotion trying to tell me?
- How can I comfort it instead of fighting it?

Values & Vision

Rediscover what matters most.

- What values guide my decisions?
- What kind of woman and mother do I want to be?
- What do I want my children to learn by watching me?



Values Alignment Map

 List your top 5 values (e.g., creativity, balance, connection).

• Next to each, write one small way you can live that value this week.

Vision Prompt:

- Imagine it's one year from now and you feel completely aligned with your true self.
- Describe your day, energy, relationships, and dreams.

Reflection & Next Steps

What have I learned about myself through this process?

What commitments am I ready to make to myself?

What support or community do I need moving forward?

Exercise: Write a "Letter to My Future Self."

Describe how you want to feel six months from now — peaceful, confident, and aligned.

Daily Practices

1	What 3 habits help me feel centered each day?
2	What can I let go of to create more peace?
3	What would "5 minutes for me" look like daily
Daily Grounding Plan Morning	MorningAfternoonEvening 1 positive intention 1 mindful pause 1 gratitude note
Affirmation Tracker:	"I am calm." "I am capable." "I am worthy."

Build supportive, nurturing routines.

Rebuilding Identity

Integrate all parts of you, mom, woman, creator.

What roles or labels no longer fit me?
What passions do I want to revive?
How do I define success for myself now?
The Next Chapter Map
My Word for This Season:
What I'm Saying Yes To:
What I'm Releasing:
What I'm Creating:

My Rebuild Summary

For the week of	Jan 5, 2026	to	Jun 3, 2026	ť			
Day	Who I'm becoming	Before	After	Affirmation	Canva Tips		
	Three words that describe who I am now:	– I often felt	Now I feel	"I am proud of how far I've come. I trust the woman I am becoming."	 Drag and dr directly to a as needed. Select Action dropdowns, 		
Monday	Do one thing my future self would thank	I believed I had to	Now I give myself permission to	 I am more than the roles I fill — I am a whole, evolving woman." Spend 10 minutes doing something that's just for you — not your family, not your to-do list. Make a list of 5 passions or hobbies that make you feel most you. Circle one to revisit this week. When introducing yourself (even just in your mind), add something beyond "mom" — e.g., "I'm an artist, learner, dreamer." 	diopuowiis,		
	_	My biggest challenge was	My biggest challenge was	I give myself permission to rest, receive, and rediscover joy."			
	-	I defined success as	Now success means	I am rebuilding my identity with courage, curiosity, and care."			
Tuesday	Set one boundary that protects my peace.	I spoke to myself like	Now I speak to myself like	My peace is powerful, my presence is enough."			
	-	felt disconnected from	Now I feel connected to	A new season, a new mood.			
	-	My energy was	Now I choose to focus on	A new season isn't about becoming someone new It's about remembering who you've always been.			
		focused on		Let the sunlight in through the cracks you once tried to			

vveunesuay	released	become	ram becoming	Let joy find you in the ordinary, in laughter, in silence, in small, sacred pauses.
	_			
	_	I felt lost in daily routines	I feel more present and peaceful.	Every small act of care, reflection, and courage is part of your rebuild. Transformation doesn't require big leaps — only steady, loving steps.
Thursday	One truth I'm embracing:	I felt anxious about money,and my ability	I trust myself to create stability and flow.	This is your season to soften and rise. You don't need to have it all figured out . Just to begin again, gently.
		I felt guilty for wanting more.	I now see desire as divine direction.	
Friday	Say one kind thing to myself daily.	I relied on others for financial decisions.	I take empowered, educated action with my finances.	This isn't goodbye. It's a beginning. Keep revisiting these pages whenever you need to remember your strength, your softness, and your story. With love and belief in your journey, Shur Pross J
Titaly	-			
		-		

hide.

Let joy find you in the ordinary, in laughter, in silence, in

Wednesday

One belief I've

I wanted to

I am becoming...