

Mom Identity Rebuild Workbook



Rediscover who you
are beyond motherhood

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.
- 2** Use this workbook digitally or print it.
- 3** There are no right answers only honest ones.
- 4** Write freely, without judgment.
- 5** 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.

Return to any page whenever you need a reset.

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

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

Build supportive, nurturing routines.

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.”

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: _____

A black and white portrait of a young woman with dark hair pulled back, smiling gently at the camera. She is wearing a dark top. The background is out of focus, showing some foliage.

Jun 3, 2026

Canva Tips

- Drag and drop elements directly to and from the canvas as needed.
- Select **Action** dropdowns,

Wednesday	One belief I've released	I wanted to become...	I am becoming...		hide. Let joy find you in the ordinary, in laughter, in silence, in small, sacred pauses.				
	—	—							
Thursday	—	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.				
	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, <i>Selwa Prossy</i>				
	—	—							
	—	—							