Empowering Moms to Thrive

4 Tips to Empower Moms to Thrive

@acquaberg.lifecoaching

Hello!

Welcome to Empowering Moms to Thrive!
As mothers, our journey is filled with moments of joy, love and fulfillment...but it also comes with challenges that can leave us feeling depleted. This ebook is designed to help you reconnect with what truly empowers and energizes you in your daily life as a mother.

Ultimately, its about enabling you to embrace your unique strengths, unlock potential and experience a sense of fulfillment and joy in your journey of MOTHERHOOD...

Karen Acquarulo

What makes you feel most empowered and energized in your daily life as a mother?

Your response is the key to unlocking a path toward renewed strength and fulfillment.

CONTENTS

Self Care

Prioritize self-care by setting aside time for activities that rejuvenate and energize you daily.

EXERCISE

- Exercise (there are all types of free online workouts starting at 5 min/day)
- Dog walking
- Walking with a friend
- Dancing
- Yoga
- Stretching
- A bike ride
- A group gym class

RELAXATION

- Connecting with a friend
- Meditating
- Journaling
- A bath
- Coffee or lunch date

HOBBY

- Cooking
- Gardening
- Painting
- Drawing
- Jewelry making
- Decorating house
- Sewing
- Reading

What is one thing you will try today?

Positive Affirmations

Positive self talk boosts confidence and helps maintain a positive mindset even during challenging times.

- Incorporate a simple daily affirmation. Put it in your phone so you see it daily.

- Do a brain dump of everything on your mind which can give you immediate clarity.

- Journaling for a few minutes daily can help you gain control of your emotions and improve your mental health. If you struggle with stress, depression or anxiety, keeping a journal can be truly beneficial.

- Hi-5 the mirror and smile...its powerful and contagious. Read the High 5 Habit by Mel Robbins...It's such a simple habit, but a powerful one!

What is one thing you will try today?

@acquaberg.lifecoaching

Goal Setting

Setting intentions is a powerful practice that can help you stay focused and centered. By setting clear small goals, you can regain your sense of direction and feel a sense of accomplishment when they are completed.

- Set a small, realistic, achievable goal.
- Clearly define your goal such as: Take a 20 minute walk 3 times a week or read one book a month.
- Share this goal with a family/friend and maybe they will join you or keep you on track.

What will be your small goal?

@acquaberg.lifecoaching

Support Network

Building a supportive network of family, friends or other moms provides a sense of community and encouragement during your parenting journey.

- Engage with local or online parenting groups to connect with other moms facing similar challenges and experiences.

- Arrange playdates for your children, providing you an opportunity to connect with other parents while your kids interact.

- Seek life coaching, counseling or therapy if you are struggling with navigating challenges, personal growth, your mental health of emotional well-being.

- Prioritize regular “me-time” to engage in activities you enjoy, promoting a healthy balance.

What is one thing you will try today?

@acquaberg.lifecoaching

Daily Checklist

"All big things come from small beginnings. The seed of every habit is a single tiny decision."
-James Clear

- [ ] Self Care
- [ ] Positive Affirmation
- [ ] Goal
- [ ] Support
- [ ]
- [ ]

Notes

Empowering Moms to Thrive
1:1 Coaching

- I am here for support and accountability if you would like to discuss how I can personally help you.

- Coaching helps you discover the why behind the stuck state

Book a call with me if you have any questions or want more information about my program.

Book a call at:
Calendly.com/karenlifecoaching

Email me at:
karenacquarulo8@gmail.com

NOTES:

KAREN ACQUARULO

Empowerment
Life Coach

By implementing these tips, MOMS you will feel more empowered, balanced and better equipped to thrive in your roles and personal lives.

Please share with a friend or anyone that you think this could benefit and lets empower each other!!

Contact:

karenacquarulo8@gmail.com

Instagram@acquaberg.lifecoaching

www.kalifecoach.com

Thank-you!