



# BANISH THE MUM GUILT

START HERE!

WHAT SPECIFICALLY ARE YOU FEELING GUILTY ABOUT?

IS THIS SOMETHING YOU CAN DO SOMETHING ABOUT?

YES

NO

OK, WHAT?

WHAT IS ONE THING YOU CAN DO TO GET STARTED ON THAT?

OK, LET'S LOOK AT WHAT YOU ARE DOING WELL

GREAT! WHILE YOU'RE HERE

1

2

3

**YOU SOUND PRETTY AWESOME TO ME!**

WHAT'S ONE KIND THING YOU CAN SAY TO YOURSELF TODAY?

YOU'VE GOT THIS, MAMA

*...Make it happen!*