

HOW TO BE YOUR BEST SELF



Take care of yourself so you have
more to give to others



Tired? Frustrated? Anxious?

Feel like parenting is way harder than imagined?

Feel like things are out of control?

Take a deep breath, give yourself grace
and repeat after me....

To change my life I have to take care of myself

I created this ebook to help you take control of your emotions and life. As moms, we need to be extra intentional so we don't feel completely drained. We are not only moms to humans but are humans ourselves that also need to be taken care of.

With the help of the book, "Time to Parent" by Julie Morgenstern, I've adopted her acronym and added two more letters. I must take care of MYSELF: Motivate yourself, Yield to Negativity, Sleep, Exercise, Love and Fun.

When you focus on "MYSELF", you will have more energy, clarity, perspective and patience. You will find more joy in the day to day and in turn, be more in tune to God's plan for your life. Then you will be able to truly experience and spread more joy.

Cheering you on!

 Adriane



MOTIVATE YOURSELF

Here are some things to motivate yourself to do:

Take a shower!

If you have really little ones, let them shower with you or put a seat right outside the shower. It's amazing how much better you will feel when you are clean. You may even be more productive throughout the day!

Change out of your exercise clothes or pajamas and put some makeup on

You don't need to take an hour to do this. It can be a quick change, a little foundation and mascara. Just those things can make you feel more productive and good about yourself.

Leave the House

Get outside for some fresh air or go surround yourself with other people especially if you are an extrovert.

Focus on being mindful

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment. You can develop this awareness through the practice of meditation and other training. Listen to relaxation music or read a short devotional.

Get Organized

Finding a daily schedule that works for you is a great place to start. Put systems and routines into place to help calm the chaos.

Connect with others in your same life stage

This is a great tip for all moms from working to not. Make friendships with other women with similar age children as you and similar working situation. These friends will be able to empathize with what you are going through. They will also be able to bring you hope and celebrate the wins.

Drink water

This is a little bonus one I thought I'd throw in here. Your body will thank you later.



YIELD TO THE NEGATIVE

Yielding to negative thoughts can have a very positive impact on your mind and life. In fact, negative thoughts produce stress hormones and can hinder everything from coordination to clear thinking.

Yield: " Give way to arguments, demands, or pressure."
How fitting is that when it comes to motherhood?

Put it into Action:

Look in the mirror. Find two positive things about yourself:

1. Something on the outside: _____
2. Something on the inside: _____

On your calendar or a notepad you look at often, write down all of your strengths and think about how you can use those strengths to make an impact.

SLEEP

We need to focus on the quality of sleep we get in addition to the amount of time on a consistent schedule.

Here are some tips to help you get more sleep:

Be Consistent

Stick to a regular routine of going to bed and waking the same time every day.

Have a Bedtime Ritual

Practice a relaxing nightly routine with dim or no lights.

Avoid napping (maybe)

IF you have a tough time sleeping at night, try avoiding naps. Ummm that is IF you ever have the opportunity to do so. Now, if you are NOT getting sleep at night due to a baby or child waking you, naps are encouraged!

Exercise Daily

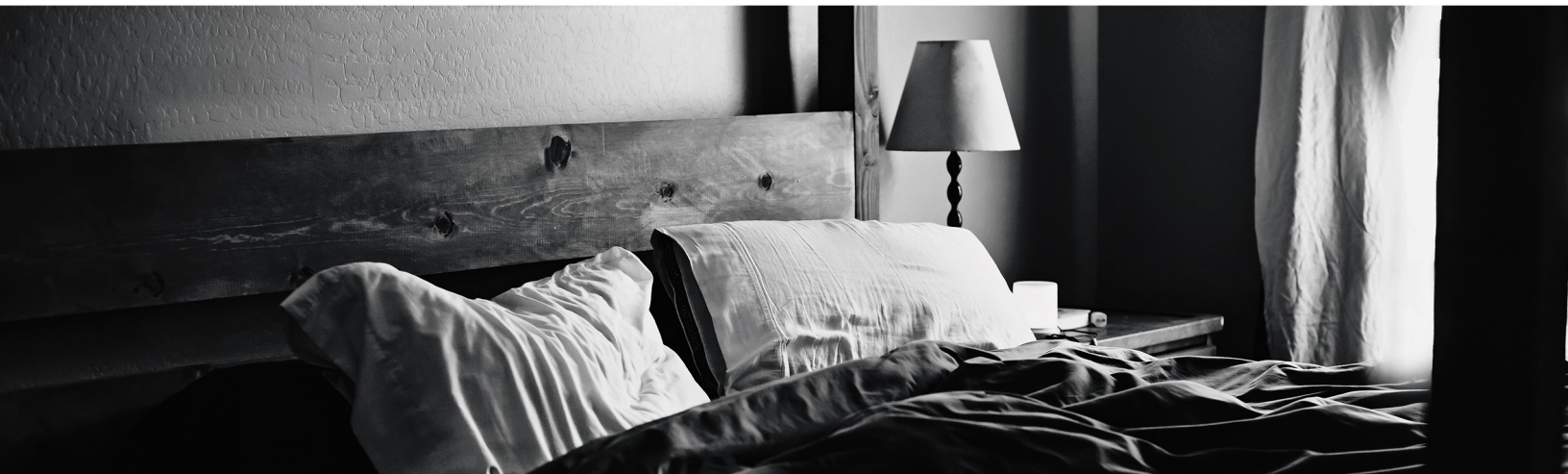
Try to do at least light exercise if you can't get a full workout in.

Set the Environment

Your room should be at a cooler temperature (between 60-67 degrees). Consider using blackout curtains, eye shades, ear plugs, sound machines, humidifiers, fans and other devices.

Use quality pillows and mattress

Make sure your mattress is comfortable and supportive. A mattress life expectancy is about 9 or 10 years. LOOK UP KIND OF PILLOW TO GET.



E XERCISE

Here are some quick and easy things to do to motivate you to get your body moving:

Schedule it

At the beginning of the week, block out time for exercise whether it is a gym workout, walk around the block, a bike ride with your kids or a video online. Schedule at least 30 minutes per day.

Make realistic goals

Goals are great but keep them realistic. Start out easy then work up to bigger goals. If you don't meet a goal, try again!

Track your workouts

There are so many apps out on the market that make it incredibly easy to track your exercise.

Exercise with a friend

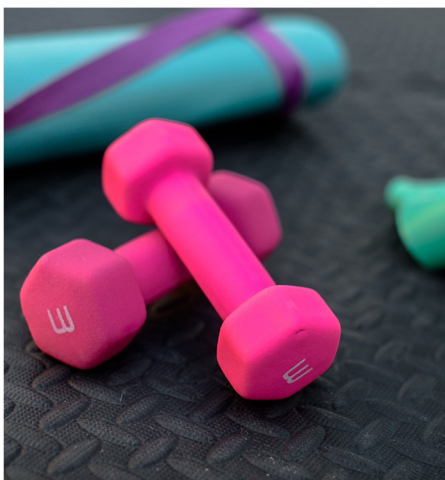
Find others you can work out with or who will keep you accountable. This can be a close friend, someone who you only know from the gym or a girl from church. This could also be a time to connect with someone on a deeper level.

Reward yourself

What about a spa day, a yummy protein drink or a special date with your spouse or a girls night out? If extrinsic motivators work for you, then go for it!

Make it FUN!

Do something you enjoy. Ideas include: dance, hike, something active with your kids like jump on a trampoline, a crazy workout class, rock climbing, and more!



L O V E

All human beings share the need to know and be known, to hold and be held, to love and be loved, and to experience connection without barriers. This kind of love is all that you experience in your life - spouse, kids, family and friends.

Here are some ways we can show love to another person:

- ♥ Love them for who they are
- ♥ Help them see their true potential
- ♥ Be selfless
- ♥ Listen more than talk
- ♥ Spend time together
- ♥ Speak his or her love language
- ♥ Have unfailing faith
- ♥ Give and receive grace

ALL YOU
NEED IS
LOVE





We can't forget to bring on the fun. Tap into your passions and gifts.

8 Ways to Have More Fun

Don't worry about what others think

Don't let what others may (or they may not even) think about you. "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." ~Dr. Seuss

Look for free activities

In order to have fun, you don't need to spend a ton of money. You can find something already in your house to do like read or paint or go to a free park with your family. The library system has a lot of amazing free activities to do too!

Make the time!

Even if it's only for 10-15 minutes, do your best to squeeze some fun in your life. Dance around the kitchen after dinner can even do the trick.

Let things happen naturally

Fun activities don't need to be planned. And leave the perfection behind!

Find ANYTHING you enjoy doing

Hike, ride a bike, dance, bake a pie, read, camp, paint, draw, go to the zoo, take pictures, craft, play a sport and anything else that brings you joy.



Feeling Inspired?

If you have questions or suggestions for improving this ebook,
I would love to hear from you!

Email me at: adriane@raisingkidswithpurpose.com

Find more resources for intentional parenting at:
<http://www.raisingkidswithpurpose.com>

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