

THANK YOU

for grabbing your copy of the

beautiful mom 

FREEBIE

HOW TO BEST USE YOUR FREEBIE

- ♥ use your art prints for inspiration, print it out, frame it or put it up where you can see it every day
- ♥ implement each of the 21 unique ways to be a more beautiful mom
- ♥ print and use the action sheet for each of the 21 unique ways to help you plan and succeed, one action at a time
- ♥ print and use your quick win journal prompt weekly to stay focused, find inner strength and become a more beautiful mom

Enjoy!
Estie



I
am

beautiful

21 UNIQUE WAYS TO BE A beautiful mom

- ♥ change overwhelm to excitement
 - meet frustration with patience 
- ♥ share love by understanding competing minds
 - create strength from fear 
- ♥ use meditation and affirmation
 - promote communication 
- ♥ further emotional support with bear hugs
 - use surprise to motivate 
- ♥ trust your instincts to predict needs
 - challenge chaos with planning 
- ♥ be more prepared by reflecting
 - meet anger with calmness 
- ♥ turn fury into fun
 - grow confidence with unconditional support 
- ♥ challenge dreams to become reality
 - praise effort not success 
- ♥ appreciate the beautiful moments
 - cherish hard times by learning from it 
- ♥ turn decisiveness into personality
 - prioritize life not things or moments 
- ♥ create lifetime family traditions

beautiful mom 

MY UNIQUE WAYS TO BE A BETTER MOM

my action _____

why I am choosing this action



how this action will change my family life



what I can do today to make this action a reality



how doing this action makes me feel





I am beautiful

beautiful mom 

QUICK WIN JOURNAL PROMPT

week _____

my meditation day and time



my beautiful mom affirmation for this week



ways to surprise my kids



my mom dream I'm working towards



my beautiful moment of the week





I am beautiful

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beautiful mom 

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