



Knowing Where to Begin *Lesson 1: Action Guide*

WELCOME!

If you're the mum of young children, you've come to the right place.

I've had mums across the globe go through my Good Mum Workshop which is based on the practical hands-on experience of HUNDREDS of mothers.

This action plan is designed to help you put into action the critical lessons from [this workshop](#) in order to create a mum-life you love.

THE 5 TYPES OF MUMS THIS IS PERFECT FOR:

1. You've got young children - babies, toddlers, pre-schoolers or primary kids (or a mixture of them all!)
2. You're ready to create a better mum-life for the sake of yourself and your kids because you don't want to have regrets when they're all grown up
3. You know you've neglected your own needs and think your physical health or emotional wellbeing might be suffering
4. You can't see a way out of the constant grind of life and would love a little more 'me' time in amongst the relentless demands
5. You want to crawl into bed at night and feel deep in your heart that you're a really good mum

(If you fall into one of those five categories, you're going to love the next lesson I have for you it's about how to pair down your to-do list so you can free up precious time to concentrate on the things you love)



EXERCISE: THREE QUESTIONS TO INSPIRE YOU TO TAKE ACTION

1. Why is it important for you to create a better mum-life for yourself?

2. What does a successful mum-life look like to you in terms of your ideal day that I shared in the video?

3. How will your own personal happiness and contentment affect your lifestyle and your family's lifestyle?



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THE 'GOOD MUM' FORMULA: HOW TO ACHIEVE SUCCESS

It's important to fill my own cup _____. By doing so, I'm giving my kids the greatest _____ of all; a mum who is calm, capable and in control. Things will only change if I take _____, and the only person who can change my life for the better is _____.

answers: first; gift; action; me

Remember, the four types of energy drains are:

- PHYSICAL (poor diet, not enough exercise, lack of sleep, no time to replenish)
- MENTAL (too much on your mind, living in chaos, too many to-dos)
- SPIRITUAL (not knowing your big picture – your purpose, your goals, or your 'why')
- EMOTIONAL (difficult relationships, negative emotions, lack of fun)

WHAT FIVE THINGS ARE DRAINING MOST OF YOUR ENERGY?

1. _____
2. _____
3. _____
4. _____
5. _____



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IDENTIFYING THE THINGS YOU MAY NEED TO FOCUS ON

<i>ASK YOURSELF:</i>	<i>NOTES</i>
Are you present with your children?	
Do you have a career you love?	
Are you taking care of your health?	
Do you feel calm and relaxed?	
Do you have difficult relationships?	
Is your house ordered?	
Are you on top of your to-do list?	
Are you taking time out for yourself?	
Do you feel happy and content?	
Do you have chance to see friends?	
Are you children behaving well?	



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LOOKING AHEAD IN THE GOOD MUM WORKSHOP

LESSON 2: Choosing the Right Balls to Juggle

In the next video, I'm going to teach you a very practical exercise that you can apply straight away to help you pair down your overflowing to-do list. I'll help you decipher what stays, what goes, what's important and what's not so you can create more space in your life for the things you prefer to spend your precious time on. COMING SOON.

LESSON 3: Good Mum Blueprint: The Habits to Success

After the first two lessons, you've got the groundwork for success. In this video I put it all together. I'll teach you the 3 step formula to setting up and sticking to, great new habits and systems to create a mum-life where everything flows naturally. You'll learn to take slow and purposeful action steps that build on each other so solidly, that they become the new normal. COMING SOON.

LESSON 4: Stepping Up: Your Time is Now

This lesson is all about you moving forward. I'm a big fan of filling my head with knowledge, but all the learning in the world won't move you forward. So this lesson is all about you moving into action. I've had hundreds of mums create a mum life they deserve, and I want you to take your place in that army. That's what this video is all about. COMING SOON.