

Mindset Hacks for Busy Mums: Thriving with Purpose and Positivity

Created With Love By Harriet



Fellow mums! Whether you're wiping little noses, juggling career aspirations, managing a household, or all of the above, you're not just a mum—you're a superwoman.

I know firsthand how overwhelming yet incredibly rewarding this journey can be. As a mum committed to thriving rather than just surviving, I've curated this e-book to share mindset strategies that have genuinely made a difference for me and countless other moms.

Join me as we delve into practical tips and personal stories that inspire and empower. Let's embrace this beautifully chaotic journey together!



Get to know me

Hi, I'm Harriet — a proud stay-at-home mum and the heart behind this e-book. Like so many mothers, I've ridden the emotional rollercoaster of motherhood: the joy, the chaos, the exhaustion, and the quiet, beautiful moments in between.

Through it all, I've discovered little mental “mindhacks” that helped me stay grounded, present, and more connected with myself and my family. This e-book is my way of sharing those insights with you — not as an expert, but as a fellow mum walking the same path.



Chapter 1: Understanding the Power of Mindset

If there's one thing that truly changed my motherhood journey—it wasn't a routine, a parenting hack, or a perfectly organized playroom. It was my mindset.

When I began shifting my mindset, everything else started to follow.

Instead of seeing the mess as proof
that I wasn't coping,
I saw it as a sign of a home being lived in.

Instead of viewing a tantrum as a disaster,
I started seeing it as communication from a little human who
needed connection.

It wasn't always easy, and I still have off days (don't we all?),
but the more I practiced it,

the more I saw how powerful our thoughts truly are. Our
mindset can either lift us up or weigh us down. And the
beautiful thing? We get to choose it—every single day.



Simple Daily Habits to Help You Grow

If I'm being honest, I used to think "growth mindset" was just another buzzword floating around Instagram. But over time, I learned it's not about being perfect or always positive — it's about choosing to grow, even on the messy days. For me, having a growth mindset means believing I can change, improve, and keep learning — even when I lose my cool over spilled cereal or feel like I've totally failed that day. It's not about getting it right all the time... it's about not giving up on myself.

1. Morning Check-In

Before the day takes off, I ask myself: How do I want to show up today? Not what I want to do — but how I want to be. Calm? Present? Patient? It sets the tone, even if the day turns chaotic.

2. Write One Win (Even a Tiny One)

At the end of the day, I jot down one thing I did well. Maybe I stayed calm during a meltdown. Maybe I got through bedtime without tears (from me or the kids!). It reminds me that growth is happening, even when it feels slow.



3. Reframe the Rough Moments

When I catch myself thinking, “I can’t handle this,”

I try to reframe it:

☛ “This is hard, but I’m learning.”

☛ “I haven’t figured it out yet.”

That little shift changes everything.

4. Model It for My Kids

If I mess up, I say so. I’ll say, “Mummy’s learning too.”

Letting them see me grow, fail,

and try again teaches them it’s okay to be human—and

that we’re always evolving.

5. Grace Over Guilt

I remind myself daily: I’m allowed to rest. I don’t have to earn it.

Growth doesn’t mean hustling 24/7—it means honouring my

needs, too.



Chapter 2: Time Management Hacks for Mums

Let me be real—before I became a mum, I thought I was busy. But motherhood? It redefined my entire understanding of time.

Suddenly, I was trying to juggle meals, meltdowns, laundry mountains, and somehow also remember who I was in the process. So, I started finding little ways to make the most of my time—not to be superwoman, but just to feel a little more in control.

1. The “One Thing” Rule

Some days, the to-do list is too long and overwhelming.

So I ask myself: What’s the one thing that would make today feel like a win? Maybe it’s folding one load of laundry.

Maybe it’s sitting down for 10 quiet minutes with a cup of tea.

I give myself permission to just do that—and anything else is a bonus.

2. 10-Minute Power Bursts

I used to wait for a big chunk of free time (lol, what’s that?) before starting anything. Now I live by 10-minute bursts. Set a timer, focus on one task—tidying, emails, meal prep—and stop when the time’s up. You’ll be amazed at what you can get done without burning out.

3. Prep in the Pockets

If I know dinner's going to be chaotic, I chop veggies while the kids are eating breakfast. I'll lay out clothes the night before or pack snacks for the next day while the kettle's boiling. It's all about squeezing little tasks into the "in-between" moments.

4. Theme Your Days (Gently)

I don't mean a strict schedule, but I've found it helpful to "theme" days in my mind—like Monday is for catching up on laundry, Wednesday is the grocery shop, Friday is a slower day. It gives me direction without pressure.

5. Say No (Without Guilt)

This one took me a while. But saying "no" to things that don't align with my values or energy (even the little things) has been a game-changer. My time and energy are limited—and that's okay. Boundaries are healthy.

6. Rest Is Productive, Too

Honestly, one of the best "hacks" I've learned is that rest is not a reward—it's a necessity. I no longer push through just to tick every box. A rested version of me is more patient, more present, and way more fun to be around.



Chapter 3: Positive Communication in the Household

As a stay-at-home mum, I've come to realise that the way we speak to each other in our homes really does shape the whole atmosphere. There were days when I'd snap out of exhaustion or speak without thinking, and I'd instantly feel the energy in the house shift—tense, disconnected, and heavy. It broke my heart.

But on the days when I paused, softened my tone, and really listened to my child, something beautiful happened. We connected. We opened up. The home felt calmer, safer—even when the dishes were piled up and my son was crying.

Positive communication isn't about being perfect or never raising your voice. It's about being mindful. It's about choosing to speak in a way that builds up rather than breaks down. It helps my child feel safe expressing themselves, and it helps me stay grounded in the chaos.

Our words carry weight, especially as mothers. And when we use them with love and intention, they have the power to create a home filled with trust, respect, and warmth—something I think we all deeply want for our families.

Chapter 4: Little Things I Do Each Day to Grow

For me, having a growth mindset isn't about always being positive or nailing motherhood... it's about giving myself grace, learning from the messy moments, and reminding myself that I'm still growing, too.

Here are a few small things I try to do each day—not perfectly, just gently—to keep my mindset in the right place.

1. Start with a little check-in

Most mornings, before everything gets loud, I take a deep breath and ask myself: How do I want to feel today?

Even if the house is already buzzing, that one moment helps me feel more grounded.

2. Notice the tiny wins

Some days, the win is just drinking my tea while it's still warm.

Other days, it's staying calm through a meltdown. I remind myself: progress doesn't have to be loud to be real.

3. Catch the unkind thoughts

I used to beat myself up over every little thing. Now, when I hear that voice saying "You're not doing enough", I pause and gently replace it with something kinder, like "I'm doing the best I can today."

4. Be real with my kids

When I lose my patience, I say sorry.

When I don't know something, I admit it. I've found that being honest with them about my own growth shows them that it's okay to be a work-in-progress.

Chapter 5: Taking Care of Me — Because It's a Need, Not a Treat

Somewhere along this wild ride of motherhood, I realised something important: self-care isn't a luxury. It's a lifeline. It's not about spa days or long getaways (though those would be nice!).

When I take even just a few minutes to breathe, stretch, sit in silence, or do something that lights me up, I'm calmer. Kinder.

More me. And that version of me? She's a better mum, and human all around.

So now, I remind myself: I'm allowed to take care of myself. Not because I've earned it, but because I need it. And you do too.



Chapter 6: Creating a Supportive Home Environment

I used to think a supportive home meant having everything in order — tidy rooms, a calm kitchen, routines that ran like clockwork. But let me tell you... some of our most connected, comforting moments happened with toys all over the floor, dishes in the sink, and chaos in the air.

Over time, I've come to believe that a truly supportive home isn't about how it looks, but how it feels.

It's the way we speak to each other.

It's the way we give grace when someone's had a rough day.

It's the way we show up — again and again — with love, even when we're tired.

As a mum, I realised I set the tone. Not in a pressure-filled way, but in a powerful one. When I work on my own mindset, create calm where I can, and choose connection over control, our home becomes more peaceful — not perfect, but softer.

And that softness matters.



Conclusion

Dear mum, you're doing an amazing job. Mindset transformation is not a destination but a journey—a continuous unfolding of growth and joy. By embracing these hacks, you empower yourself and your family to navigate life with courage and grace. Relish in this journey and take heart in knowing you're not alone.

Final Thoughts and Thank You

If you've reached this page, thank you from the bottom of my heart. I hope these insights bring more joy and serenity into your daily life. Remember, you've got this, and in our shared journey, we mums stand strong together.

Harriet xx

