

# PERMISSION TO WANT MORE

CHALLENGING THE  
SACRIFICE NARRATIVE

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Somewhere along the way, you absorbed the message that being a good mother means wanting nothing for yourself.

That ambition, personal goals, or even basic desires for fulfillment outside your children are selfish, ungrateful, or evidence you don't love your family enough.

**This is a lie designed to keep women small.**

You don't need to earn permission to want more from life.

You already have it, simply by being a whole human being.

This worksheet helps you identify and challenge the internalized beliefs that make you feel guilty for wanting what is naturally yours.

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## BELIEF AUDIT: WHERE DID YOU LEARN THIS?

Check any beliefs you recognize in yourself:

- Good mothers put their children's needs before their own, always
- Wanting a career that demands my energy means I'm not prioritizing my family
- If I'm not exhausted and depleted, I'm not doing enough
- Taking time for myself is selfish when my kids need me
- My ambitions can wait until my children are grown
- Feeling fulfilled outside of motherhood means motherhood isn't enough for me

## WHERE DID YOU FIRST LEARN THESE BELIEFS? (FAMILY, CULTURE, MEDIA, RELIGION, ETC.)

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## TRUTH STATEMENTS TO PRACTICE

Read these aloud.  
Circle the ones that feel most challenging to believe:

- I can be an excellent mother AND have goals outside motherhood.
- My desires for growth and achievement are not in competition with my love for my children.
- Children benefit from seeing their mother live a full, engaged life.
- Self-sacrifice to the point of self-erasure helps no one.
- I am allowed to want things for myself without justifying or earning that right.
- Pursuing my ambitions models resilience and authenticity for my children.

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## WRITING YOUR PERMISSION SLIP

Complete these statements:

**I GIVE MYSELF FULL PERMISSION TO WANT AND PURSUE:**

**I AM RELEASING THE BELIEF THAT:**

**INSTEAD, I CHOOSE TO BELIEVE:**

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## THIS WEEK'S PRACTICE

Each time guilt arises about wanting more, pause and ask:

"Whose voice is this? Is this actually true, or is this a belief I absorbed?"

Then choose one truth statement to repeat.