

RECLAIMING YOUR IDENTITY

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Becoming a mother doesn't mean you stop being a person with dreams, interests, and ambitions.

Yet many women experience profound guilt when they want something for themselves—a career goal, a creative pursuit, time for hobbies, or simply space to think.

This guilt often stems from deeply ingrained cultural messages that equate good mothering with complete self-sacrifice.

But children benefit from seeing their mothers as whole people with diverse interests and fulfillment.

EXERCISE: WHO WERE YOU BEFORE?

Complete these sentences without referencing motherhood or your children:

I FEEL MOST ALIVE WHEN I...

BEFORE I HAD KIDS, I DREAMED OF...

I'M FASCINATED BY...

IF I HAD UNLIMITED TIME AND ENERGY, I WOULD...

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KEY INSIGHT

Your desires for personal growth and fulfillment aren't competing with your love for your children.

They're part of modeling a full, authentic life.

Children learn more from who you are than what you say.

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REFRAMING EXERCISE

When guilt arises about wanting more, practice this reframe:

GUILT-BASED THOUGHT

"Wanting to pursue my dreams means I don't value being a mother."

TRUTH-BASED REFRAME

"I can be deeply committed to motherhood AND have dreams and ambitions. Both matter."

NOW WRITE YOUR OWN GUILT-BASED THOUGHT AND REFRAME IT:

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THIS WEEK'S ACTION

Share one non-mom interest or goal with someone this week.

Notice how it feels to be seen as a person beyond your parenting role.