



The Invisible Load Inventory

For Moms Who Are Done
Carrying It All in Silence

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Who Feel Lost, Invisible, and Disconnected

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WELCOME LETTER

Dear beautiful mama,

If you're holding this, it means you're already doing something powerful: you're choosing to look inward, to name the invisible burdens you carry, and to reconnect with yourself.

You are not broken.

You are not weak.

You are not ungrateful.

You are carrying more than anyone sees.

This guide is here to honor your emotional labor—and help you begin to set some of it down.

 *“You’re not broken. You’re carrying more than anyone sees.”*

WHAT IS THE INVISIBLE LOAD?

The Invisible Load is...

The mental, emotional, and energetic weight of motherhood that no one sees—but that drains you every day.

Examples of things that add to your invisible load:

- Remembering every appointment, lunchbox item, and birthday
- Adjusting your tone to keep the peace
- Absorbing your child's big emotions while burying your own
- Staying “on” even when you're running on empty

♥ Permission Statement:

“You’re not weak for needing a break.

You’re wise for noticing you do.”

WHY IT MATTERS

When the invisible load goes unspoken, it grows heavier. It drains your energy, distorts your sense of self, and builds silent resentment.

You start to wonder:

- Why am I so tired all the time?
- Why does no one see what I'm doing?
- Am I the only one who feels this way?

This isn't just emotional—it's physical. It's mental. It's spiritual.

Naming the load is the first step in releasing it.

You deserve to feel seen—even by yourself. This inventory is your space to do just that.

You're not just checking boxes. You're claiming clarity. And with clarity comes power.

BEFORE YOU BEGIN YOUR INVENTORY

Take a breath. Drop your shoulders. Let this be soft.

This is not a test. It's not another task.

This is an invitation.

To name what's been unspoken. To bring compassion to what you carry. To see yourself more clearly—not with judgment, but with gentleness.

You might feel validated. You might feel sad. You might feel surprised by what comes up.

However you feel... it's all welcome here.

Let this be your first step in taking up space again—on paper, in your life, in your heart.

Your Invisible Load Inventory

This is your space. No guilt. No editing. No judgment.

Just honest, sacred truth.

YOUR INVISIBLE LOAD INVENTORY

In the following 5 pages, you will be prompted to identify the things that contribute to *your* invisible load, under the headings

- Mental Load
- Emotional Load
- Energetic Load
- Relational Load
- Identity Load

This is your space. No guilt. No editing. No judgment.

Just honest, sacred truth.

YOUR MENTAL LOAD

What do you always carry in your mind?

- I manage everyone's schedules
- I keep to-do lists in my head that no one else sees
- I wake up already thinking about what needs to be done

Journal Prompt:

What's one thing your brain is holding that no one else even knows about?

Permission:

"It's okay to say this is heavy. You are allowed to name it."

YOUR EMOTIONAL LOAD

Who are you holding space for—besides yourself?

- I stay calm for everyone else, even when I'm not okay
- I feel like I'm the emotional thermostat in the home
- I often swallow my own feelings to keep the peace

Journal Prompt:

What emotion have you been hiding the most lately?

♥ Permission:

“Your emotions matter just as much as theirs.”

YOUR ENERGETIC LOAD

Where are you burning out silently?

- I pretend I'm fine so I don't worry others
- I feel overstimulated by noise, demands, or touch
- I rarely get time alone that feels restorative

Journal Prompt:

Where do you feel stretched the thinnest? What would help you refill?

♥ Permission:

"You don't need to earn rest. You already deserve it."

YOUR RELATIONAL LOAD

What do you wish your partner saw?

- How much it takes to keep this home and family running
- That I need more than logistical support, I need emotional connection
- That even though I'm capable, I'm still carrying too much
- That I want to be seen as a woman, not just a mom or caretaker

Journal Prompt:

What would you say if you felt safe enough to ask for support?

♥ Permission:

“You deserve to feel seen, supported, and loved.”

YOUR IDENTITY LOAD

What parts of you have gone missing?

- The hobbies, interests, or passions that used to light me up
- The spontaneous, playful version of me
- The confidence I once had in my voice, choices, or presence
- The dreams I quietly shelved to focus on motherhood

Journal Prompt:

What dream, desire, or creative spark is still quietly alive in you?

♥ Permission:

“Wanting more doesn’t mean you’re ungrateful. It means you’re alive.”

GENTLE REFLECTION

Pause and Reflect:

What surprised you about what the boxes you checked?

What surprised you about what you wrote?

GENTLE REFLECTION

Pause and Reflect:

What are you proud of yourself for still carrying?

What are you ready to set down?

GENTLE REFLECTION

Pause and Reflect:

What are you ready to remember or rediscover about yourself?

If you're not ready to make a change, what's holding you back?

GENTLE REFLECTION

Take a Moment to Project:

What is one small step you could take toward YOUR ideal life today?

What resources would you need to be able to take the next step?

GENTLE REFLECTION

♥ **Reminder:**

You are not meant to carry all of this alone.

You are worthy of space, softness, and support.

You deserve to be a whole woman.

Your life, your dreams, your desires matter, too.

YOUR NEXT STEP: SACRED SPACE

You've named what's been draining you, and glimpsed that rest of you that's been hidden away.

You've taken the chance to look ahead to possibility.

Now let's create Sacred Space for you to be able to find peace in the chaos and start reconnecting to your inner woman,

Sacred Space is a simple guide to creating time and physical space that are yours, inside or outside the home, even with the little ones around.

Inside you'll find:

- 🌟 8 gentle strategies to carve out soul-nourishing space
- 🗣️ Scripts to ask for support (without guilt)
- 🔴 Boundaries that protect your energy
- 📅 Weekly trackers

Meaningful Extras:

- 👩🏻‍🦱 Mini Audio Meditation: "You Deserve Space"
- 📄 Printable Sacred Space Visual Reminder Set
- 📅 Mirror Mantras for Moms Who Need to Reconnect

YES, I NEED SACRED SPACE

FINAL WORDS

Beautiful Mama,

You were never meant to carry this alone.

This isn't about abandoning your family—it's about remembering you.

You are allowed to rest.

You are allowed to want.

You are allowed to take up sacred space in your own life.

With love,

Your Future Self ❤️