

Finding You Again

Mini Triangle

Workbook

WHO I WAS BEFORE KIDS



WHO I AM AS A MOM

WHO I'M BECOMING NOW

Finding You Again

Mini Triangle Workbook

Three Powerful Exercises for Rediscovering Your Identity After Motherhood

Dear Mom,

This mini workbook is designed to help you visualize and explore the beautiful complexity of your identity. Sometimes we feel lost in motherhood because we're trying to either go back to who we were or only embrace who we are as a mom. The truth is, your richest identity lies in the integration of your past self, your mother self, and the emerging you.

Instructions:

- Find a quiet moment (even if it's brief!)
- Reflect on each section of the triangle
- Write down traits, values, interests, and characteristics for each point
- Look for connections and patterns across all three areas
- Use the reflection questions to deepen your insights

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Who I Was Before Kids

Think about your pre-motherhood identity. What defined you? What brought you joy? What were your values and priorities?

Prompts:

- What activities made me lose track of time?
- How did I recharge when depleted?
- What qualities did others appreciate most about me?
- What values guided my choices and actions?
- What dreams and ambitions motivated me?



Who I Am as a Mom

Consider the mother you've become. Which qualities have emerged or strengthened through motherhood? What new skills have you developed?

Prompts:

- What mothering strengths am I most proud of?
- What values guide my parenting decisions?
- What have I learned through motherhood?
- What aspects of motherhood bring me the most joy?
- How has becoming a mother changed my perspective on life?



Who I'm Becoming Now

Envision the emerging you—not who you were before or who you are only as a mom, but the integrated person you're growing into.

Prompts:

- What parts of my pre-mom self do I want to reclaim?
- What aspects of motherhood have enriched my identity?
- What new interests or values are emerging?
- What do I want my children to see in me beyond my role as their mother?
- If I could design my ideal identity now, what would it include?

Integration Reflection

Look at all three points of your triangle. What patterns do you notice? Where are the connections? Where are the tensions?

- Which qualities appear in all three sections of your triangle? These may be core aspects of your identity that remain constant through life's transitions.

Integration Reflection

Continued

- What elements from your pre-mom self are you missing most? How might you begin reintroducing these in a way that works with your life now?

- What new qualities or interests emerged through motherhood that you want to keep developing?

- What's one small step you can take this week to honor each point of your identity triangle?

Notes

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Remember:

Your identity isn't something you find once and keep forever. It's fluid, evolving, and multifaceted. This triangle exercise isn't about arriving at a perfect answer but about staying curious about who you are becoming.

The most vibrant version of yourself isn't found by erasing motherhood or by losing your previous self completely. It's found in that rich middle space where all aspects of your journey integrate into someone both familiar and new.

Come back to this workbook whenever you're feeling lost or disconnected from yourself. Your triangle will evolve as you do.

With warmth and understanding,

"Motherhood doesn't erase your identity—it reveals new dimensions of who you've always been and who you're becoming. You aren't lost; you're evolving."
