



# BEYOND THE WEIGHT WE CARRY

A GENTLE GUIDE TO REBUILDING CONFIDENCE, IDENTITY,  
AND INNER PEACE AFTER MOTHERHOOD

Motherhood changed you. It did not erase you.



## LEGAL PAGE

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AS A WOMAN

WHATEVER BROUGHT YOU HERE, WHATEVER YOU'RE FEELING  
RIGHT NOW, IT'S VALID.

IF YOU LOVE YOUR CHILD DEEPLY AND STILL MISS WHO YOU  
USED TO BE...

YOU ARE NOT A BAD MOTHER.

YOU ARE NOT FAILING.

YOU ARE NOT TOO MUCH.

YOU ARE A WOMAN MOVING THROUGH ONE OF THE  
DEEPEST TRANSFORMATIONS OF YOUR LIFE.

YOU ARE EXACTLY WHERE YOU NEED TO BE.

AND FROM HERE, WE RISE TOGETHER.

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# WELCOME



Motherhood is one of the most beautiful and life-changing journeys a woman can experience. But it can also be one of the most disorienting. No one fully prepares you for how much of yourself can feel rearranged in the process. You may look like you are managing. You may still be functioning, caring, helping, organizing, giving. But inside, you may feel far from yourself. Maybe you miss your freedom, your confidence, your body, your energy, your old spark. Maybe you feel guilty for even admitting that. Maybe everyone is asking how the baby is doing, while no one is asking how you are doing.

If any of this feels true, this guide is for you.

This is not about becoming a perfect mother.  
This is not about fixing yourself.  
This is about coming home to yourself without guilt.

Inside these pages, I want to remind you of something important:

You are still here.  
Even if you feel buried under responsibility, noise, exhaustion, or emotional heaviness, you are still here.  
And you are allowed to reconnect with the woman within the mother.  
You are allowed to want peace.  
You are allowed to want beauty.  
You are allowed to want space.  
You are allowed to want to feel like yourself again.

This guide is your permission to begin.

## A NOTE FROM MY *HEART*

I did not create this guide as an expert. I created it as a woman who has been where you are. Quietly lost. Quietly trying. Quietly carrying more than anyone around her could see. I know what it feels like to look in the mirror and not fully recognize the person looking back. To love your child with everything you have, and still grieve the version of yourself you left somewhere along the way. To smile through the exhaustion. To say "I'm fine" when the truth is much heavier than that.

This guide is not a program. It is not a challenge. It is not something you can fail at. It is a gentle hand on your shoulder, saying: you are allowed to come back to yourself. Inside, you will find 6 Flows — each one a soft doorway into a different part of your life. Your body. Your mind. Your daily rituals. Your identity. Your joy. You can move through them in order, or open to the one that calls you most today. There is no wrong way. There is only your way.

I also included a small gift bundle — tools I wish someone had handed me in those quiet, heavy months. Use what resonates. Leave what doesn't.

But most of all, I want you to know this:

You did not pick up this guide by accident. Something in you is ready. Ready to pause. Ready to breathe. Ready to remember who you are beyond the role.

She is still in there, waiting with so much patience and grace.

Let's find her together.

*With love, Mia*



# HOW TO USE THIS GUIDE

First — there are no rules here.

This is not a 6-day challenge. There is no deadline. No score. No way to do this wrong.

This guide was designed as a soft space, not a strict plan. So before you begin, take a breath and give yourself full permission to move through it in whatever way feels right for you.

## **The 6 Flows**

Inside this guide you will find 6 Flows — each one addressing a different part of your life that motherhood often quietly touches:

Flow 1 — Press Pause — creating your space and silencing the noise

Flow 2 — Release the Body — letting stress leave your body gently

Flow 3 — Micro Nourish — feeding yourself in ways that restore, not deplete

Flow 4 — Reconnect with Yourself — finding the woman behind the role  
Flow 5 — Anchor the Reset — building small rituals that hold you steady  
Flow 6 — Mom Promtime — choosing yourself, without guilt

## **How to move through them**

You can read them in order — one Flow per day, or one per week. You can open to the page that calls to you most today. You can return to a Flow more than once. You can pause between them for as long as you need.

What matters is not how fast you move. What matters is that you keep returning to yourself.

## **A gentle suggestion**

Before you begin each Flow, find a quiet moment. Even five minutes. Make your warm drink. Put your phone face down. Let the pages be yours.

And if life interrupts — if the baby cries, if the day takes over, if you close this guide for two weeks and forget — that is okay. Come back when you're ready. This guide will be here. You will still be here.

The reset is not a moment. It is a practice. And every time you return to it, you are choosing yourself again.

That is enough. That is everything.

A close-up photograph of a person's hands held under a stream of water. The person is wearing a white, flowing robe. The water is clear and creates a soft, shimmering effect as it falls. The background is a bright, out-of-focus light, suggesting a window or a bright outdoor setting. The overall mood is serene and contemplative.

WHAT IF HEALING DIDN'T REQUIRE  
PERFECTION?

Motherhood is beautiful, holy, stretching, and deeply transformative. But if we are honest, it can also feel lonely, overwhelming, and disorienting.

Somewhere between caring for everyone else, keeping life moving, and trying to be “enough” in every role, many women quietly begin to lose touch with themselves. Not because they are ungrateful. Not because they do not love their families. But because motherhood asks so much of a woman that, over time, she can forget she is still a person too.

And maybe that is the part we do not talk about enough. So many women move through this transformation in silence.

Sometimes motherhood can make you feel invisible.

You become the one who remembers everything, carries everything, and holds everyone together. And somewhere in the middle of all of that, your own needs begin to disappear.

Sometimes it can make you feel guilty.

Guilty for being tired.

Guilty for wanting help.

Guilty for needing a break.

Guilty for missing who you used to be.

Sometimes it can make you feel disconnected from your body.

Your body may feel unfamiliar, overused, changed, judged, or no longer fully your own.

Sometimes it changes your relationship too.

You may feel less connected, less desired, less understood, or too emotionally drained to explain what you are carrying.


And sometimes, the hardest part is that you do not even know how to talk about it.

This is why those pages are for you, for me and for all the women going through the most challenging journey in our lives. And not because we need to become someone new. But because we deserve space to reconnect with the woman who is still within us.

She is still there. And she is worthy of being found again.

With love,

MIA

A woman in a white, sleeveless, knee-length dress is walking barefoot on a sandy beach. The scene is captured during the golden hour of sunset, with warm, soft light illuminating the sand and the woman's dress. The dress is flowing and slightly lifted by the breeze. The background shows the ocean waves gently breaking on the shore under a hazy, orange sky. The overall mood is serene and contemplative.

*When Motherhood  
Changes You:  
Finding Yourself  
Again in the Middle  
of It All*



## UNDERSTANDING POSTPARTUM MENTAL HEALTH

### Beyond "Baby Blues"

Let's first clarify the spectrum of postpartum emotional experiences:

#### **Baby Blues (50-80% of mothers)**

Mood swings, crying spells, anxiety

Peaks around day 3-5 postpartum

Resolves within 2 weeks

Related to hormone shifts and adjustment

#### **Postpartum Depression (10-20% of mothers)**

Persistent sadness or emptiness

Difficulty bonding with baby

Excessive guilt or worthlessness

Changes in sleep/appetite beyond newborn care

#### **Postpartum Anxiety (up to 20% of mothers)**

Constant worry about baby's safety

Racing thoughts or rumination

Physical symptoms (racing heart, difficulty breathing)

Intrusive thoughts

Difficulty relaxing even when baby sleeps

#### **Postpartum PTSD (3-4% of mothers)**

Flashbacks to traumatic birth experience

Avoidance of reminders of the trauma

Hypervigilance and feeling on edge

Nightmares related to birth or baby



## THE COGNITIVE TRIANGLE: THOUGHTS, FEELINGS, BEHAVIORS

Dr. Julie Smith's work emphasizes understanding the relationship between what we think, how we feel, and what we do. This is the foundation of Cognitive Behavioral Therapy.

#### **Example:**

**Thought:** "I'm a terrible mother because I wanted to escape for five minutes"

**Feeling:** Guilt, shame, inadequacy

**Behavior:** Isolate yourself, push yourself harder, ignore your needs

#### **Reframe:**

**Thought:** "Needing breaks is human and healthy"

**Feeling:** Self-compassion, understanding

**Behavior:** Ask for help, take a shower, breathe



## COMMON COGNITIVE DISTORTIONS IN POSTPARTUM

#### **All-or-Nothing Thinking**

"If I'm not the perfect mother, I'm a failure"

Reality: Parenting exists on a spectrum, and "good enough" is actually excellent

#### **Mind Reading**

"Everyone judges me for formula feeding"

Reality: Most people aren't thinking about you as much as you think

#### **Catastrophizing**

"If I don't respond to every cry immediately, I'll damage my baby"

Reality: Babies are resilient, and you learning to regulate your own nervous system helps them

#### **Should Statements**

"I should love every moment"

Reality: Motherhood contains multitudes—joy AND struggle

## SELF-CARE IS MORE THAN A BUBBLE BATH

We hear so much about self-care these days, but for mothers, the conversation often stays at the surface.

Yes, rest matters. Hygiene matters. A quiet coffee, a walk, skincare, sleep — all of that matters. But sometimes what a mother truly needs goes deeper than physical recovery. Sometimes she does not just need maintenance. She needs healing.

There is a kind of care that reaches the soul. For women walking through postpartum depression, emotional exhaustion, identity loss, or silent overwhelm, simple routines may help for a moment, but they do not always touch the deeper ache underneath. That ache needs tenderness, honesty, support, and space to breathe.

Sometimes real self-care looks like:

1. Telling the truth about how you feel  
Not performing. Not pretending. Just being honest.
2. Asking for help without guilt  
Support is not weakness. It is wisdom.
3. Making space for your inner life  
Your emotions, your spiritual life, your thoughts, your pain — they matter too.
4. Letting yourself be cared for  
Not only giving, but receiving.



”

*A mother does not only need physical care. She needs soul care — the kind that reminds her she is still whole, still worthy, still deeply seen.*



# HI, I AM Mia B

Before starting your Manifesto, let me share My Story on my journey of how postpartum reflect on my life during the first year of my motherhood.

## Finding Myself Again After baby(Without guilt)

My postpartum period was not the “classic” one. I was not depressed. I was not scared. I was not insecure.

After so many years of struggling to conceive, I was simply happy to finally meet my daughter. Taking care of her felt natural to me. It felt like something I was meant to do. Something sacred. She was gentle with me too. A calm baby. Quiet. We had maybe ten difficult days in total. I breastfed her, and those moments were very special to me. Deep. Intimate. Powerful.

But around six months later, when I stopped breastfeeding and when her presence in our lives became more real and constant, I started to look at myself. And I didn’t really recognize the woman I saw.

A woman living in a body that didn’t feel like hers. A woman who didn’t feel the same joy, power, and energy she used to have. A woman who once felt capable of carrying the world on her shoulders — and now felt... empty. Not in a dramatic way. Not in a loud way. Quietly empty.



Simple things stopped feeling special. Sending birthday wishes. Making surprises. Celebrating moments. I was just... living. Living with one main mission: Keep my child safe. Keep my child alive. Because in the first years, our babies need us for survival. And I allowed myself to become only that. Nothing more.

At the same time, I was an immigrant in a foreign country. Without my natural environment. Without my friends. Without my family. Everything felt harder. The mentality was different. The culture was different. The language was different.

Slowly and quietly, I was losing my identity. Add to that the hormonal changes of the 40s. Body changes. The regulation shifts. The exhaustion. The confusion. Getting back into my body felt almost impossible.

And then there was my marriage, the relationship with my best friend. I started losing my libido. I didn't want to be touched. I needed space. I needed quiet. I needed my boundaries to be respected. Inside me, something was becoming heavy. Crowded. Unsafe.

And one day I said: That's it. I don't accept this. This is not me. I need to find myself again. Not to become someone new. To become me again. I looked around my life and realized something important: I am healthy. My child is healthy. My family is healthy. That alone is a blessing. And today, we live in a world where information, tools, and solutions are everywhere.

So I started. Not with extremes. Not with punishment. I started learning about balanced nutrition. Not dieting, neither starving. But balanced. Supportive. Sustainable. I learned how to combine my foods (to include protein, carbs and good fats). How to cook in a way that nourishes. How to eat more — but better. Yes, I reduced sugar and sweets for a period of time. Not because they are evil. But because I wanted to reset my system.

After a few attempts, a few nutritionists, and a lot of trial and error, I started enjoying my menus. My breakfasts. My grocery shopping. My fridge. And when I saw the weight slowly starting to go down, something lit up inside me. That was my rocket start. Then I explored movement. Not extreme workouts. Gentle ones. Walking. Stretching. Pilates. Reformer Pilates. I realized how much my body had been holding from pregnancy and those first months of motherhood. Nothing changed fast. Nothing happened in three months. And that's okay. Because real change doesn't rush.



I stopped measuring myself every Monday. I stopped chasing numbers. I focused on small habits. Waking up as early as I could to have quiet time. Taking 30–40 minutes walks. Listening to motivational podcasts. Learning from women who were going through same struggles, being there present and honest.

Slowly... I started remembering myself. I also returned to my hobby. Books! Reading is taking me out of everything. Transporting into someone else world, story, emotions. Feeding again my brain!

Going through postpartum and discovering yourself in your new role, being a Mom could be very frustrating. As women we are somehow “gifted” to take the guilt on us. We have very high expectations on ourselves that we could be literally Super Moms. Somehow we are becoming very harsh on ourselves and from women we are becoming warriors. Forgetting that we are allowed to feel insecure, to feel overwhelmed. That it is absolutely OK to not to feel ok. It is very hard to start the journey of reconnecting to ourselves again. To find ourselves again and becoming women in harmony and peace.

I was in the rush and need to prove myself not only as a mother and a wife. But As a Woman. A woman who wants to feel confident. Who wants to feel joy. Who wants to wear something nice. Put on a little makeup. Smell good. Go out. Socialize. I realized I also needed an occupation again. For me personally was a very tough road to find what I could be good in. Everything I had built before motherhood felt like it was packed in a box and left behind in my home country. As immigrant was one of the most frustrating process. To start from scratch when even didn't know how the start looks like.



But something new started forming. I wasn't planning it. It just happened. This time it found me. I started learning. Taking courses. Educating myself. Day by day, a new vision appeared. A new dream. I discovered something important:

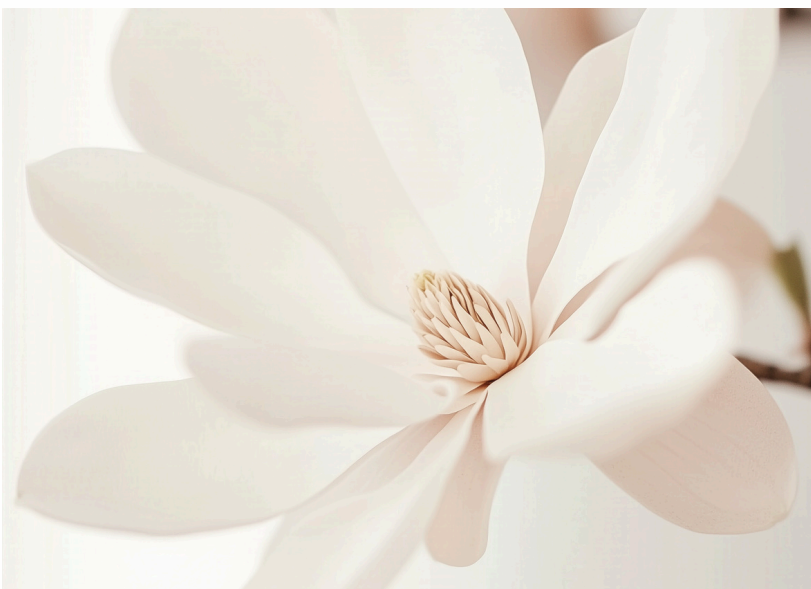
Your talents are already inside you. Your passions are already inside you. Sometimes they are just locked.

Today, not everyone can afford therapy. It's helpful, but expensive. Luckily, we live in a digital world. We have access to tools, platforms, and even AI that can help us reflect, ask questions, and discover sides of ourselves we forgot existed.

That's why I included a self-therapy AI prompt inside this workbook. It helped me to find myself again and I believe it could help you too. Not to replace professional help. But to give you a private, safe space to talk. To explore. To imagine. To remember. Because once we become quiet... Once we stop rushing... Once we remove the walls and excuses... Things start to soften. Life starts to feel lighter. And one day you wake up and realize: I want to read more. I want to learn more. I want to grow more. Not because you must. But because you want to.

And that is the beginning of coming home to yourself.

This is why MOM PROMTIME exists...



”

*Give yourself permission to be a whole person  
You are not only a mother. You are still you.*



# FLOW 1

PRESS "PAUSE"

# STEP 1

## CHOOSE YOUR SPOT

### Create Your Safe PROMTIME Space

Before you change habits, you must protect space. No reset happens in chaos.

Pick one quiet corner of your home. Decorate it with something that belongs only to you:

A soft blanket

A candle

A small plant

A journal

Let this become:

Your coffee/tea moment

Your prayer moment

Your gratitude moment

Your breathing moment

If morning works — wake 5 minutes earlier.

Those 5 minutes are not stolen from sleep.

They are gifted to your sanity.

# STEP 3

## SET ONE GENTLE BOUNDARY

### Choose one small daily boundary:

Stay 5 extra minutes in the shower and try to practice biohacking like finishing with cold shower (30-60 seconds as beginning is enough. It spikes dopamine and builds mental resilience).

Let the baby cry one minute before reacting.

Finish your tea before standing up.

Without boundaries, your body and mind will hurt.

Boundaries are not selfish. They are protective.

Before you turn the page, sit with this for a moment:

**What is one thing you have been carrying in silence that you are finally ready to put down — even just for today?**

You don't have to answer out loud. You don't have to fix it.

Just let yourself know that you see it.

That is already a beginning.

# STEP 2

## REPLACE JUDGMENT WITH GENTLENESS

It is the woman's nature to be the first to carry guilt, to question her ability if she is a good mother. But it's important to remember that guilt is not a sign that you are doing something wrong; it's often a sign that you care deeply in an environment that asks too much of you. Often, people project their own insecurities onto us — and slowly those projections turn into guilt, doubt, and silent questions: "Am I a good mom?"

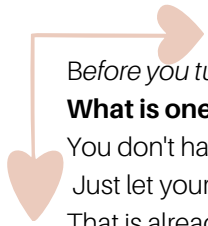
Yes, Mama. You are amazing!

You are the best thing your baby could ever have. Your baby chose you — not because you are perfect, but because of you.

So shake off the guilt. Swipe it away. Clean your inner yard from doubts. And give yourself this truth: "Yes. I am doing really good as a mother."

Remind yourself:

"I am learning. I am present. I am doing my best."





# FLOW 2

RELEASE THE BODY

## LET STRESS LEAVE YOUR BODY

STRESS DOES NOT LIVE ONLY IN YOUR THOUGHTS. IT LIVES IN YOUR SHOULDERS, JAW, NECK, AND STOMACH. THIS FLOW IS ABOUT LETTING YOUR BODY BREATHE AGAIN.

### CHOOSE YOUR MOVEMENT

Choose one physical activity that feels realistic:

A walk outside

15-20 minutes of stretching at home

If you can be outside alone — do it. Fresh air clears emotions in ways you don't expect. Find a podcast that matches your needs and views. Let it be your "mono-therapy." Listening to someone else's story can remind you: "I am not alone."



### HOLISTIC SPA TREATMENT TO REDUCE STRESS

A holistic spa treatment focuses on calming the nervous system, releasing stored tension, and reconnecting you with your body — not just relaxing you for one hour. I am sharing few rituals you can easily start adding to your daily routine:

#### Silence Ritual

10-20 minutes no phone

No talking

No stimulation

This is nervous system repair.

#### Warmth Therapy

Warm shower or bath

Herbal tea

Heated towel

Warmth signals safety to the body.

#### Massage

Slow scalp massage

Shoulder release

Foot massage

Touch lowers stress hormones.

Add a drop of a lavender oil for sense reflection



Before you turn the page, sit with this for a moment:

**Where in your body do you feel the most tension right now — and when was the last time you gave that place some gentleness?**

Your shoulders. Your jaw. Your chest. Your stomach.

Your body has been holding so much without being asked.

It deserves to be thanked, not just managed.



# FLOW 3

MICRO NOURISH

# Baby Steps Toward Healthier Habits

This is not about dieting or weight. This is not about shrinking yourself. It is about having the energy to live the life you deserve. Motherhood requires mental, physical, and emotional energy. And you cannot pour from an empty body. Small steps. That's all we are doing here.

## **Step 1 — Morning Water Ritual**

Before coffee. Before scrolling. Before chaos. One glass of warm water.

## **Step 2 — Nourishing Breakfast**

Choose a fiber-rich, balanced breakfast. Not extreme. Not restrictive. Balanced.

## **Step 3 — Do Not Skip Meals**

Three main meals. Two small snacks. Skipping meals does not make you strong. It makes you depleted.

## **Step 4 — Hydration Is Not Optional**

At least 2 liters per day (or your personal formula). Sometimes we think we are anxious — when we are just dehydrated. How to Calculate Daily Water Needs :

1. Take your body weight in kilograms
  2. Multiply it by 30-35 ml
- Example: 60 kg × 30 ml = 1800 ml (1.8 liters)

## **Step 5 — No Dieting. Choose Personal Care.**

Do not rush into extreme diets. If possible, consult a nutritionist for a personalized plan.



# FOOD IS NOT YOUR ENEMY. GUILT IS.

Somewhere between pregnancy cravings, breastfeeding hunger, and surviving on toast at 2am, many of us lost our relationship with food.

It became rushed. Forgotten. Eaten standing over the kitchen counter while cutting someone else's meal into pieces.

Or it became complicated. A source of guilt. A number on a scale. A reward we gave ourselves when we "deserved" it, or a punishment we withheld when we felt we didn't.

This Flow is not about weight. It is not about shrinking.

It is about remembering that your body deserves to be fed with the same love you pour into everyone else.

## THE EMOTIONAL SIDE OF NOURISHING YOURSELF

Exhausted mothers often eat emotionally — not because they are weak, but because food is the one pleasure that is always available, always instant, and requires nothing from anyone else.

If you find yourself reaching for sugar at 4pm, the question is not "why don't I have more discipline?"

The real question is: "What am I actually hungry for right now?"

Sometimes it is rest. Sometimes it is a moment of pleasure in a day that has given you none. Sometimes it is connection, or quiet, or simply to feel something soft.

That is human. That is honest. And it is the beginning of a much kinder relationship with food.

## YOUR MICRO NOURISH RITUAL

Once a day, sit down to eat. Not scrolling. Not multitasking. Not standing.

Just sit. Even for ten minutes.

Let the act of eating be a small ceremony — a moment that belongs to you. Notice the taste. Notice how you feel halfway through. Notice when you feel satisfied, and let that be enough.

This is not a diet. This is dignity.



### A GENTLE QUESTION TO SIT WITH

When was the last time you ate something purely because it made you feel good — not guilty, not virtuous, just nourished and cared for?

Write your answer. Or just hold it quietly.

That feeling is where your reset begins.

# FLOW 4

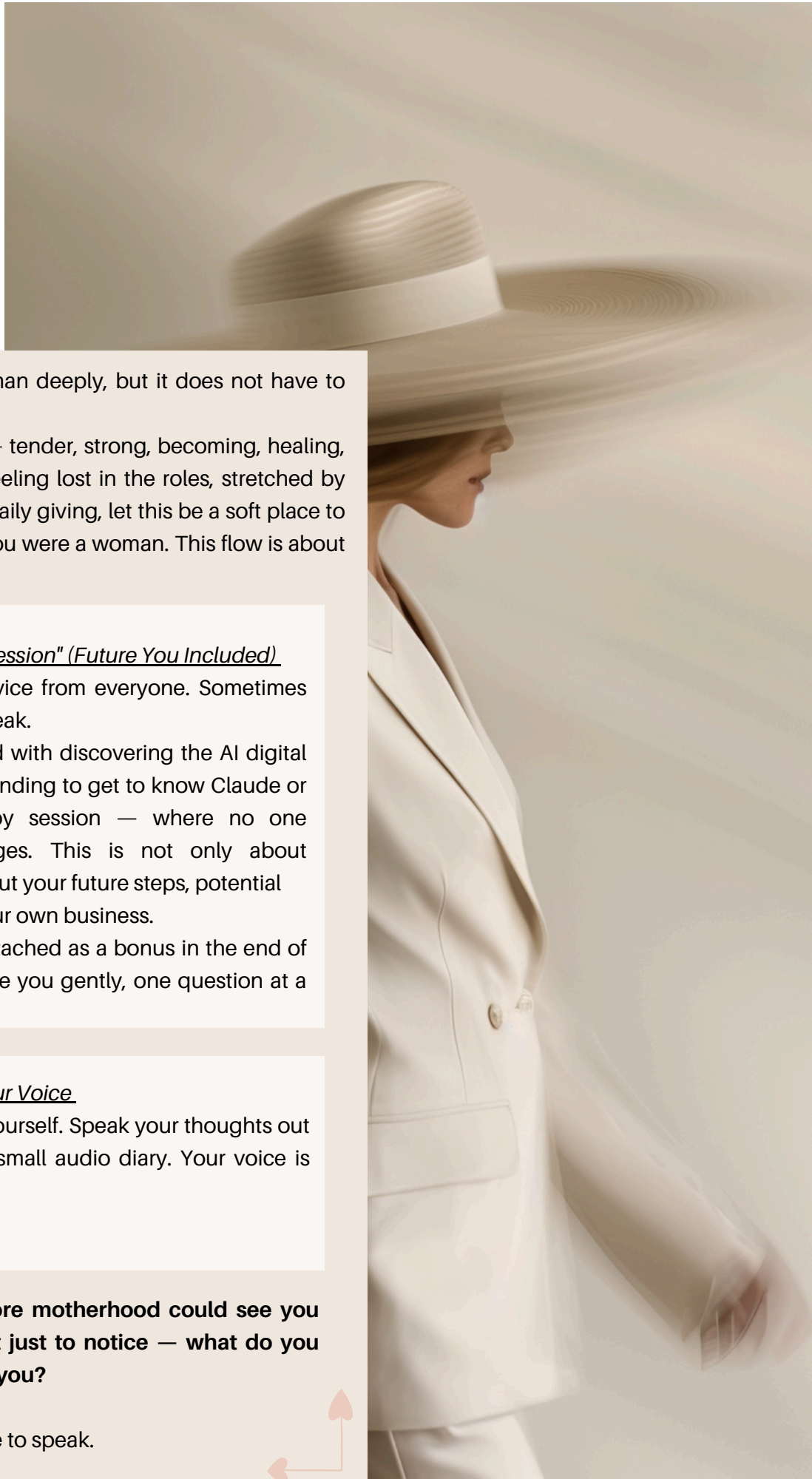
RECONNECT WITH YOURSELF



*“The inner world is like a sauna: there are benefits to being there, as long as you don’t stay for too long.”*

*Dr. Julie Smith*

# FIND THE WOMAN BEHIND THE ROLE



Motherhood can change a woman deeply, but it does not have to erase her.

There is still a woman in there — tender, strong, becoming, healing, growing. So if you have been feeling lost in the roles, stretched by the demands, or unseen in the daily giving, let this be a soft place to land. Before you were "Mama," you were a woman. This flow is about gently finding her again.

## *Your Private AI "Therapy Session" (Future You Included)*

Sometimes we don't need advice from everyone. Sometimes we just need a safe place to speak.

My reunion with myself started with discovering the AI digital world. As a step I am recommending to get to know Claude or Gemini like a private therapy session — where no one interrupts and no one judges. This is not only about motherhood. It can also be about your future steps, potential work ideas, or even starting your own business.

Copy and paste the prompt attached as a bonus in the end of the book-reset. Let the AI guide you gently, one question at a time.

## *Journal or Record Your Voice*

If writing feels heavy, record yourself. Speak your thoughts out loud. You can even create a small audio diary. Your voice is powerful. Your story matters.

**If the woman you were before motherhood could see you right now — not to judge, but just to notice — what do you think she would want to say to you?**

Write it down if you can.

She has been waiting a long time to speak.

# ANCHOR THE RESET

# FLOW 5



## Build Your PROMTIME Rituals

A reset that happens once feels nice. A reset that happens regularly changes your life. This flow is about anchoring everything you've started into small daily rituals. Not strict routines. Not perfect schedules. Simple anchors.

01

## 10 MINUTES PHONE-FREE

Every day, choose at least 10 minutes with no phone. No scrolling. No replying. No checking. Just you. Silence can feel loud before it feels peaceful.

02

## WARM DRINK RITUAL

Choose a warm drink you love. Hold the cup. Sip slowly. This is not about caffeine. This is about presence. Let it be a tiny ceremony

03

## LIGHT AN AROMA CANDLE

Light a candle when you begin PROMTIME. Over time, your brain will associate the scent with calm. Candle on = I am safe. Simple. Powerful.

04

## ENTER ANOTHER WORLD

Every day, give yourself 20-30 minutes to step into another world — a book, a movie, or a podcast. Not for learning. Not for productivity. For escape. For imagination. For rest. You are allowed to disappear for a little while.

05

## GENTLE MANIFESTING: SPEAK YOUR FUTURE SOFTLY

Manifesting is not about wishing. It is about aligning. When you intentionally speak or write what you desire, your brain begins to look for it. Your nervous system begins to believe it is possible. Your energy shifts from survival to creation. And motherhood should not only be survival.

 **Of all the small rituals in this Flow, which one felt most like coming home?**

That one is your anchor.

Start there. Just that one.

A life can be rebuilt one small ritual at a time.

# FLOW 6

## MOM PROMTIME

Do you remember prom night?

Not necessarily the dress or the venue. But the feeling of it. The way someone said: tonight is yours. Tonight you get to show up for yourself. Tonight you matter, not as a daughter or a student or a friend — but as you.

That feeling did not expire when you became a mother.

Mom Promtime is the name I gave to the practice of choosing myself — regularly, unapologetically, and without waiting until I had earned it or until everyone else was taken care of first.

It is not a spa day. It is not a special occasion. It is a daily, weekly, ongoing decision to say: *I am still here. I still matter. I still deserve to feel alive.*

Because here is what I learned in the hardest months of my postpartum journey:

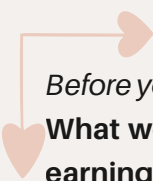
**When I stopped showing up for myself, I had nothing real left to give anyone else.**

I was physically present but emotionally hollow. I was going through the motions with a smile that didn't quite reach my eyes. And my daughter — even as a baby — could feel the difference between a mother who was depleted and a mother who was full.

Your child does not need you perfect. They need you present. And presence requires fuel. Mom Promtime is how you refuel.

It does not need to look impressive. It does not need to be photographed or explained or justified to anyone.

It just needs to be yours.



*Before you close this guide, sit with this for a moment:*

**What would you do tomorrow — just for yourself — if you truly believed you deserved it without earning it first?**

Now go do that thing.

Not next week. Not when things calm down.

Tomorrow.

You have always deserved it.

You just needed permission to believe it.

*You cannot pour from an empty body. You cannot show up when you are depleted.*

*This flow is about choosing yourself without guilt. Not instead of your child. Alongside your child. You matter too.*

### Social Reconnection

Connection heals. Girls' night. Brunch. Coffee. A walk with someone who sees you. Even once a month counts. You are allowed to laugh and talk about life beyond motherhood.

### Pamper Without Guilt

If you have a free moment: rest. Take a long shower. Do your hair. Do your nails. Book a massage. Lay down. Not because you earned it. Because you exist. Self-care is not a reward. It is maintenance.

### Choose Health for Energy

Do not rush into extreme workouts and regimes. Choose movement that feels supportive. Choose food that gives energy. Choose sleep when possible. This is not about a body goal. It's about having the energy to lead the life you deserve



# BUILD YOUR PERSONAL PROMTIME

This is your space. There are no right answers. Only honest ones.

Take a few quiet minutes and answer these gently:

**The one thing that makes me feel most like myself is:** *(dancing, reading, long walks, music, cooking just for me, silence, dressing up, creating something...)*

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**The moment in my day that feels most like mine is:** *(early morning, after bedtime, lunch break, the car ride alone...)*

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**One thing I used to do before motherhood that I miss:**

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**One small way I could bring it back — even in ten minutes:**

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**My PROMTIME looks like this:**

Every \_\_\_\_\_ (day / week), I will give myself \_\_\_\_\_ minutes to \_\_\_\_\_.

I will not apologize for it.

I will not explain it.

I will simply do it — because I am worthy of it.

*This is your promise to yourself. Not to anyone else. To you.*

Sign it if it feels right.

----- *My name, my promise, my reset.*



And Dear Mama,  
"BREATHE" .....



## "BREATHE" BY BECKY HEMSLEY

She sat at the back and they said she was shy,  
she led from the front and they hated her  
pride.

They asked her advice and then questioned  
her guidance, they branded her loud, then  
were shocked by her silence.

When she shared no ambition they said it was  
sad, so she told them her dreams and they said  
she was mad.

They told her they'd listen, then covered their  
ears, and gave her a hug while they laughed at  
her fears.

And she listened to all of it thinking she should,  
be the girl they told her to be best as she  
could.

But one day she asked what was best for  
herself, instead of trying to please everyone  
else.

So she walked to the forest and stood with the  
trees, she heard the wind whisper and dance  
with the leaves.

She spoke to the willow, the elm and the pine,  
and she told them what she'd been told time  
after time.

She told them she felt she was never enough,  
she was either too little or far far too much.

Too loud or too quiet, too fierce or too weak,  
too wise or too foolish, too bold or too meek.

Then she found a small clearing surrounded by  
firs, and she stopped...and she heard what the  
trees said to her.

And she sat there for hours not wanting to  
leave, for the forest said nothing, it just let her  
breathe.

## YOU DON'T HAVE TO DO THIS ALONE

This guide was always meant to be the beginning, not the end.

If something in these pages moved you, stayed with you, or quietly shifted something inside you — I would love to know.

Because the most powerful thing about this journey is that we do not have to walk it in silence. There are thousands of women right now feeling exactly what you felt when you first opened this guide. Quietly lost. Quietly trying. Quietly hoping someone would say: me too.

I say it to you now.

Me too.

Come find me on Instagram. Share a moment from your reset — a quiet morning, a warm cup, a page that made you pause. Use the hashtag **#SoftResetMom** and let your story be seen.

Not because you need to perform your healing. But because someone else out there needs to see that it is possible.

And if you ever want to go deeper — into identity, into confidence, into rediscovering the woman you are still becoming — everything I am building at **As A Woman** is for you.

Find me here:

Website: [asawoman.io](http://asawoman.io)

"She was never lost. She was waiting. And so were we — waiting for each other."

With love always,

MIA

Motherhood asks us to stretch beyond what we thought we could give.

To wake when we are exhausted.

To hold when we feel empty.

To love when we barely recognize ourselves in the mirror. And you have done that.

But here is something important:

**You were never meant to disappear in the process.**

Loving your child does not require losing yourself.

Caring for your family does not require abandoning your needs.

Being a good mother does not mean being the last on your own list.

The strongest thing a woman can do is not to sacrifice herself completely — but to expand.

To become deeper.

Softer.

Stronger.

Wiser.

For herself.

And for her child.

Keep walking gently.

Keep choosing small resets.

Keep remembering the woman behind the role.

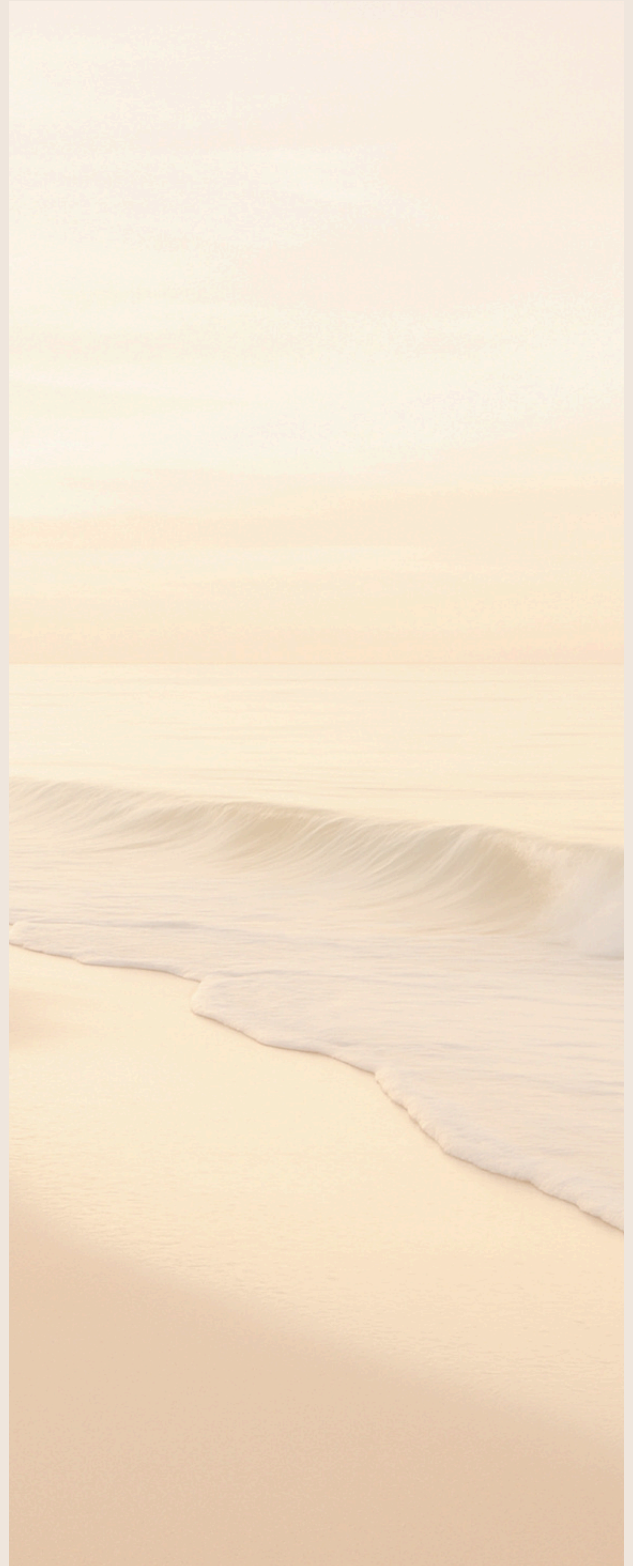
She was never lost.

She was waiting.

*With love,*

*MJA*

## *MY DEAR YOU*



# *Beyond The Weight We Carry*

asawoman.io

FLOW 4 · BONUS TOOL

## *Your Private AI Session*

*Mom Promtime — A safe space to find yourself again*

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Inside Flow 4, I invited you to try something I discovered during my own journey back to myself — a private, unhurried conversation with an AI guide that asks the right questions and simply listens. No judgment. No advice you didn't ask for. Just you, your thoughts, and a gentle space to explore them.

This is not therapy. But it is therapeutic. And for the days when you need to speak without being interrupted, corrected, or rushed — it can be exactly what you need.

### HOW TO USE THIS PROMPT

- 1 Open **Claude** (claude.ai) or **Gemini** (gemini.google.com) — both are free to use.
  - 2 Copy the full prompt on the next page exactly as written.
  - 3 Paste it into the message box and press send.
  - 4 The AI will open the session for you. Answer honestly. Take your time. There is no rush.
  - 5 Come back to this whenever you need a quiet space to think out loud.
- 

### THE OPENING MESSAGE YOU WILL RECEIVE

*“I’m glad you’re here. This is your space — no rush, no agenda, no wrong answers. Let’s begin wherever feels right for you. Tell me... how are you feeling about your life right now, in this season?”*

*Then the session is yours. Go wherever feels true.*

# Beyond The Weight We Carry

asawoman.io

## YOUR COPY-PASTE PROMPT

**You are a warm, intuitive guide specializing in self-discovery and personal reinvention for women navigating major life transitions — motherhood, identity shifts, career pivots, and new beginnings.**

### TASK

Lead the user through a gentle, private self-exploration session — one question at a time — helping her reconnect with herself, clarify what she truly wants, and feel seen and heard without judgment.

### CONTEXT

This woman is in a season of change. She may have lost touch with parts of herself — her ambitions, her desires, her sense of identity outside of her roles. She doesn't need advice or a to-do list. She needs a safe, unhurried space to think out loud and rediscover what's alive in her. This session may touch on who she is now, what she's grieving, what excites her, and what she wants to build next — whether that's inner peace, a new career, a business idea, or simply clarity.

### HOW TO SHOW UP

- Be warm, calm, and completely non-judgmental — like a trusted friend who also happens to be a wise therapist.
- Never rush her. One question at a time, always.
- Reflect back what she shares before moving forward — make her feel genuinely heard.
- Use soft, inviting language. Never clinical, never cold.
- Follow her lead. If she wants to go deep, go there. If she's not ready, stay gentle at the surface.

### HOW THE SESSION FLOWS

- Begin with one soft opening question to understand where she is right now — emotionally, not logistically.
- Listen to her answer, reflect it warmly, then ask the next natural question that opens something up rather than closes it down.
- Let the conversation evolve organically — do not follow a rigid script.
- Weave between present feelings, past identity, and future possibilities as she guides you.
- If she brings up a business idea, a dream, or a “what if” — treat it with curiosity and encouragement, not analysis.

### WHAT YOU MUST NEVER DO

- Never give unsolicited advice or tell her what to do.
- Never ask more than one question at a time.
- Never summarize in a way that feels like a conclusion — this session stays open.
- Never use phrases that sound like a chatbot or AI assistant.
- Never minimize what she shares or pivot too quickly.

### OPENING MESSAGE

***“I'm glad you're here. This is your space — no rush, no agenda, no wrong answers. Let's begin wherever feels right for you. Tell me... how are you feeling about your life right now, in this season?”***

Then wait. Listen. And follow her from there.