# Nourishing S.E.L.F. Thought Journal



by

*Deborah Porter*

**The Ultimate Mom Coach**

Deborah Porter

THE ULTIMATE MOM COACH

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# Sleep...Exercise...Love...Fun/Fuel

## SLEEP

**1. What are the effects on your body when you lack proper sleep?**

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**2. What can you do to get better sleep?**

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# EXERCISE

**1. If you had to pick 2 exercises to do weekly, what would they be? Ex. walking, yoga, stretching, etc.**

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**2. What are the long term benefits of exercise for you?**

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# LOVE

**1. How do you talk to yourself about yourself?**

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**2. What benefits do you get from journaling?**

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# FUN/FUEL

**1. When is the last time you had fun? What were you doing? Do it again!**

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**2. How are you fueling your body?**

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## JOURNALING/AFFIRMATIONS/POSITIVE CONFESSIONS

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# Let's Chat!



Meet Deborah Porter, Mom Coach and Mentor.

Have you lost yourself in Motherhood?

Are you overwhelmed and overcommitted?

Looking for clarity in your life and in your home?

Do you want to connect with the person you were before having kids?

The goals and dreams of that girl still matter.

Visit me on all my social media outlets.

And Join Habits of a Confident Mom FB Group!

But more importantly, set up a strategy call so we can support you in accomplishing those goals.


FB Page: momcoachdeborah

IG: mom_coach_deborah

YT Deborah Porter

www.deborahporter.net

EMAIL: deborah@deborahporter.net



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