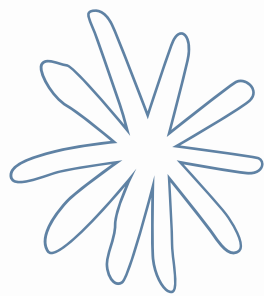


Self-Care Workbook for *Working Moms*



MADE BY *Our Warrior Spirit* LLC



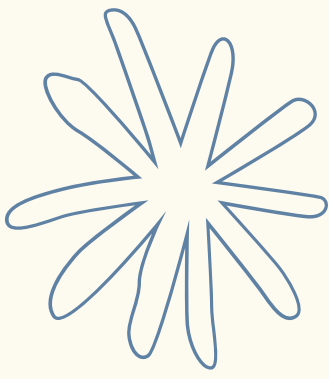


Table of *Contents*

- Finding Balance and Time for Self-Care
- Guides to Get Enough Sleep
- Work-Life Balance Hacks
- Self-Care Habits
- Self-Care Activity
- Weekly Success Planner
- Self-Care Quiz
- Week in Review



Finding *Balance & Self-Care*

Hi, mommas!

Welcome to the "Career Moms Workbook: Finding Balance and Self-Care".

If you're a working mom, you understand the unique challenges of trying to balance a successful career with being an attentive parent and partner. Finding time for self-care can seem like an impossible task when you're already juggling so many responsibilities.

That's where this workbook comes in. We've created this guide to provide you with practical strategies and tips for finding the balance you need to thrive both at work and at home. In this workbook, you'll find personalized self-care exercises and prompts to help you identify areas where you can make changes in your life to create more balance and incorporate self-care.

We understand that every mom's situation is different, which is why we've designed this workbook to be interactive and customizable. It's meant to be a tool that you can tailor to your unique circumstances, so you can make meaningful progress towards finding the balance you need.

We hope that this workbook serves as a valuable resource for you on your journey towards finding balance as a career mom. Remember, you're not alone, and we're here to support you every step of the way.

Kind Regards,

Raina Murray

MADE BY *Our Warrior Spirit* LLC





Guides to Get Enough Sleep

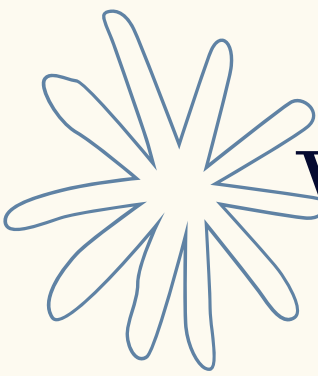
As a working mother, you may find yourself constantly sleep-deprived, struggling to fully close or open your eyes and feel alert. During your maternity leave, your only responsibility was to care for your newborn. However, once you return to work, maintaining proper sleep becomes increasingly difficult due to your busy schedule. Despite this, the phrase "give up" does not exist in a mother's vocabulary. Instead, there are several tips and tricks that you can try to ensure you get enough sleep.

Although you may be tempted to stay up and do things after your child's bedtime, it's important to resist that urge. Instead, try to get some sleep by setting a consistent bedtime avoiding going to bed too late, even if it seems too early. It's natural to hesitate about going to bed when you know you're likely to be awake several times during the night, but getting some sleep at an earlier hour can help you feel more refreshed in the morning.

It is possible to avoid getting interrupted sleep as a working mom. You should rely on your partner and not feel like you have to shoulder all the responsibilities alone. Together, you can create a schedule where one of you takes on the responsibility of getting up for midnight wake-ups. You can take turns in a relay system, alternating every three nights. This will ensure that both of you get enough rest and can handle your daily routines without feeling exhausted.

If you find that your exhaustion is becoming unbearable and affecting your work performance, it may be time to take a day off to rest and recharge. You can take this opportunity to unwind and relax by taking a warm bath, sitting outside and enjoying the sounds of nature, or soaking up the sun for a few minutes. These activities can provide a much-needed break and help you regroup, allowing you to return to your routine feeling refreshed and rejuvenated.





Work-Life Balance *Hacks*

As a working mom, your entire life feels like a balancing act most of the time. You're wiping the milk off your shirt as you're preparing your kids in the morning before you starting your day at work. It may seems impossible for working moms to find balance in living, but in fact, there are a few things you should consider to do in order to get the work-life balance that you want.

Use time saving ways to do things. Time is precious, especially when you're a working mom, find the shortcuts to the daily activity that you're doing to you some time. Example: walk and listen to a podcast that helps you grow & expand your mind.

Find a daycare that you trust. Take your time to get your kid the best quality nanny or daycare that you can trust. This daycare idea could also apply to your pups if you are a doggie momma.

Communicate well with your manager. Being a busy working mom doesn't mean that you'll be less productive at work, prove them you can maintain both roles as a mom and as a working woman.

Stop wasting time on unnecessary things. Manage your time well so you will not ruin your productivity at work.

Create meaningful activity with your family every once in a while. Enjoy your time with your family by doing something that your family loves. Maybe a beach or mountain trip is calling ya?

Share housework with your partner or children so it will reduce the burden on your shoulder. Communicate well with your partner to find the best solution in sharing the housework.

Make friends with other working moms so you will know that you are not alone. There are many working moms out there who are juggling work and home life as you. Connect with them over coffee once a week to synergize your thoughts





Self-Care Habits



Go out and inhale
the fresh air
sometimes



Eat healthy foods
and make sure to
stay hydrated



Learn
new skills



Get some
treatments at
the salon once
in a while



Buy yourself
your favorite
items at the mall



Do some fun
activities with your
family



Weekly Success Planner

My Top 5 Priorities

My Top 3 Goals
of the Week



Obstacles

Solution to My
Obstacles

Obstacles

I will start
I will start
I will stop
I will stop

next week.
next month.
next week.
next month.



Self-Care Quiz

Answer the questions with Yes/No and see if you have been taking a good care of yourself through the number of yes in your answers!

I get enough sleep and I feel fresh while working

☐☐

I eat healthy foods

☐☐

I spend more time with my family on the weekend

☐☐

I work well even when I feel tired

☐☐

I don't find it hard to deal with my routines as a working mom

☐☐

I take naps

☐☐

I do all the chores on my own

☐☐

I always make time for me time

☐☐

I feel happy and healthy

☐☐

Week in *Review*



After a week of doing the self-care, write your reflection below!

What have I achieved?



What have I learned?

What is my future plan as a working mom?