



3 SECRETS TO LESS STRESS



THOUGHTS ARE NOT FACTS

We all do it...report thoughts as if they are facts.

- I am terrible at math.
- I will never get caught up.
- I am a terrible mother.

I see you mama. Some thoughts we throw around town as facts. The most dangerous ones though are the thoughts we play on repeat but never say outloud.

THOUGHTS CREATE FEELINGS

A thought is literally just a sentence in our mind.

The power of a thought is in the feeling it creates. Here are some examples of thoughts you decide what feeling it creates for you:

- Nothing is ever easy.
- I should have known better.
- I have no idea how to handle this.

THOUGHTS ARE ALWAYS OPTIONAL

We are so quick to beat ourselves up. Our kids see us and could be learning the same bad habits. But thoughts ARE optional. I am not saying just CHOOSE TO THINK BETTER THOUGHTS. But if you COULD.... wouldn't you at least pick some SLIGHTLY LESS SUCKY ones? Here is an example.

- I am a terrible mom who yells at her kids.
- I am a mom who has big emotions and so do my kids.
- I am a mom who wants to show up in love for her kids even when emotions feel big.
- I am a mom who shows her kid how to feel any emotion and still show up in love.

You can change your life one thought at a time, mama.

