



# THE AMBITIOUS MOM

BE A GREAT MOM • HAVE A GREAT PERSONAL LIFE • FIND BALANCE

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A 5 STEP GUIDE TO BALANCING MOTHERHOOD & YOUR  
PERSONAL LIFE

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**TRANSFORM** yourself  
into an unstoppable  
Mother

**LEARN** how to  
become the best  
version of yourself

**MASTER** the art of  
balancing motherhood  
with womanhood

CHRISTIAN MOON

- STEP 1**    **SELF REFLECTION** - Get rid of limiting beliefs. The way you think most times is the way it will be. If you believe that you can not be a wonderful mom and still do what makes you happy, then you wont be. Take the pledge today to change your thinking pattern going forward.
- STEP 2**    **RELATIONSHIPS** - Take the time today to address and let go of any relationship that negatively impacted you. Releasing yourself will create a space of enlightenment and clarity for you. Work on creating a new relationship with yourself as well.
- STEP 3**    **GRATITUDE** - Gratitude plays a huge role in the way our future is shaped. We must be grateful for what we currently have before we can open our arms to accept more. Start reflecting on what you are thankful for daily.
- STEP 4**    **SPIRITUAL** - When our spirit is aligned with our goals and desires, transitions become easier. Take the time to get your spiritual side aligned. Re- visit your belief system and your life's purpose.
- STEP 5**    **SELF CARE** - Find things to do that make you happy and relaxed. Delegate more task so you can enjoy more time doing the things you love. Make it a mission to incorporate at least 1 form of self care everyday.