

The 4 Steps of Maternal Wellbeing & Awakening - Step 2: Surrender

LETTING GO -WORKBOOK

A moment to reflet on our limiting beliefs and expectations

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WELCOME

In this workbook are 6 questions to support you in reflecting upon the sensitive yet highly important topic of limiting beliefs and expectations.

You may wish to do them all in one sitting (if you have the time!) or to take them over a series of days.

Cultivate non-judgemental awareness and self kindness for whatever arises- there are no wrong answers or feelings here :)

You are invited to take a journal and write from the heart

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Question 1:

What beliefs do I hold about what makes a “good mother”? Where did these beliefs come from, and do they truly align with my values?

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Question 2:

a) In what ways do I feel like I’m “not enough” as a mother?

b) If a dear friend shared these same feelings, how would I respond to her?

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Question 3:

a) What expectations do I place on myself that feel heavy or unrealistic?

b) What would change if I allowed myself more grace and flexibility?

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Question 4:

a) What fears arise when I consider letting go of certain expectations or standards?

b) Are these fears based on truth, or are they shaped by external pressures?

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Question 5:

a) What is one belief about motherhood that I am ready to release?

b) What new belief would I like to replace it with?

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Question 6:

If I could mother from a place of deep trust in myself, rather than pressure or comparison, how would my experience feel different?

CONTINUING THE JOURNEY

If you are taking benefit in self EFT practice but want the perspective and presence of another then I can share a bespoke, guided EFT practice as part of a holistic coaching session. This is not a replacement for therapy but can be a wonderful way to work with things.

See some general info about:

Sessions with me HERE
the Mothers Path Program HERE
The lazy yoga circle HERE
Retreats HERE

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THANK YOU & WELL DONE

I hope this time spent has been beneficial for you and has given you some food for thought.

Don't hesitate to reach out if you have any comments or questions: hello@yogawithsacha.com

Yours in authenticity, presence and love,

-Sacha Jane

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