



**MY ANGER
IS A GIFT!**

YOUR ANGER IS A GIFT

*that will set
you free!*

THE CONSCIOUS MUMS CLUB

MINDSET JOURNALING WORKBOOK

Hey Mamma,

I see you. I see you are so much more than meets the eye.

I know you find yourself falling into overwhelm more times than you'd like to admit, you're frustrated and lose your shit more and more becoming the shouty Mum that makes you feel like a monster. You promise yourself every day that today will be different, today will be calm and fun, but before you know it you're shouting again, blaming, threatening. becoming the very thing you swore would end with your childhood. You work hard, you've read lots of books and try all expert tips, but still the cycle continues. How do I know? Because I've lived this too!

The biggest gift I gave myself and my family was the ability to check in my thoughts, to observe and question where they came from and if these thoughts helping or hindering me from achieving my dreams. Were they helping me to remember who I am or were they keeping me stuck in a perpetual cycle of shame and guilt?

I created this workbook to give you some empowering tools for checking in on your mindset. These tools will give you a lifeline when you feel like you're drowning in motherhood, they'll help you catch yourself from getting stuck in the out-of-control shouty Mum anger explosions that always make you feel like you are failing. Use these tools to feel more grounded in an instant and help you reach your goals faster.

Please follow The Conscious Mum's Club Facebook page here, for more tips on how to find your calm in the chaos.

Love Cathy x

Cathy Watson Coaching



*"I sat with my
ANGER long
enough, until she
told me her real
name was GRIEF."*



UNDERSTANDING THAT YOUR ANGER IS A GIFT

It took me so many years to figure out that there are no good or bad emotions, simply emotions. If you are struggling with something in your life, (and who isn't) if it feels hard, it isn't that you are doing something wrong, it's because it's meant to feel hard, difficult and uncomfortable. We are supposed to feel all of our emotions, not just the 'good' ones. There is gold within each emotion, a depth of knowledge that builds our inner knowing and intuition.

Having been rushed through our emotions or never being allowed to express these feelings externally and safely, makes us push them down as something we 'shouldn't' be feeling, which cultivates shame within us all.

If we were never allowed to express healthy anger in our younger years, it builds and builds within us and comes out explosively. If you have times when you erupt like a volcano, like me, it isn't because you're failing, it is because you have unmet needs that will no longer suffer in silence.

*"Anger is a sign
that something
that matters to
you is being
THREATENED."*

Susan David
Emotional Agility



STEP ONE

1

Understanding that your Anger is a gift

Emotions are like seasons, we may not like the bitter chill of the colder months of the year or the unbearable heat of the hottest summer some days but they are not wrong or bad, just a passing season.

It is the same with your emotions. We have been told that anger and sadness are not acceptable, we must only be happy, that is the one and only goal - 'good vibes only' 'be good girl, don't be sad' 'calm down, go away until you can behave'... anything else is unacceptable because that isn't desirable, it makes others uncomfortable and makes us feel like there is something wrong with us, so we must hide it.

This is another form of **toxic positivity** and it has to stop.

Explosive anger meets our human needs but in a low-quality way that doesn't sustain us, it throws us into shame and guilt cycles that cripple our self-worth. *So instead of being ashamed of your anger, get curious, your anger is a gift that will set you free.*



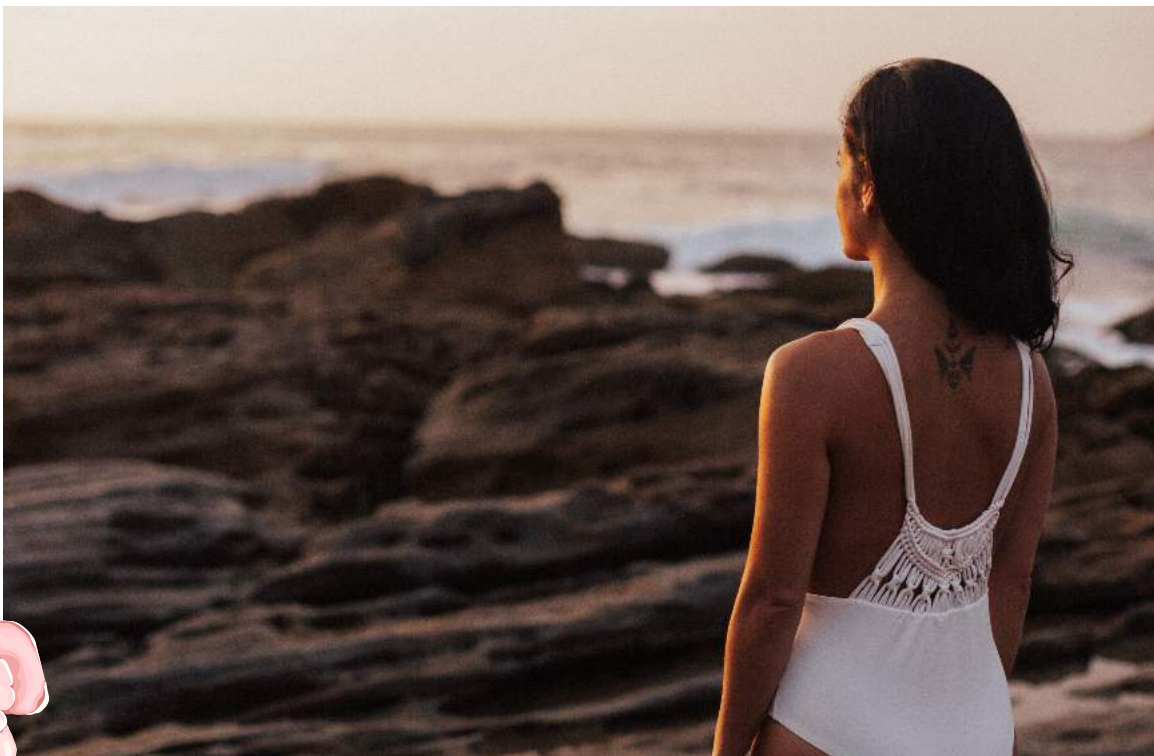
STEP 1

STEP 2

STEP 3

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STEP 5



MUMMA YOUR ANGER IS A GIFT!



01. What happened, why are you so angry, who & what triggered you?

02. What else upset you?

03. Sit with this, where are you feeling this in your body, what does it feel like? Tight, hard, scratchy, grating, cold, heavy, burning?

STEP TWO

2

Uncover the real emotion

When we can name the feeling under our anger, we begin to allow ourselves to unravel the rage back to its source. Picture a ball of wool and see the very end of the string, in this case it's a burning ball of rage-y fire, as we start to pull that string, the ball begins to get unravel and get smaller, we can sit in that anger and see what else is starting to show itself, is it something that caused resentment? Perhaps disappointment? Could it be overwhelm? Sadness? Whatever it is for you naming it helps you go deeper in your enquiry and closer to hearing your inner knowing.

When we name what we are actually feeling, this becomes a signpost to uncovering what boundaries are being crossed and which of our needs within us aren't being met.

Only we can meet our own needs, not our partners, children, friends or family. It is our job to be our own needs in a way that is empowering and nurturing.



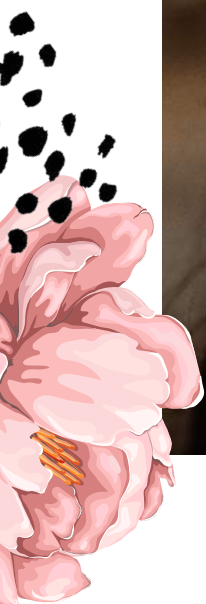
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GUIDE TO NAMING YOUR FEELINGS

Go beneath your anger, what is it that you are really feeling?
Here are some examples of emotions you may be feeling under the rage:

- | | |
|--|---|
| ☐ Annoyed | ☐ Let Down |
| ☐ Anxious | ☐ Nervous |
| ☐ Betrayed | ☐ Offended |
| ☐ Bitter | ☐ Overwhelmed |
| ☐ Criticised | ☐ Persecuted |
| ☐ Defensive | ☐ Provoked |
| ☐ Disappointed | ☐ Regretful |
| ☐ Excluded | ☐ Rejected |
| ☐ Exposed | ☐ Resentful |
| ☐ Frustrated | ☐ Scared |
| ☐ Grumpy | ☐ shocked |
| ☐ Helpless | ☐ Suspicious |
| ☐ Humiliated | ☐ Threatened |
| ☐ Inadequate | ☐ Underappreciated |
| ☐ Inferior | ☐ Undervalued |
| ☐ Insignificant | ☐ Violated |
| ☐ Irritated | ☐ Weak |
| ☐ Jealous | ☐ Worried |
| ☐ Judged | ☐ Worthless |



WHAT IS UNDER YOUR ANGER?



01. Sit with your anger allowing yourself to feel it all, do not rush through it, anger isn't 'bad' so allow yourself permission to welcome this feeling, now what is this angry part of you trying to tell you?

A large, empty rectangular box with a thin black border, intended for writing the response to the first question.

02. What else is coming up? Frustration, disappointment, fear, regret?

A large, empty rectangular box with a thin black border, intended for writing the response to the second question.

03. Now write out below the true feeling: I am feeling... (e.g) I am feeling *frustrated* that no one is listening to me!', 'I am feeling *resentful* that I do everything for everyone else and I'm too tired to do what I really want to do!'

A large, empty rectangular box with a thin black border, intended for writing the response to the third question.

STEP THREE

3

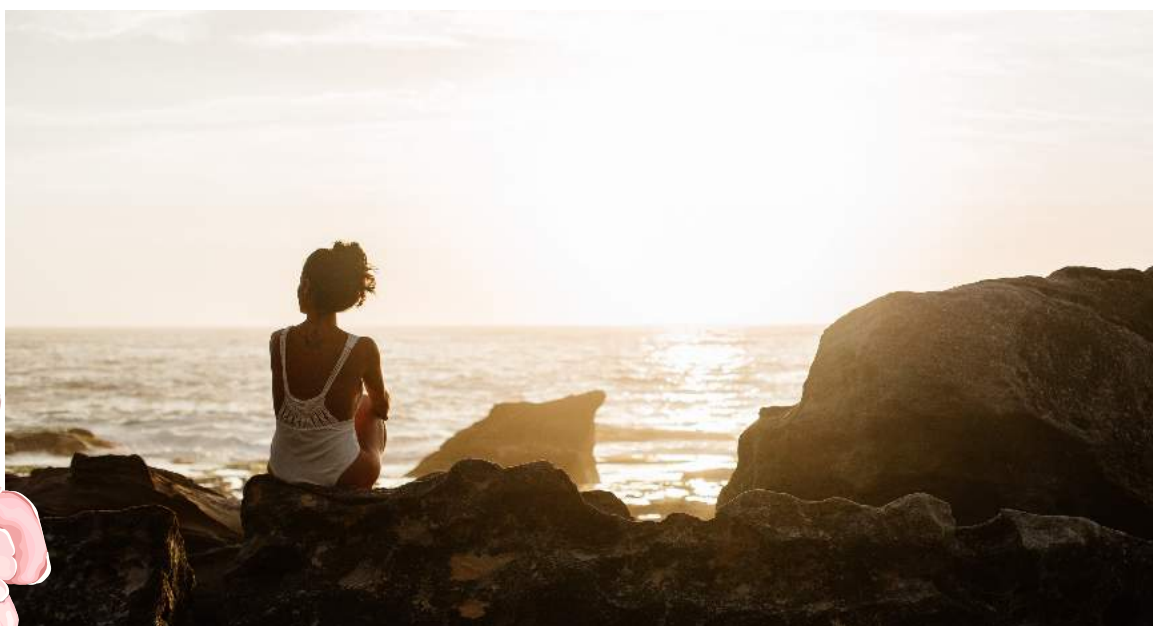
Discovering the truth

When we uncover the emotions under our anger we have an opportunity to dive deeper and look at how our needs are not being met.

We often stack feelings like resentment, frustration, disappointment and boredom on top of each other, when our kids don't listen, when we are tired and have a million and one things on our to-do list, our anger can erupt out of 'nowhere'... on the surface, it was something quite small but under closer inspection, it was the straw that broke the camels back.

Knowing and naming the real emotions beneath your anger is like seeing signposts that point us to see the real truth of where our needs are not being met.

We can easily stay in our anger. It makes us feel powerful when we shout and command a room with rage - everyone listens when we lose it. It can feel addictive because shouting meets our needs but in a low-quality way that doesn't sustain us and sends us into a shame and guilt cycle that is beyond painful, which affects our self-worth and confidence.



STEP 1

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YOUR ANGER MEETS YOUR HUMAN NEEDS



01. When you really lose your shit and everyone is paying attention to you, what do you feel in the moment?

02. When you feel (enter above answers) how long does it last?

03. How quickly do you fall into your shame and guilt for saying the things you really didn't mean? What do you do to numb/escape these feelings of shame and guilt?

STEP FOUR

4

Boundaries are key to meeting our needs

Boundaries are key to preserving our energy, what matters most to us and upholding values that honour and celebrate our self-worth.

Boundaries are hard when we are taught to put others' needs before our own. As mothers, we naturally do this for our children and family. The trouble is without boundaries, without the no, we set ourselves up for depleting ourselves, again and again, wondering why am I so tired, why am I so overwhelmed, why do I keep losing my shit?

It is because you, like me, were taught to be a 'good girl' and good girls don't argue back or complain or make trouble... and if you did you were probably shamed for being 'naughty' or sent away to calm down. Each time being reminded that you are only loveable when you meet the 'good girl criteria', when this happens we suppress our feelings in exchange for attachment, which in its essence is love. So if you have trouble putting yourself first or even equal with others, it's because you've been trained not to most of your life.

When we start to put boundaries in place it can feel uncomfortable and selfish, again because you have been indoctrinated to feel that way, by society, religion and often family, who have grown up with the same BS script all of their lives too. Sometimes we forget that we have a choice because the alternative was always painfully lonely.



STEP 1

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STEP 5

A woman with dark hair, seen from the back and side, is looking out at a sunset over a rocky coastline. She is wearing a white halter-neck top with a macramé-style back. The background is a soft-focus view of the ocean and dark, jagged rocks under a warm, orange-hued sky.

*"If we don't say yes
authentically, we say it
RESENTFULLY and that
leads to more problems than if
we'd said no in the first place."*

Natalie Lue

The Joy of Saying No

WHAT BOUNDARIES NEED STRENGTHENING?



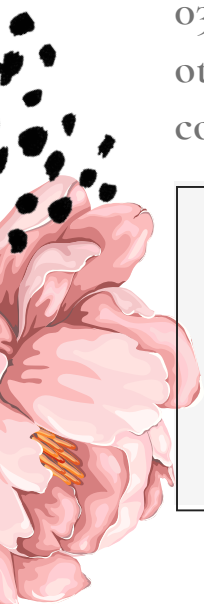
01. How often are you giving your energy to others, because you feel you should? How much time are you getting to replenish that energy?

A large empty rectangular box for writing.

02. When do you people-please? How is your kindness or nice nature getting taken advantage of because you say yes to be helpful?

A large empty rectangular box for writing.

03. What will happen if you continue to give your precious energy to others and have nothing left for yourself? Will your angry outbursts continue or worsen?

A large empty rectangular box for writing.

STEP FIVE

5

Remembering the truth about your worth

What defines self-worth is how much you value yourself without being judged by your appearance, your career, or your achievements. The relationship we have with ourselves is the foundation we build all others upon. We all have limiting beliefs about ourselves that were formed in the imprint stage of our younger years between the ages of 0-7.

In a culture that teaches children and girls, in particular, to be 'good', happy, helpful and to know their place, often we don't know how to say no because that's not in our vocabulary, we will naturally put everyone else's needs before her own, bc we were groomed to fit into a carefully created box-like cage that keeps us small and in a place that someone else will benefit from.

This creates huge self-doubt and massive 'not good enough' stories. You did not come here to live by someone else's rules, to live a small life. To remember who we are and what we came here to do, we must first remember our own unique values. These values will keep us on our truest most beautiful journey through life.



STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

NAMING YOUR CORE VALUES

What Values from the list below are most important for you
aim for about 8-10 and list them in order of their importance to you
Keep a list of your values to hand so you can refer back to them often

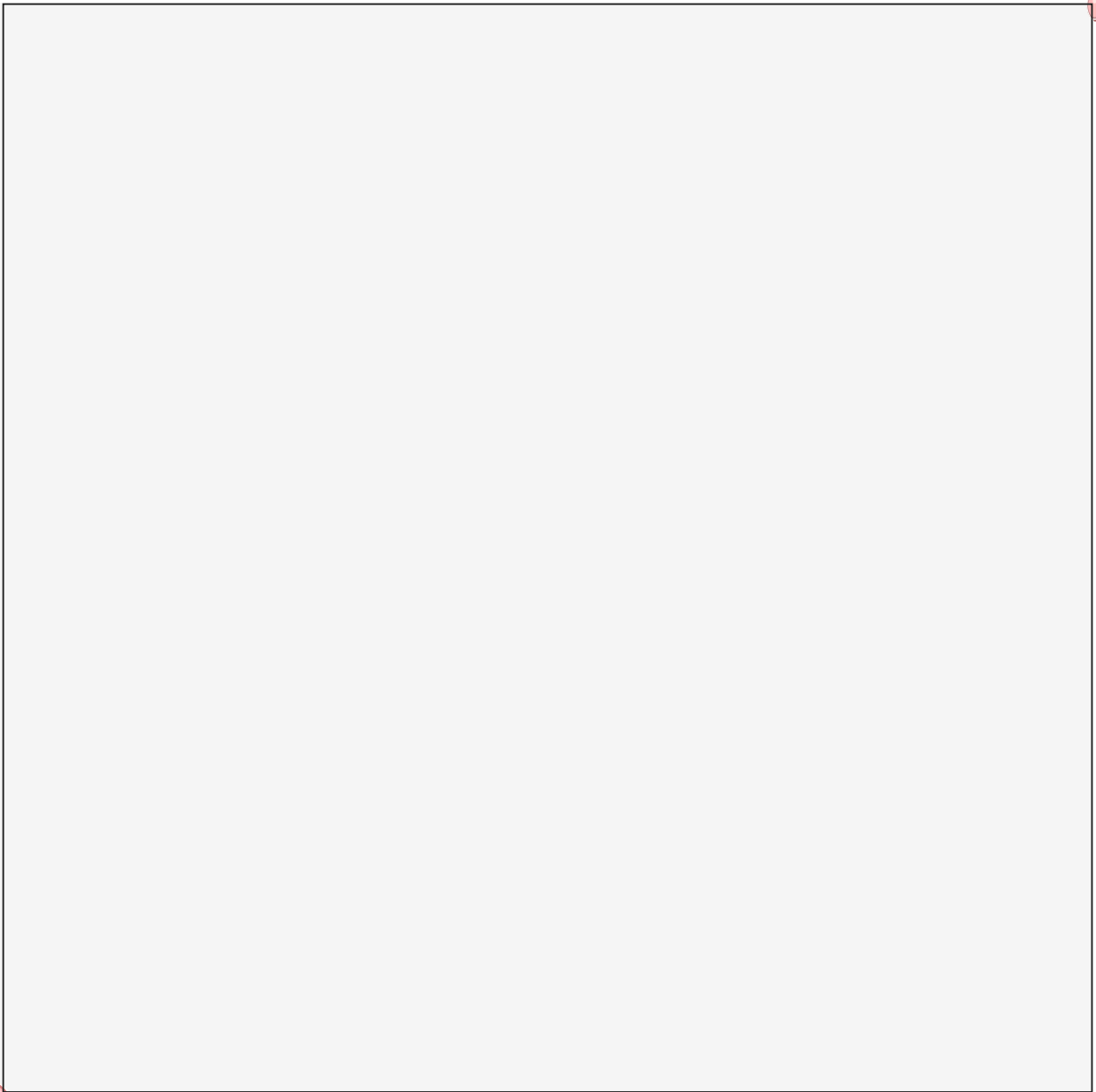
- | | | |
|--|--|--|
| ☐ Authenticity | ☐ Fame | ☐ Peace |
| ☐ Achievement | ☐ Friendships | ☐ Pleasure |
| ☐ Adventure | ☐ Fun | ☐ Poise |
| ☐ Authority | ☐ Growth | ☐ Popularity |
| ☐ Autonomy | ☐ Happiness | ☐ Recognition |
| ☐ Balance | ☐ Honesty | ☐ Religion |
| ☐ Beauty | ☐ Humor | ☐ Reputation |
| ☐ Boldness | ☐ Influence | ☐ Respect |
| ☐ Compassion | ☐ Inner Harmony | ☐ Responsibility |
| ☐ Challenge | ☐ Justice | ☐ Security |
| ☐ Citizenship | ☐ Kindness | ☐ Self-Respect |
| ☐ Community | ☐ Knowledge | ☐ Service |
| ☐ Competency | ☐ Leadership | ☐ Spirituality |
| ☐ Contribution | ☐ Learning | ☐ Stability |
| ☐ Creativity | ☐ Love | ☐ Success |
| ☐ Curiosity | ☐ Loyalty | ☐ Status |
| ☐ Determination | ☐ Meaningful Work | ☐ Trustworthiness |
| ☐ Fairness | ☐ Openness | ☐ Wealth |
| ☐ Faith | ☐ Optimism | ☐ Wisdom |



MY CORE VAULES

Now write out your values below ranking them in order of what is most important for you, spend some time journaling deeper on why these values mean so much to you.

Keep your value list to hand so you can refer back to them often.



REMEMBER THE TRUTH ABOUT YOUR WORTH



01. When do feel worthy? What do you have to do, say, or be to feel worthy of love, praise or to fit in?

A large, empty rectangular box with a thin black border, intended for writing the answer to question 01.

02. How much of the above is about what you do? How would it feel to live knowing that your worth is not tied to doing or being anything other than you?

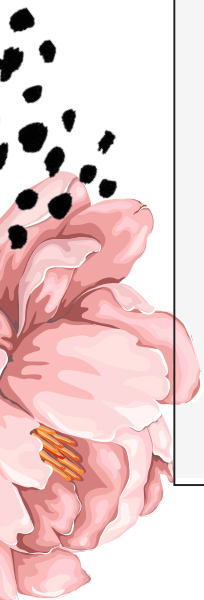
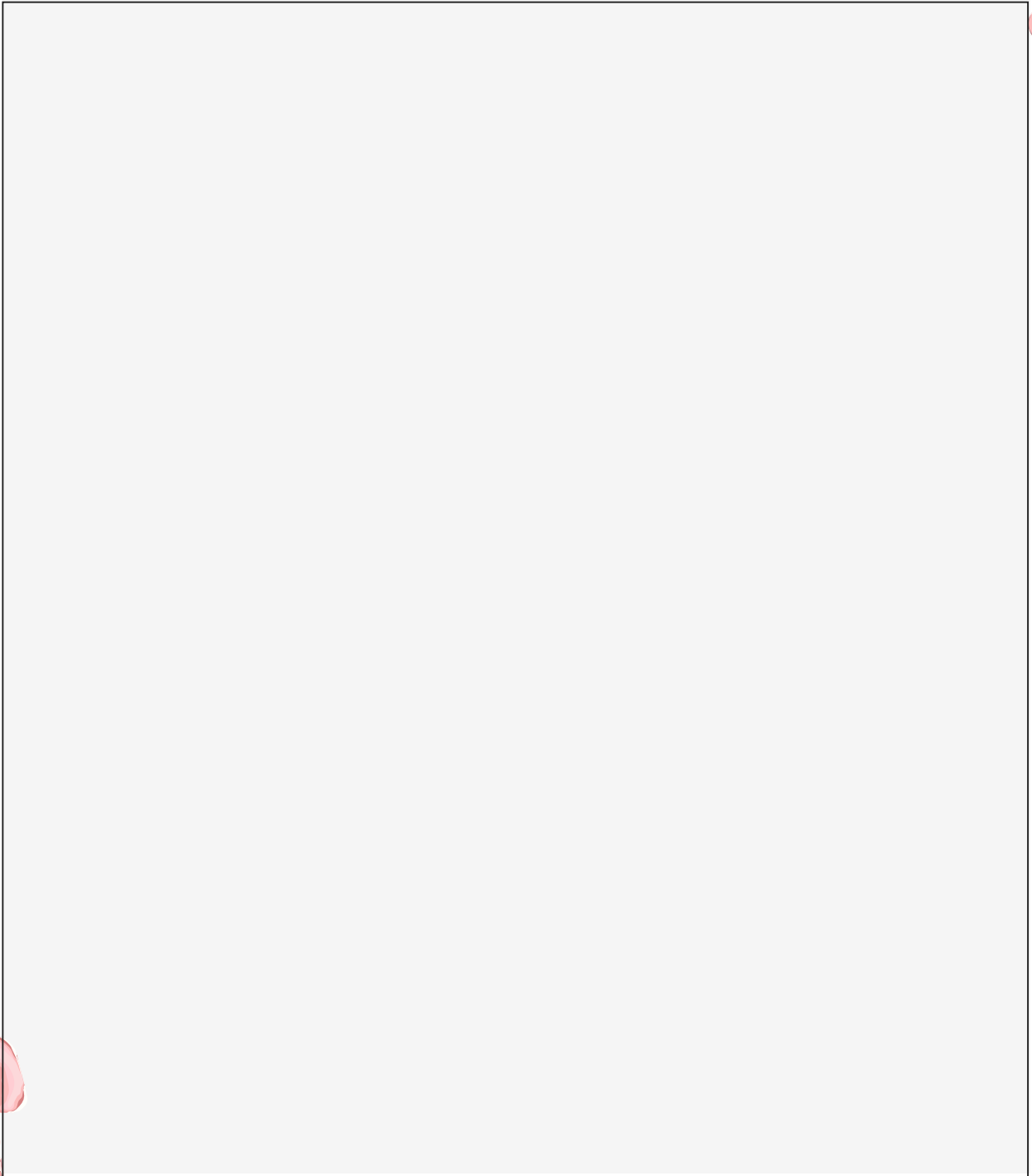
A large, empty rectangular box with a thin black border, intended for writing the answer to question 02.

02. What would your life look like if you honoured yourself, said no when wanted to, put your needs *along side* the needs of your family? What Values would you need to live by to consistently show up in a way that celebrates who you are?

A large, empty rectangular box with a thin black border, intended for writing the answer to question 02.

REFLECTIONS

You don't know what you don't know.
So what do you know now you've worked through these exercises?
What came up for you? What do you need to remember?



CHEATSHEET

01



Your Anger is a gift

Emotions are like seasons, but they are not wrong or bad, just a passing season. So instead of being ashamed of your anger, get curious, your anger is a gift that will set you free.

Uncover the real emotion

When we name what we are actually feeling, this unraveling becomes a signpost to uncovering what boundaries are being crossed and which of our needs within us aren't being met.

02



03



Discover the truth

When you understand where your needs are not being met in healthy high-quality ways, you take back your power and this self-awareness will set you free.

CHEATSHEET

04



Boundaries are key

Boundaries are key to preserving our energy, what matters most to us and upholding values that honour and celebrate our self-worth.

Remembering your worth

What defines self-worth is how much you value yourself without being judged by your appearance or your achievements. The relationship we have with ourselves is the foundation we build all others upon.

REMEMBER

05



Living Consciously

When we follow these steps, own our shit and take responsibility to heal our 'not enough stories' and see our true worth, we become part of The Conscious Mums Club.

What's next?

If you want to write a new story about your worth, transform your Mindset, relationships and Confidence *all while* finding your purpose beyond your family & 9-5...

...then join the waitlist for my

NEW WEBINAR

EMBRACING THE FIRE WITHIN:

***HOW TO HARNESS YOUR ANGER &
UNCOVER YOUR TRUE POTENTIAL!***



This is for you if...



You're struggling with overwhelm,
unexpected rage & shame cycles
that make you feel like you are
failing and hurting your children.
You keep feeling like something is
missing in your life even though
life is pretty great.

This is for you if...



You want to feel confident,
*passionate and fulfilled in your life
again with deep loving connections
with your children and partner,
without feeling shame and guilt
for losing your shit again.*

This is for you if...



You dream of a more happier
harmonious life, remembering who
you are and what you came here to do
beyond your family & 9-5, living
purposefully to your full potential
without feeling angry and resentful of
the people you love most in the world.

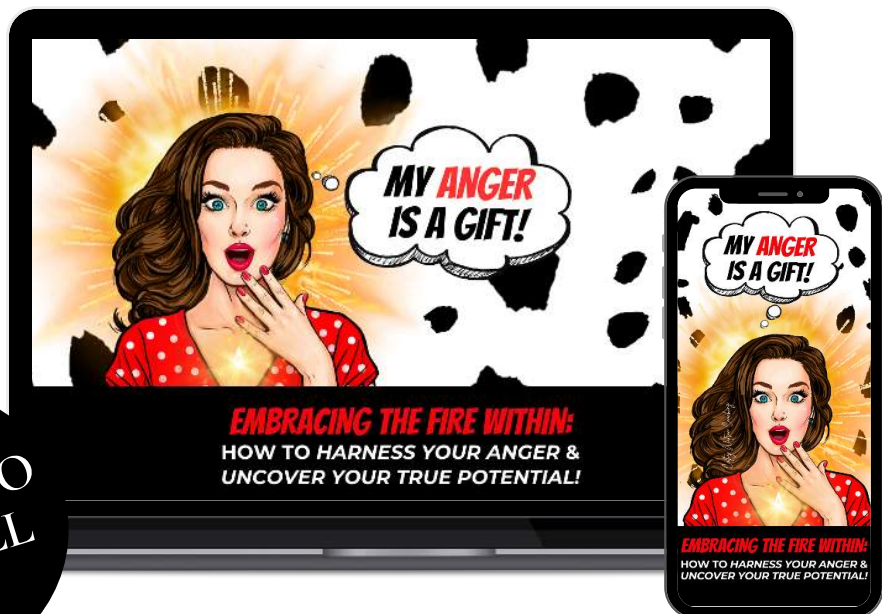
Do you want to...

- ✓ Stop the shouting and find your calm in the chaos of motherhood & life?
- ✓ Transform your Mindset, Relationships & Confidence?
- ✓ Heal your 'not enough story' & write a new empowering story about your worth so you can start saying YES! to life?
- ✓ Find your purpose beyond your family and 9-5?

THEN SIGN UP FOR MY NEW WEBINAR

EMBRACING THE FIRE WITHIN:
HOW TO HARNESS YOUR ANGER &
UNCOVER YOUR TRUE POTENTIAL!

**CLICK TO
ENROLL**



*Your anger is a gift that will set you free,
even though it often feels like a curse, fills you
with guilt and shame and makes you feel like
you are failing your family.*

*Your anger is trying to tell you something, it's the
thing that you've been avoiding for years...*

*...that you were made for so much more,
I see you Mumma, I know because my anger was
the KEY to unlocking my potential and I would
LOVE to help you unlock yours,
ARE YOU READY?!*



HI, I'M CATHY,

I'm happiest recording podcasts, day drinking with my friends, dancing in the kitchen with my mini-me's and snuggling up on the sofa with a large G&T, my Hubby and Netflix.

I'm a proud mother to two beautiful girls aged 8 & 5, a natural problem solver, recovering shopaholic perfectionist & a 'Shouty Mum' doing the work to own my shit EVERY SINGLE DAY, consciously parent the parts of me that do not feel good enough and above all else break the cycle so that my children have a different legacy about their own worth.

I am passionate about helping amazing Mums just like you **remember their worth, who they are and what they came here to do** beyond their beautiful families and 9-5 and inspire their children to live fearlessly authentic lives, by being the role model they always dreamed of being.

I love helping amazing Mum's just like you, understand that ***their Anger is a gift that will set them free.***

When we unravel, uncover and discover how we meet our needs in low-quality ways that do not sustain us. When we uphold strong boundaries within ourselves that meet our needs in healthy and empowering ways, we transcend our 'not enough' stories, heal our inner fractures, cultivate an empowering mindset and say yes to the life we can't stop dreaming about, all the while inspiring our

children to be bold and fearlessly authentic with their own lives, because as Glennon Doyle tells us,

Our children do not need us to save them, they need to watch us save ourselves.'

I couldn't agree more and here's why: Our children absorb their environment, they absorb us completely, we are their garden. They look to us as guides on how to live, act and love themselves. The empowering ways and the not-so-empowering ways they absorb them all like a sponge, they pick up the things we say and the things we don't say, they read our microscopic energy.

So by loving and honouring yourself, doing the work to uncover what was never yours to carry and releasing the limiting beliefs that were never true to begin with, is how we empower and inspire our children to live fearlessly authentic lives, we have to show them how to live fulfilling and whole lives by walking the walk and talking the talk.

Knowing your worth is the most powerful legacy we can give our little ones.

It is how we find our purpose and how to reach our true potential and fulfilment in life.

Cathy





MEET THE AUTHOR

CATHY WATSON

After experiencing the healing power of NLP Mindset Coaching, TimeLine Therapy™ (TLT), Hypnosis, Hearthealing® and Archetypal Coaching for myself, I was amazed at the transformation of my confidence, self-worth and inner clarity. More profoundly I was able to consciously see when I was in a fearful state of being and how to self-parent myself through love and self-acceptance, to be able to say yes to the life I couldn't stop reading about. When I began taking responsibility for meeting my own needs, it transformed my parenting style from a 'Shouty Mum' to a 'Conscious Mum'.

I knew that my purpose was to help other Mums transform their 'not enough' stories about their worth and remember who they were beneath the layers of indoctrination into 'good girl syndrome'. Fast forward 4+ years of amazing soul-lead training, taking me deep to the heart of my soul, I am a multi-qualified NLP Mindset Coach, honouring my purpose and my worth every day through heart-led Coaching.

I use a uniquely powerful style of coaching where mindset and heartset blend for the ultimate transformation™

So if you are ready to transform your heart, mind and soul and remember your worth and your purpose in this world, you my love, are in the right place!

Cathy

COME JOIN THE CLUB;



Follow me on Instagram,



Listen to The Shouty Mum's Club Podcast



Check out my website and sign up for my upcoming courses & webinar.

