

MomPositive The Non-Negotiables

“Much of your strength as a woman can come from the resolve to replenish and fill your own well and essence first, before taking care of others.” ~ Miranda J. Barrett

1. Breathe - practice taking long deep breaths - try breathing in to the count of 5, then hold for 6, then exhale to 7.
2. Shift your perspective - how important is it in the big scheme of things. Are you perhaps focusing only on the difficult and forgetting the fun joyful things?
3. Keep a journal - I keep a journal to this day. I write gratitude, my dreams, my hopes. Always focusing on the nuggets of gold so when I do feel overwhelmed, fear, or frustration, I can go to that.
4. Pick your battles - sometimes it's okay to be bad, jump to high, get dirty, spill milk.
5. Take a bath / long shower - add a few drops of lavender to your washcloth for extra relief
6. Clean up your food - seriously, how you feel in your body affects everything else. Start by learning simple meals that are made up of whole and natural foods. If you need help with this, check out my blog on my website, or get my book, Lessons for MomPositive Living. (Available on Amazon)
7. Ditch the caffeine - stick to no more than 2 cups. It will help you stay calm, feel more peaceful and focused, and help you to feel stronger when your boundaries are being tested.
8. Get in the sun - Vitamin D is one of the greatest deficiencies in the US and it's completely linked to how our mood and energy are in our body. (your kids need it too!)
9. Move your body - my son loves it when I will walk to the park with him to toss a football! Dance! Do yoga, walk, see if you can still hula hoop, jump rope, or just get up and wiggle with the kids.
10. Find inspiration - Feed your brain and spirit with podcasts, self-help books, documentaries, and inspirational people on social media
11. Have a coffee/tea date with a friend - don't just set it on the calendar - GO.
12. Volunteer and drag the kids with you - don't use the kids as a reason to not do things. Take them with you and help them to learn and receive the gift of service alongside you.
13. Read a book just because - something that will make you laugh, or cry, or challenge you to step out of your comfort zone!
14. Color - creativity has amazing healing benefits! Coloring is meditative and calming.
15. Have a date night with your partner - just the two of you, as often as possible.
16. Dream about the future - what did you want to be when you grew up? It's not impossible! What would you need to do to get there? What's the first step?
17. Do that career anyway - see #18
18. Give yourself some grace - it's not going to be perfect, and neither are you and that in itself is perfect.
19. Get support - get free access to my Daily Divine Self Care group and me by asking to join the FB group below. There, I guide, mentor, and support my tribe to take on health and lifestyle change!
20. Keep learning new things - what do you want to learn about?
21. Do something new - get out of the rut you might feel you are in by switching things up a bit! Visit a new place, cook some different food, listen to a new radio station

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Mom Positive Black Bean Brownies!

BECAUSE EVERY MOM NEEDS BROWNIES

1 1/2 CUPS MEDIUM TO DARK CHOCOLATE CHIPS
2 CUPS COOKED GARBANZO BEANS OR CANNED
4 EGGS
2/3 CUP HONEY

MELT CHOCOLATE IN A DOUBLE BOILER. STIR FREQUENTLY.
BLEND EGGS IN BLENDER OR FOOD PROCESSOR UNTIL WHIPPED. ADD
BEANS AND HONEY TO THE EGGS. BLEND TOGETHER.

ADD MELTED CHOCOLATE AND BLEND JUST UNTIL SMOOTH.
POUR BATTER INTO A 9 X 9 " BUTTERED PAN.

BAKE AT 350 FOR 40 MINUTES.

COOL BEFORE SLICING AND SERVING.

FREEZABLE!

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