

SOULMAMMAS



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# TOP 5 TIPS

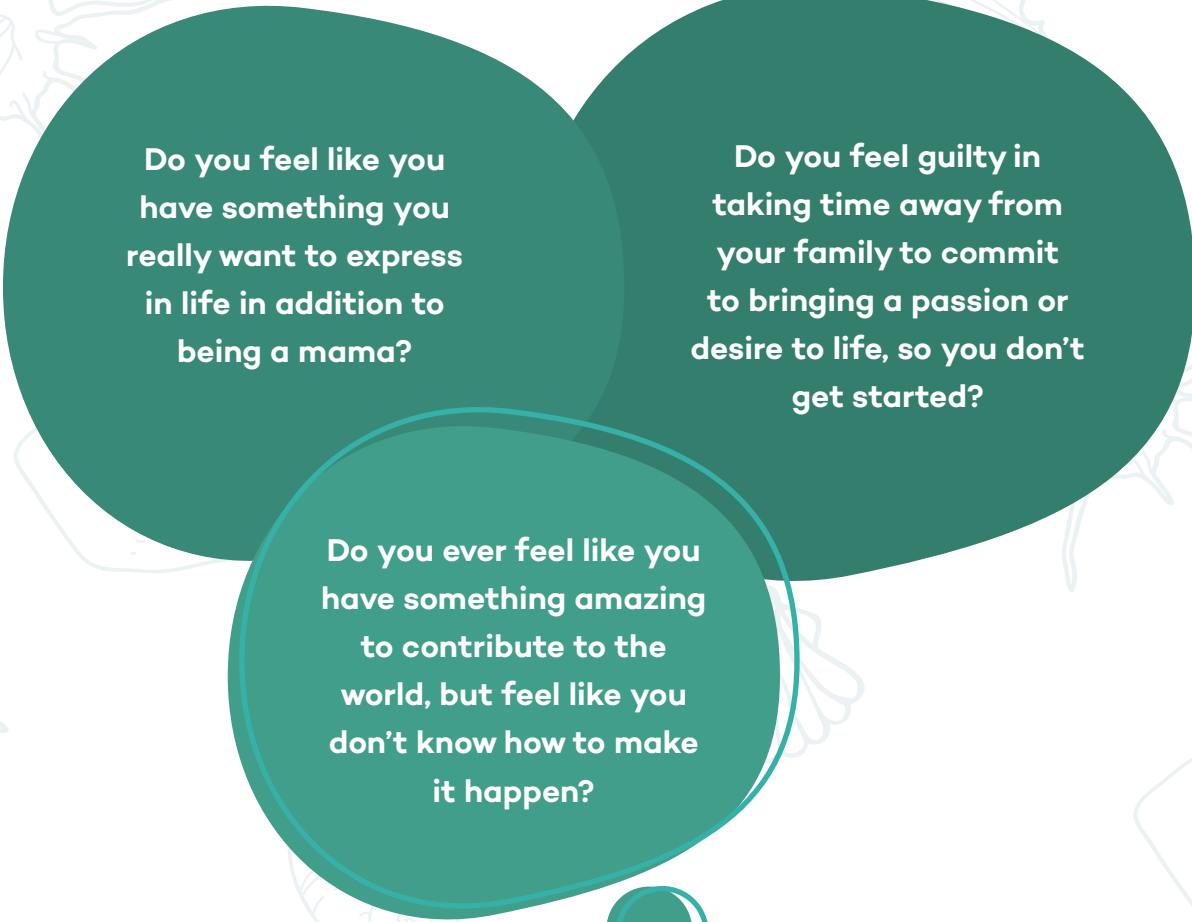
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**to rediscovering your  
purpose as**

**MOM**

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Do you feel like you have something you really want to express in life in addition to being a mama?

Do you feel guilty in taking time away from your family to commit to bringing a passion or desire to life, so you don't get started?

Do you ever feel like you have something amazing to contribute to the world, but feel like you don't know how to make it happen?

*I can help you!*

Hi! I am Nicole De Leon and I am a mama of a wee one and stepmom of teenagers. I am also a host of the new podcast the Soul Mamas Podcast: Real Motherhood Talk on Passionate, Mindful Living as Parents. Not only have I struggled with finding my purpose as mama, I know many, many women who share the same struggle.

When we become moms we strip down so many layers of self identifications and in some ways see the world completely a new. This is often a time that we re-evaluate our lives including our careers, hobbies and passions. We often don't feel that we deserve to take "me time" to continue our passionate pursuits, so we often feel lost, isolated and sometimes even resentful. I felt alone and disoriented in new motherhood, so I started this podcast so other mamas wouldn't feel so alone.

*If you are feeling this way, you are NOT alone!*



I didn't realize it at the time, but I experienced postpartum anxiety for almost the entire first year of motherhood. After an unexpectedly long and traumatic labor (four days of prodromal labor with a posterior baby) I was not only so exhausted, but was left with feelings of guilt and questioning about a labor that didn't go my way. I didn't realize the profound implications of a traumatic birth story on mamas and how alone we could feel in our experiences.

**This is one of the main reasons I started the podcast. So that mamas wouldn't feel so alone in their struggles, and could celebrate their successes together.**

I wanted to inspire mothers from all backgrounds to live out their GREATEST PURPOSE even in light of extremely busy schedules, anxiety, depression, mom-guilt, etc.

**If you have a hobby or passion that you would like to bring back into your life, or if you'd like to start something new this worksheet is for you.**

# SOUL MAMMAS





Below are 5 tips I would like to give you, on rediscovering your purpose-whether you'd like to start something new, or go back to some of the things you so adore and to start living a purposeful life.

Because you deserve it mama!

On a piece of notebook paper (I believe hand writing things really personalizes it) write down your responses to these questions below:

1

What is something you used to LOVE in your youth? Think of what lit you up when you were younger. It doesn't have to be "practical!"

2

What are some things that other people comment on YOU being good at? When you receive compliments, what are they usually in relation to?

3

What your favorite thing about yourself if you were looking at yourself from a higher perspective? You can go back as far as you need.

4

What are some things you fear that may be getting in the way? What do you keep telling yourself is the reason you can't do the things you love?

5

Now let's home in on how you would like to feel and what example you'd like to give as mommy? How would you like to feel everyday? Relaxed, focused, accomplished? Think of the things that make you feel these things and do them. If you want to help the world with a cause, for instance, make sure you dedicate even just a few minutes to that every day.

# What now?

Once you have completed these questions you should have a better idea of what it is you'd like to bring into your life, how you would like to feel and what has been limiting you. If you can spend even a small amount a time on this passion, hobby, dream or purpose, you will be on track to manifesting it into your life. If you can spend even just 30 mins on your purpose PER day, you will be on the road to manifesting change in towards your dreams.

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