


THE ACCOMPANYING
WORKBOOK
FOR



**Dying
to Be a
Good
Mother**

It's time to stop dying to be a
good mother, and start living the
life you deserve

WITH HEATHER CHAUVIN

DYING TO BE A GOOD MOTHER SYNDROME

(Chapter Three)

Why has maternal exhaustion become a badge of honor?

How has it become socially acceptable, even admirable, to give so much that your body and soul are prematurely dying from lack of rest and spiritual replenishment?

REINVENTING YOUR MORNINGS CHALLENGE

30 Day AM Routine Planning Chart

WEEK 1	DAY	1	2	3	4	5	6	7
TASK	TIME							

WEEK 2	DAY	8	9	10	11	12	13	14
TASK	TIME							

WEEK 3	DAY	15	16	17	18	19	20	21
TASK	TIME							

WEEK 4	DAY	22	23	24	25	26	27	28
TASK	TIME							

WEEK 5	DAY	29	30
TASK	TIME		

Micro Action
=
Macro Joy

REALLY SEEING CHILDREN (Chapter Four)

Green Zone	Yellow Zone	Red Zone
<i>Calm, Peaceful</i>	<i>Irritated</i>	<i>Angry</i>
<i>Focused</i>	<i>Irritable</i>	<i>Out of Patience</i>
<i>Happy, Upbeat</i>	<i>Growing Impatient or Out of Patience</i>	<i>Hopeless</i>
<i>Patient</i>	<i>Frustrated</i>	<i>Sad</i>
<i>Joyful</i>	<i>Anxious</i>	<i>Very Anxious</i>
<i>Open-minded</i>	<i>Grumpy</i>	<i>Harsh, Critical</i>
<i>Content</i>	<i>Tired and/or Hungry</i>	<i>Depleted</i>

EXPLORING YOUR GREEN, YELLOW AND RED ZONES

What do you experience in each of your zones?

Situation: _____

RED	
YELLOW	
GREEN	

What does your red zone look and feel like, both in your life and in your body, mind, and emotions?

What happens when you try to solve problems while in your red zone?

What happens in your mind, body, and emotions right before you enter your red zone?

How does your body feel right before you're in the red zone?

What triggers most often take you out of your green zone?

WOULDN'T IT BE FUNNY?

(Chapter Six)

MAKING YOUR WANT/ CRAVE/DESIRE LIST.

This list is always a work in progress, and something you can and should change as your clarity increases. It's also an immensely valuable way of focusing on activities, pursuits, and goals that support how you want to feel, in good times and in tough times.

To begin your list, carve out fifteen or twenty minutes of uninterrupted quiet time. Take out your notebook, and at the top of the page write three separate column headers:

I WANT...	I CRAVE...	I DESIRE...

ANGELS ALL AROUND US

(Chapter Seven)

Who are the heroes in your life?

What are the beliefs that hold you back?

RELEARNING HOW TO LIVE

(Chapter Eight)

What does it mean to feel fully alive—in your body and your life?

What does it mean to be brave and show up even when you're scared?

YOUR “PROBLEM CHILD” IS YOUR GREATEST GIFT

(Chapter Eight)

Beliefs about motherhood that will rob you of your joy:

- Our children should be perfect, because, naturally, our parenting is, too, or it should at least look or sound or seem that way.
- Parenting causes perpetual exhaustion, dirty hair days, bad hair days, body confidence issues, and endless feelings of overwhelm. It also creates the need for nonstop caffeine and, of course, “wine o’clock.”
- Parenting is hard, and if you don’t complain about it or feel miserable, exhausted, and stressed out most of the time, you’re not one of the “good” moms.
- Yelling at your children is shameful and admitting to it is even more so.
- Everyone yells at their children, and if you don’t, you’re not a “real” mom. It’s the only way to get these pesky, entitled children to listen.
- Even raising your voice with your child is a form of abuse and something you should never do.
- If you have a “problem” child, or if your child is different in any way, it’s embarrassing and also your fault, as their Parent.
- Even feeling like you have a “problem” child reflects poorly on you as a mother. You should love your children and be proud of them, not blame them.
- Everyone has a “problem” child—get in line and join the club! That’s parenting for you—you give your all and never get a break.

EXCUSES, EXCUSES, NO MORE EXCUSES

(Chapter Eleven)

Write down your most commonly used excuses. Now identify if they are actually true or what you are avoiding.

HOW TO STAY CONNECTED TO YOUR WHY

“We don’t necessarily find happiness in our every day, but we can feel fulfilled by our work every day if it makes us feel part of something bigger than ourselves.” — Simon Sinek

YOUR BIG WHY STATEMENT

EXAMPLE: I am committed to showing up for myself and my children so that I can be the change I wish to see in the world and show my children that anything is possible.

Write down your why statement.

ENERGETIC TIME MANAGEMENT

(Chapter Twelve)

FINDING YOUR ENERGY LEAKS

We all have energy leaks—places inside us that seep precious energy that we need in order to live and thrive. They are areas we need to patch, but often those leaks feel like they're coming from outside of us, from somewhere or something we try to control but fail to. The first step in patching those leaks is identifying them.

This list is for your eyes only, so if a child's behavior or your messy house or money stress— or all three of those and much more—are depleting you, write them all down.

GETTING MORE DONE IN LESS TIME WITH ENERGY LEFT OVER

These action steps are intended to support you weekly. It's suggested to do this on the weekend to prepare for the following week.

STEP 1 | BRAIN DUMP = ELIMINATE OVERWHELM

Any to-do, should do, want to do, need to do, write it down. Let it ALL out in the area most appropriate below.

SELF	<hr/>
	<hr/>
	<hr/>
	<hr/>

KIDS	
RELATIONSHIPS	
MONEY	
WORK	

ENVIRONMENT	_____

OTHER	_____

STEP 2 | PRIORITIZE YOUR LIFE

What you prioritize will determine how bad you want change. (Self, kids, relationships, money, work, environment, other)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

*Remember,
How you spend
your time =
What you prioritize*

— Heather

What is your anchor feeling?

How do you want to feel everyday?

STEP 3 | DEVELOP ACTION STEPS

What actions are you putting on your calendar this week to get you closer to the life you truly crave?

(Self, kids, relationships, money, work, environment, other)

SELF ACTION STEPS

1. _____

2. _____

3. _____

KIDS ACTION STEPS

1. _____

2. _____

3. _____

RELATIONSHIPS ACTION STEPS

1. _____

2. _____

3. _____

MONEY ACTION STEPS

1. _____
2. _____
3. _____

WORK ACTION STEPS

1. _____
2. _____
3. _____

ENVIRONMENT ACTION STEPS

1. _____
2. _____
3. _____

OTHER ACTION STEPS

1. _____
2. _____
3. _____

STEP 4 | PUT ACTION STEPS ON A CALENDAR

Action steps should be placed on your calendar in order of priority. If your #1 priority is Self - put all self action steps on the calendar FIRST. Then add action steps according to the way you listed them in step 2.

PAPER CALENDAR (PICK 1)

- Passion Planner
- Danielle Laporte Desire Map
- Dollar Store, Target, Walmart, etc.

DIGITAL CALENDAR (SYNC TO DEVICES)

- Google Calendar
- Apple/Android Calendar
- Outlook Calendar

STEP 5 | PUT THE PLAN INTO ACTION

Use the scheduled time for the tasks at hand.

Focus on your priorities every step of the way.

STEP 6 | NIGHTLY CHECK-IN

Every night before you go to bed check your calendar to make sure you know what it going on.

You can send any last minute emails or complete any last minute prep work.

SOME THINGS TO CONSIDER

PROGRESS NOT PERFECTION

It takes practice to master any skill. This process should be done weekly to develop a masterful skill. It won't be perfect and some weeks won't be pretty.

SUGGESTED READING The Gifts Of Imperfection by Brené Brown

RESISTANCE IS YOUR NEW BFF

Yes, resistance will show up daily when you consciously decide you want change. Becoming annoyingly intentional and using this method will help you stay on track.

SUGGESTED READING The War Of Art By Steven Pressfield

YOU CANNOT DO THIS ALONE

I used to be the Queen of "Supermom" growing up with a single mother and being a single parent will do this to ya. PARENTING AND LIFE SHOULD NOT BE A DAILY BATTLE. If it is this means something is out of alignment.

SUGGESTED READING The Art Of Asking by Amanda Palmer

UNEARTHING LIMITING BELIEFS AND FEELING BIG EMOTIONS (Chapter Thirteen)

When you start to practice filling your cup first—tending to your needs and desires before others’—you’ll inevitably face a lot of big emotions that you may at first assume mean that you’re doing something wrong. In fact, you’re growing, and in that process, feeling emotions you’ve been avoiding for a long time.

EMOTIONS LIST

Depressed	Angry	Sad	Afraid	Hurt
<i>Disappointed</i>	<i>Irritated</i>	<i>Lonely</i>	<i>Fearful</i>	<i>Pained</i>
<i>Pessimistic</i>	<i>Frustrated</i>	<i>Dismayed</i>	<i>Anxious</i>	<i>Rejected</i>
<i>Powerless</i>	<i>Resentful</i>	<i>Blindsided</i>	<i>Rigid</i>	<i>Humiliated</i>
<i>Alienated</i>	<i>Controlling</i>	<i>Oversensitive</i>	<i>Prejudiced</i>	<i>Wronged</i>
<i>Stuck</i>	<i>Agitated</i>	<i>Tearful</i>	<i>Self-conscious</i>	<i>Secretive</i>
<i>Resistant</i>	<i>Short-tempered</i>	<i>Unworthy</i>	<i>Defensive</i>	<i>Deprived</i>

Open	Loving	Happy	Alive	Positive
<i>Confident</i>	<i>Compassionate</i>	<i>Thankful</i>	<i>Playful</i>	<i>Hopeful</i>
<i>Understanding</i>	<i>Considerate</i>	<i>Fun-loving</i>	<i>Courageous</i>	<i>Creative</i>
<i>Receptive</i>	<i>Affectionate</i>	<i>Mellow</i>	<i>Optimistic</i>	<i>Motivated</i>
<i>Flexible</i>	<i>Appreciative</i>	<i>Joyous</i>	<i>Giving</i>	<i>Adaptable</i>
<i>Friendly</i>	<i>Respectful</i>	<i>Festive</i>	<i>Excited</i>	<i>Brave</i>

CHALLENGE YOUR LIMITING BELIEFS

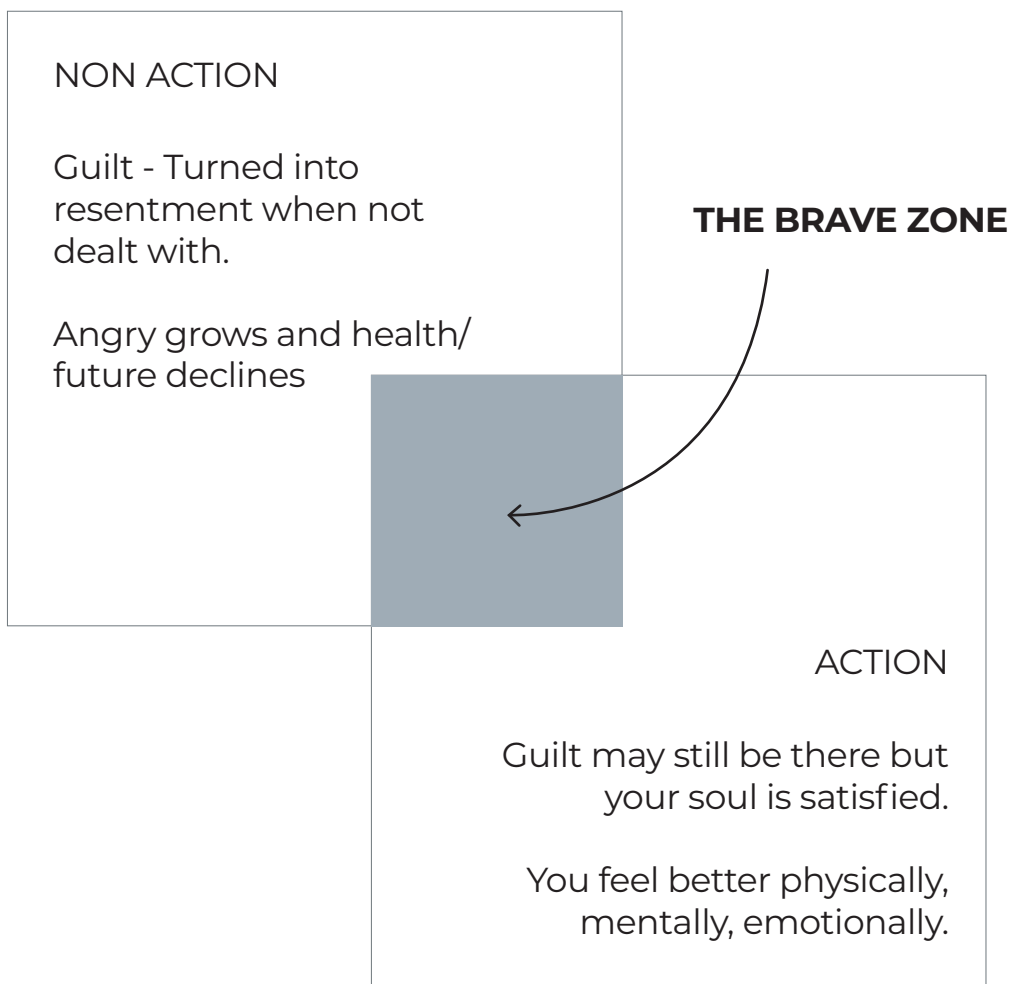
IDENTIFYING YOUR LIMITING BELIEFS

Below is a list of universal beliefs that you may identify with:

- I need to know what to do.
- I don't know what to do.
- I know what is best for others.
- I know what is best for myself.
- Something terrible is going to happen.
- It's possible to make a mistake.
- People should not lie.
- People should respect me.
- I can control how others feel about me.
- I feel your energy.
- I need more money.
- Life isn't fair.
- Parents should love their children.
- Children should love their parents.
- I need to make a decision.
- I can't do anything right.
- I can disappoint people.
- I don't want to look foolish.
- There's too much to do.
- There's not enough time.
- I know what you need.
- I am worthless.
- It's my job to make you happy.
- I need a partner to be happy.
- It's my fault.
- I should be different.
- I missed my chance.
- I need to be careful in life.
- People should listen to me.
- I'm not good enough.
- I am a failure.
- _____ doesn't care about me.
- I need to understand.
- I need to do it right.
- I did it wrong.
- There's something wrong with me.
- S/he rejected me.
- S/he doesn't trust me.
- There shouldn't be war in this world.
- Women shouldn't be so emotional.
- The world isn't a safe place.
- People are destroying the environment.
- People are judging me.
- I know what they're thinking.
- They should agree with me.
- I have to work hard.
- People should keep their promises.
- Other people can hurt me.
- Money will make me happy.
- I'm too fat (thin).
- I need to be in control.
- My body should be healthy.
- People are not trustworthy.
- _____ betrayed me.
- There is a purpose to my life.
- I need to know my life's purpose.
- Life is difficult.
- People should be grateful.
- My boss should appreciate me.
- I don't belong.
- People shouldn't be angry.
- _____ did it wrong.
- I am right.
- People shouldn't use animals (medical research, food, etc.)

FIND YOUR BRAVE ZONE

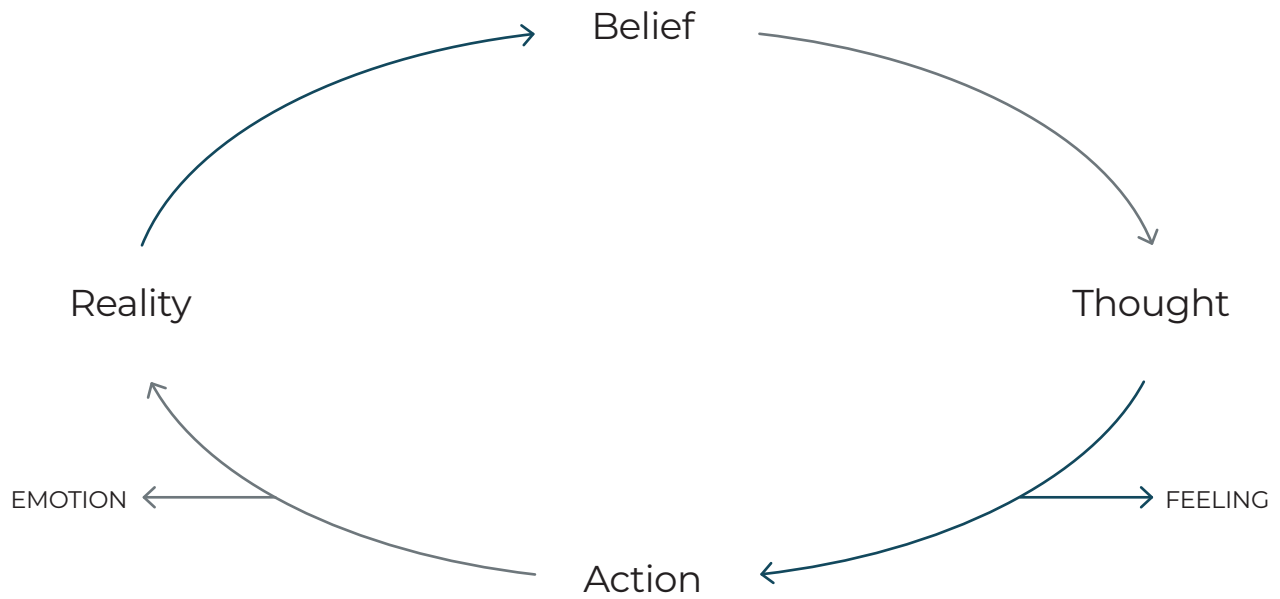
Why do I feel so guilty when considering my needs?



What does your Brave Zone look like?

CREATE YOUR DESIRED REALITY | PART 1

WHAT IS MY CURRENT REALITY?



What **Reality** am I creating?

What must I be **Thinking** about to create this reality?

What feelings am I experiencing before I take action? _____

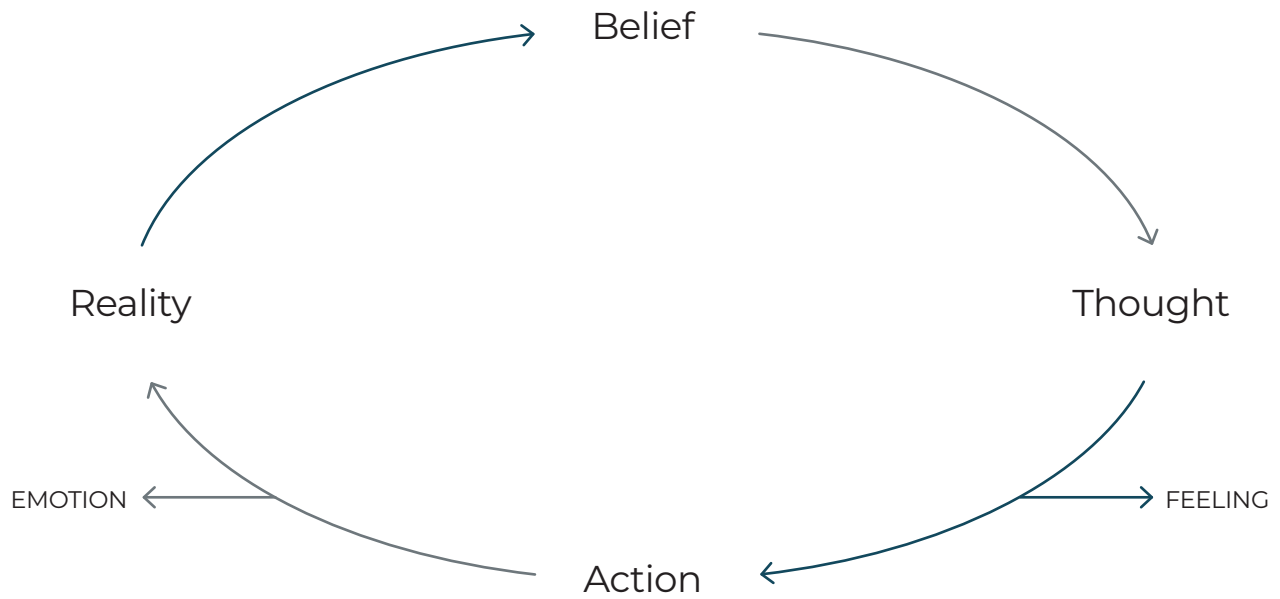
What **Action** am I taking (or not taking) to perpetuate this reality?

What emotions am I feeling about this action/ non-action? _____

What must I **Believe** to create this reality?

CREATE YOUR DESIRED REALITY | PART 2

WHAT IS MY DESIRED REALITY?



What **Reality** do I want to create?

What **Thoughts** must I have to cultivate this reality?

What feelings do I experience before I take action? _____

What **Action** do I need to take to create this reality?

What emotions might I feel while taking action? _____

What must I **Believe** to create this reality?

THE MILLION DOLLAR MINUTE

“If every 60 seconds of your life was worth 1 million dollars, how would you invest your time?”

— Heather Chauvin

TIME AUDIT + PLANNING

Log your last 24 hours and circle time spent in alignment with how you want to feel. Then, plan your next 24 hours and put time on your calendar to invest in this feeling.

LAST 24 HOURS	NEXT 24 HOURS
5:00	5:00
6:00	6:00
7:00	7:00
8:00	8:00
9:00	9:00
10:00	10:00
11:00	11:00
12:00	12:00
1:00	1:00
2:00	2:00
3:00	3:00
4:00	4:00
5:00	5:00
6:00	6:00
7:00	7:00
8:00	8:00
9:00	9:00
10:00	10:00

WHAT IF IT'S NOT PERFECT?

PROGRESS NOT PERFECTION

Work through your fears using the following journal prompts:

What story are you telling yourself about why you can't take action?

How willing am I to recommit daily to my goals/ the life I want?

FEARFUL BUT NOT AFRAID

(Chapter Fourteen)

How does fear-induced resistance show up for you?

How do you react to fear?

- *Do you say “I’m good” when you’re really not?*
- *Do you default to the excuse that “I don’t know what I want”?*
- *Do you use excuses about your kids needing you, you not being “good” with technology, not having enough time, money, energy, or other?*
- *Do you disrespect your own time and energy by not planning ahead, setting boundaries, or prioritizing your own desires?*
- *Do you nitpick in order to avoid taking imperfect action? (Fear, shame, and perfectionism are closely intertwined.)*
- *Do you become hyper-critical, impatient, or quick to anger?*

MIND MAPPING OUT YOUR GOALS

Below is an example of what your mind map could look like.



CREATE YOUR IDEAL MIND MAP

CREATING YOUR NEXT LEVEL VISION

While you create the vision for your future, think about how you want to feel in these areas of your life:

WORK/ BUSINESS/ PURPOSE

- Do you want to be self-employed or working for someone? Part-time/full time?
- How much money do you want to make monthly/yearly?
- What kind of colleagues do you want to work with?
- What kind of clients do you have?
- Are you traveling?
- Are you speaking?
- Are you writing a book? Blog? Articles?
- Are you teaching/educating others?
- Are you coaching others?
- Who is helping you to make this vision possible in your business/work?

RELATIONSHIPS *Partner (Current/ Future)*

- How do you communicate together?
- Date nights?
- How often do you have sex?
- What is your communication like?
- Do you travel together?
- What other activities do you do together?
- Does your partner support you? (emotionally, giving you space to create change)
- Who is helping you to make this vision possible in your partnership?

PARENTING

- How do you discipline?
- How do you talk to your child?
- How does your child talk to you?
- What does your relationship look like with your child?
- Is your child afraid of you?
- Is your child open with you about tough/stressful life events?
- Does your child respect your boundaries?
- What activities do you do with your child?
- Who is helping you to make this vision possible in your parenting?

FRIENDS

- How often do you talk?
- Where do you hang out?
- What do you do when you hang out?
- What are your conversations about?
- Are you open and vulnerable with them?
- Who is helping you to make this vision possible in your friendships?

PHYSICAL HEALTH

- Have you lost/gained weight/muscle?
- What does your hair look like?
- Makeup/ no makeup?
- What are you wearing?
- Daily showers?
- What is your health status?
- What do others say out loud when they see you? (you are glowing, refreshed...)
- Who is helping you to make this vision possible within yourself?

EMOTIONAL HEALTH

- What does your morning routine look like?
- What do you do when you're having a bad day?
- What do you do when you get upset?
- What do you do when you feel angry?
- What do you do when you feel anxious?
- What do you do when you feel scared?
- What resources do you need to make this vision possible in your emotional health?

MENTAL HEALTH

- What do you do to feel focused?
- What do you do to feel calm? Content?
- What do you do to ease stress?
- What do you do to get back to your essence?
- What resources do you need to make this vision possible in your mental health?

MONEY

- How do you feel when you talk about money?
- How much do you have in savings?
- How do you feel during tax season?
- What actions are you taking to make sure your family is taken care of in emergency situations?
- How do you feel when you are spending your money?

ENVIRONMENT

- What house are you living in?
- What car do you drive?
- What does your bedroom look like?
- Colors of the walls in your bedroom?
- What office space do you have to work in?
- What part of the world/country do you live in?
- What are your neighbors like?
- What is your neighborhood like?
- Is your home clean? Organized?
- Who is helping you to make this vision possible in your environment?

CONCLUSION

You can do amazing things if you're willing to feel uncomfortable and take action anyway. If you're already putting the self-development principles and practices I've laid out into practice, congratulations! Keep moving forward. Keep taking imperfect action. Keep making progress without expecting perfection.

*Let's go there together. Let's take **big, bold, courageous action** toward our desires and actually allow ourselves to feel good about how we're showing up.*

I _____ give myself permission to:

By signing this permission slip, I hold myself accountable to follow through on my actions.

DATE

SIGNATURE

MEET *Heather*

Heather Chauvin is a leadership coach who helps ambitious, overwhelmed women conquer their fears and become leaders at work and home.

Drawing from her professional experience as a social worker and her life experience raising three boys, Heather created a signature approach to help her clients create and enjoy sustainability, profitability and ease in business and life.

She is the host of the Mom Is In Control Podcast where she reveals her most vulnerable truths about womanhood, marriage, parenting, living through stage 4 cancer and running a successful business without burning out.

When Heather isn't busy driving her boys to hockey practice, you can find her curled up on the couch next to her husband, planning their next family adventure.



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