

# Journal Questions

If you'd like to, these journal guides will help you dig that bit deeper into the topics, helping you apply the words to your own life and mind. Remove any pressure from yourself to 'complete' this guide, or write reams of notes. They are simply here for you to use if and as you wish, whether you just consider them in the quiet of your mind, write one-word answers or consult them for particular topics.

## CHAPTER 5

# More sense of identity

### 5.1 – Nurturing who you are

Write down some words that describe you as a person.

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When Anna spoke about 'knowing what you're not', which statements resonated most with you?

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What do you like doing? How can you do smaller versions of one of these things each day?

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CHAPTER 5

# More sense of identity

## 5.2 – Respect your feelings

What feelings do you find it hardest to accept? Or are most likely to compare and minimise into insignificance?

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Write down some conflicting feelings you have around life and motherhood, and use the word AND to separate them. E.g overwhelmed AND in love AND exhausted AND grateful.

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Which tip for respecting and validating your emotions stood out most to you? Note it down so that you can recall it when needed.

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## 5.3 – Growing in confidence

How do you feel as you step into a new experience?

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CHAPTER 5

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What are your assumptions about others and what they think of you, and how much power do you give these things?

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What small steps might you take outside of your comfort zone this week?

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## 5.4 – How to compare less

Write down some statements that you formed about yourself, when making comparisons to others.

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What boundaries might you put into place to help protect you from the impact of comparison?

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CHAPTER 5

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If anything in the video helped you reframe comparison and view it differently, note it down here so that you can recall it next time you find yourself tempted to compare.

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## 5.5 – Shun the supermum fantasy

Have you found yourself applying perfectionism to your experience of motherhood?  
How might you pursue ‘good enough’ instead of ‘perfect’?  
What are your fears around not striving to be perfect? How might you actually benefit from having more realistic aims? For example, less fear and anxiety.

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Write a note to your inner child.

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