

Beginning Well[®]

Self-Care Guide

FOR MOMS WITH KIDS 0-14



How to Feel Calm, Confident & Connected
as a Woman Navigating Motherhood.



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I've been where you are, and I know how you feel.

After becoming a mother, I felt nothing but love and devotion for our little girl, but after a while I realized something was missing... me.

Like most moms, I'd assumed I had to choose - be a mom, or be me.

It took me so long to understand I could co-exist as both a devoted mother AND highly educated, entrepreneurial woman with a masters in special education and a passion for Salsa dancing.

I created my Self-Care Guide to teach you step-by-step what took me years to learn:

The most fulfilled and balanced version of yourself begins with Self-Care.

It's time to stop ignoring your own needs, wasting time striving for perfection, and living in "survival mode."

There IS another way. I can't wait to show you!

Hugs,

Pia



Beginning Well®



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Self-Awareness & Self-Care

are most important parenting skills.

It took me ages to treat myself the same way I am eager to treat my loved ones: gentle, empathetic, and with tender compassion.

With each group parent coaching session I host, I'm hearing time and again that I wasn't alone in this struggle. So many of the participants also don't know how to take good care of their individual needs.

In fact, they often don't even know what their needs, limitations and boundaries are. And if they do know them, they're unsure how to communicate and fulfill those needs.

The challenge of being aware of your own needs and care is something that nearly all moms have in common.

In order to realize WHAT your needs are, you first need to make a conscious decision, to find out more about yourself:

- What nourishes me?
- What do I need to be more satisfied, patient, calm & joyful?
- Do I allow myself time for doing less & being more - without feeling guilty?

You don't have to set aside a large amount of time- even just a few minutes of reflection time each day can help your growing self-awareness so you can get back to yourself, reconnect and reset.

You are the heartbeat of your family.
You need to care for yourself.



1

Recall Moments Full of YOU.

It is so important to create moments of pure joy in our lives - with our loved ones, and on our own.

I want you to imagine a time before you got pregnant and ask yourself the questions:

What was it that brought me a sense of truly being myself?

When did I feel pure joy, fully in the moment, without thinking about any responsibilities as a parent?

For me, it was Salsa dancing!

When I hear the music and the rhythm, my heart starts to dance, and my whole body moves on its own.

As soon as my body starts to move, the thoughts in my mind about what to do next or what I might have missed, completely disappear. I simply feel freedom from one moment to the next, and there is nothing that can distract me or hold me back.





I want you to think of what activity gives you the feeling of truly being yourself, in the moment.

When you have recalled such a moment, close your eyes and think when and how you can bring some of that quality into your daily life as a mom.

Sometimes it's enough to take a breath and recall those moments in your mind. Sometimes we have to actually put them into action, like I did when our daughter Charlotte was little.

I decided to take Salsa Lessons in our living room because I was not able to go to clubs anymore, since my new bedtime was before they even opened their doors at 10pm.

When I added these lessons into my life, that old joy inside me came back.

Sometimes it is easier for us to experience moments of pure joy on our own before we can bring those qualities more into our family life. That's ok. It doesn't make you a bad mom. It makes you human.

Personal Reflection:

What gave you this moment full of joy, truly being yourself and in the moment?



2

Check in with your heart.

Do you ever find yourself going through your day on auto-pilot, paying very little conscious attention to what is going on around you?

You're not alone.

It's so common for parents to go through the motions of their day - responding from the rational mind as they complete the "have-tos" on their mental checklist.

More often than not, we act automatically - responding from the rational mind, rarely paying attention to what the heart is telling us.

Don't get me wrong. There is nothing bad about responding from your mind.

I just want you to become aware of who's in control of the decision-making process inside you most often.

Please spontaneously write your answer to the following question:

What are you having for dinner tonight?

I would answer: Broccoli, rice and grilled chicken.

Now my question is...

How would your dinner look differently if you let your heart speak?

For me, I would first have to check in with my heart to see what's needed. Then I would imagine a quiet, peaceful atmosphere. The dinner table would have roses, a lighted candle, and no distractions.

When I'm connected with my heart, moments in my life feel more full, fulfilling, and satisfying ...

This is a very simple example, but it's an important one. It clearly demonstrates the difference between thinking and responding with the rational mind versus adding nourishment for the body and spirit with the addition of heart-centered thinking.



Personal Reflection:

Take a few minutes to reflect on what it takes for you to make dinner time a heart-centered and nourishing feast for YOU and your family - even on a Monday night:

3

Make Yourself DISPENSABLE

and increase your self-awareness.

When our daughter was a baby I always thought no one could care for her the way I did.

I had thoughts like: “My husband can’t put her to bed like me,” or “He isn’t able to change diapers the way I do.”

Of course that’s true. No one can do it the way we do it, not even our partner, co-parent, grandparent or nanny.

But if we keep thinking this way, we make ourselves indispensable. That might sound like a good thing, but I challenge you to think of it in another way.

If we make ourselves indispensable, not only will we never get a minute for ourselves, we

are depriving others of finding their own way with baby, and depriving baby from receiving new experiences with other important people in our life.

Give daddy the chance to make his own experiences and find his own way of doing things. These alone times are fundamental for the father/child relationship.

If your baby’s father isn’t a part of your child’s life, allow these experiences to start happening for those who ARE a part of your child’s life - with a grandparent, partner, friend or nanny.



The following questions were eye opening for me...

Personal Reflection:

What is the worst thing that could happen to my child, if I am away for 2 days & nights from next Friday on?

What is the worst thing **for myself** that could happen?

How about my fears of losing control or being not needed?

What are the opportunities that can grow out of me being away **for my own development and for the rest of my family?**

Our limiting thoughts & fears make us think we are indispensable.





It's good for us, and our child...

To take moments away from one another for personal growth on both sides. However, if you have the feeling that it is too early or unsafe for you to leave your little one, don't do it.

ALWAYS listen to your inner voice & wise intuition when considering questions about the well-being of your child.

The goal of self-awareness is that we become aware of what's going on inside ourselves.

Check in with yourself on your own needs, thoughts, habits, beliefs, body reactions etc. to distinguish what's right for you, right now. Do the same for your.

If you're both safe, try some short time apart - even just for a few moments.

Let daddy or your partner take the next diaper change or feeding.

If you don't have support living in your home with you, consider having a sitter or mother's helper come over for an hour here and there, so you can take a shower, relax, regroup, or do something you used to love that made you feel like YOU.

If you spend safe moments apart and allow yourself to experience total freedom to be YOU again, you will be surprised at how much that inner joy you experienced alone will spill over into the next time period you spend together with your child.

Self-care isn't selfish.



It leads to the happiest, most fulfilled, and balanced version of yourself.

If you aren't feeling like yourself, you always have the power to reset with one, two, or all three of these life-changing options:

1

RECALL MOMENTS OF YOU.

When did you feel pure joy, fully in the moment, without thinking about any responsibilities as a parent? What were you doing? Shift your mindset and go do that thing now!

2

CHECK IN WITH YOURSELF.

Are you thinking too much with your rational brain? Take another look at your current situation from the perspective of your heart instead. How does this change things?

3

MAKE YOURSELF DISPENSABLE.

If your child can safely be looked after by your partner, grandparent or sitter, how would it feel to get a couple of hours, a day, or even a night away to reset and be yourself?

And if you want to go deeper...

Check out [BeginningWell.com](https://beginningwell.com) for more information on my:

- [Parent Relief Group Coaching](#), a membership for parents with kids 0-14, that want to transform self-judgment into self-empowerment
- [1:1 Coaching Program](#) for moms that want to re-entering the workforce and successfully balance their family & work life

Beginning Well® Offerings



Parent Relief Membership

For Parents with kids 0-14 to transform self-judgement into self-empowerment

Imagine if one month from now you could feel...

- Less overwhelmed, guilty or isolated
- Able to respond to your child with more patience & calm
- Strongly supported by the guidance of small group coaching
- More relaxed, confident & free of self-judgment

[CLICK HERE to learn about my Parent Relief Membership!](#)

1:1 Coaching

Support For Moms Re-Entering the Workforce

Receive transformative support in NINE 1:1 Coaching Sessions to:

- Discover your purpose as a mom & working woman
- Become equipped with mindful parenting tools to intensify your relationship at home while getting more freedom for yourself
- Develop a practice of self-compassion & self-care to avoid burnout
- Transform limiting self-beliefs, fears of not being enough, unworthy or behind
- Become the best version of you in total alignment with full control over who you are and where you are going.

[To book a FREE Call for 1:1 Coaching CLICK HERE!](#)