

A close-up photograph of a hand holding a silver and gold pen, writing in a spiral-bound notebook. The notebook is open, and the hand is positioned over the page. A semi-transparent brown rectangular overlay is placed over the center of the image, containing white text. The background is slightly blurred, showing the texture of the notebook's cover and the spiral binding.

FROM EXHAUSTION  
TO ENERGY

*for Overwhelmed  
Moms*





# Purpose

## **Wellness Postpartum Coaching**

- Support new moms in planning for postpartum, prioritizing wellness, and self-discovery.
- Address physical and emotional challenges during the postpartum period.

## **Mindset Guide for Postpartum**

- Offers practical steps and goals for developing a growth mindset.
- Empowers moms to navigate postpartum with resilience.
- Aims to enhance personal growth and create a positive family environment.

Copyright © 2024 Jaree Williams

No part of this publication may be reproduced in any way without the author's permission,  
Except when quoted and referenced with a full and correct citation.

Authors Website: [NavigatingPostpartumWellness.com](https://www.navigatingpostpartumwellness.com)  
Connect with me on: <https://www.instagram.com/jaree.williams/>

# Start Here

Welcoming to a new season, this game-changing solution for overwhelmed new moms who are seeking balance and a positive mindset in their postpartum journey.

Picture this: you're a new mom, navigating the joys and challenges of motherhood. But amidst the sleepless nights and endless responsibilities, you find yourself overwhelmed, stressed, and struggling to maintain a positive mindset. We understand. That's why our guide is here to empower you and help you create a life that is aligned with your values and dreams.

This guide will help you transform your thoughts for the better. If you are like I need accountability and support, you can book a session. During these powerful sessions, I will dive into the depths of your current mindset, challenges, and aspirations as a new mom. We recognize that mindset is the foundation for everything in life, so we'll work closely with you to identify and overcome any limiting beliefs, self-doubt, or negative thought patterns that may be holding you back.

Together, we'll explore the power of positive thinking, self-compassion, and gratitude, giving you the tools and strategies to cultivate a mindset of abundance, resilience, and joy. Our team will provide you with practical exercises, personalized guidance, and actionable steps to help you shift your mindset and create a life of balance and fulfillment.

Our From Exhaustion to Energy for Overwhelmed Moms guide is designed to help you find inner peace, embrace the challenges of motherhood with grace, and cultivate a positive mindset that radiates throughout all aspects of your life. We believe that by shifting your mindset, you'll not only transform your experience as a new mom but also inspire and uplift those around you.

And the best part?

This life-changing session is available at only \$149. We understand that finances can be tight during this phase of your life, but investing in your own mindset and well-being is an investment that yields priceless returns. We want to make our support accessible to all new moms who are ready to break free from overwhelm and embrace a mindset of abundance.

Don't let overwhelm and negativity define your postpartum journey. Take control of your mindset and create a life of balance and joy with our Mindset Shifting Planning Session. Book your session now and embark on a transformative journey towards a mindset that empowers and uplifts you. You deserve it, mama!

If you are interested in this go to [navigatingpostpartumwellness.com](https://navigatingpostpartumwellness.com) to book.

This guide is not meant to be distributed or copied without the owners permission

## Do you know her?

Once upon a time in the quiet suburb of Oakridge, there lived a woman named Nancy. She was a mom to two energetic kids and a wife to Bill, who was known for his optimistic outlook on life. Unfortunately, Nancy found herself often overwhelmed by negativity, creating an unpleasant atmosphere in their home.

Nancy's fixed mindset permeated various aspects of her life. She believed that her abilities and temperament were unchangeable, leading her to view challenges as insurmountable obstacles. She often criticized herself for not being the perfect mom and wife, comparing her efforts to an unattainable standard.

Her fixed mindset not only affected her self-esteem but also cast a shadow over the household. Bill and the kids would tiptoe around her, afraid of triggering her frequent bouts of frustration and pessimism. The once-lively home now echoed with the heaviness of negativity.

One day, as Nancy sat alone, reflecting on the strained atmosphere she had unwittingly created, she had an epiphany. She realized that her fixed mindset had been holding her back, not allowing her to see the potential for growth and positive change.

Determined to break free from this cycle, Nancy decided to shift to a growth mindset. She began by acknowledging her negative thought patterns and challenging them. Instead of seeing challenges as threats, she embraced them as opportunities for personal and familial growth.

Nancy started expressing gratitude for the positive aspects of her life, recognizing the small victories and efforts. She sought feedback from her family, opening up channels of communication that had long been closed. Rather than dwelling on her perceived shortcomings, she focused on learning and improvement.

Slowly but surely, the atmosphere in the household began to change. Bill and the kids noticed a difference in Nancy's approach, and they, too, started adopting a more optimistic outlook. Together, they engaged in activities that promoted a positive and growth-oriented mindset, fostering an environment of encouragement and support.

As Nancy cultivated her growth mindset, her relationships with her family blossomed. She became more patient, resilient, and open to new experiences. The once-muted laughter of the children echoed through the halls, and Bill and Nancy found themselves rediscovering the joy in their relationship.

The transformation in Nancy's mindset not only impacted her personal well-being but also radiated throughout her family. They thrived in an environment where challenges were embraced, failures were seen as opportunities to learn, and the journey of personal development was celebrated. Nancy's journey from a fixed mindset to a growth mindset had not only changed her life but had brought warmth, positivity, and happiness back into the home of the Oakridge family.

# Embracing Mindset Shifts in Motherhood: A Journey to Becoming Your Best Self

Motherhood is a transformative journey that offers an incredible opportunity for personal growth. Shifting your mindset can lead to profound positive changes, not only as a mother but as a woman and a partner. In this session, we will explore the power of mindset shifts and how they can pave the way for you to become the best version of yourself.

Embrace the idea that imperfection is a part of the beautiful tapestry of womanhood. Shift the mindset from striving for perfection to celebrating authenticity and self-compassion.

View motherhood as a journey of self-discovery. Each challenge and triumph contributes to your growth, allowing you to understand and appreciate the multifaceted woman you are becoming.

Mindset Shifts as a Mom:

- From Control to Adaptability: Understand that flexibility and adaptability are key in parenting. Shift from a need for control to an openness to the unpredictable nature of raising children, fostering resilience in both you and your little ones.

-Mindful Presence:

Shift from dwelling on the chaos to practicing mindful presence. By savoring the small moments and being fully engaged, you cultivate a sense of joy and gratitude in your role as a mother.

Mindset Shifts as a Wife:

- From Expectations to Appreciation: Shift your focus from unattainable expectations to appreciating the efforts, big and small, that both you and your partner contribute. Cultivate a mindset of gratitude and acknowledgment.

- Team Mentality: View your partnership as a team, working collaboratively towards shared goals. Embrace the idea that each member brings unique strengths to the relationship, fostering a sense of unity and support.

# Embracing Mindset Shifts in Motherhood: A Journey to Becoming Your Best Self

## Becoming Your Best Self:

**Self-Care as a Priority:** Shift the perspective that self-care is selfish. Recognize that taking care of yourself is a necessity, not a luxury. Prioritize activities that nourish your mind, body, and soul.

**Continuous Learning:** Embrace the mindset of continuous learning. Motherhood provides daily lessons; be open to evolving, adapting, and acquiring new skills that contribute to your personal and professional growth.

## Session Focus: Working Towards a Better Perspective:

During this session, we will delve into practical strategies to implement these mindset shifts. Through guided exercises and discussions, you will gain tools to navigate challenges, find joy in the everyday, and foster a mindset that propels you towards becoming the best version of yourself.

## Conclusion

As we embark on this journey together, remember that mindset shifts are not about perfection but progress. Embrace the transformative power of changing perspectives in motherhood, and watch as you blossom into the resilient, empowered, and fulfilled woman, mom, and wife you aspire to be not just for you?

**Take a moment to read this quote**

What you think you become.  
What you feel you attract.  
What you imagine you create.  
-Buddha

What does this mean to you? Jot it down below or somewhere  
you can see it daily.



## The Big 3 Questions

- How are your thoughts affecting your life?
- Are you living a survival or fulfilling lifestyle?
- What makes you want to shift this?

### **Journal**

## What is fixed mindset?

A fixed mindset is the belief that one's abilities, intelligence, and traits are fixed or innate, making them difficult to change significantly. Those with a fixed mindset tend to avoid challenges, feel threatened by others' success, see effort as futile, disregard helpful feedback, and may give up quickly when faced with obstacles.

For women, wives, and mothers, a fixed mindset can have several adverse effects:

- **Personal Growth Restrictions:** A fixed mindset may discourage stepping out of one's comfort zone, limiting personal growth and hindering the exploration of new opportunities, both personally and professionally.
- **Challenges in Relationships:** In relationships, a fixed mindset can result in resistance to change or the belief that certain traits or behaviors are unchangeable, impeding the ability to adapt to evolving situations and contributing to relationship stagnation.
- **Parenting Difficulties:** Applied to parenting, a fixed mindset can influence how a child's abilities are perceived. Believing intelligence or talent to be fixed may inadvertently restrict a child's potential by not encouraging them to embrace challenges and learn from failures.
- **Stress and Pressure:** A fixed mindset can elevate stress and pressure. If abilities are seen as fixed, there may be a constant need to prove oneself, fearing that any error could permanently define one's identity.

To counteract the impact of a fixed mindset, fostering a growth mindset is crucial. This involves acknowledging that abilities can improve through effort, learning, and persistence. Embrace challenges as chances for growth, view failures as stepping stones to success, and value the journey of continual enhancement. Cultivating a growth mindset empowers individuals to adapt to life's changes, improve relationships, and create a positive atmosphere for personal and family progress.

## What is growth mindset?

A growth mindset is a psychological concept developed by psychologist Carol Dweck. It refers to the belief that one's abilities and intelligence can be developed through dedication, hard work, and learning. In contrast, a fixed mindset is the belief that these qualities are innate and cannot be significantly changed.

Living with a growth mindset involves embracing challenges, persisting through obstacles, seeing effort as a path to mastery, learning from criticism, and finding lessons and inspiration in the success of others. This mindset fosters resilience, a love for learning, and a willingness to take risks.

As a mom, having a growth mindset is crucial for both personal development and creating a positive learning environment for your children. By modeling a growth mindset, you encourage your children to embrace challenges, persevere through setbacks, and view failures as opportunities to learn and grow. This mindset promotes a love for learning and instills resilience, essential qualities for navigating the challenges of life.

To cultivate a growth mindset as a mom, start by acknowledging and challenging your own fixed mindset tendencies. Embrace challenges, view effort as a path to improvement, and encourage a positive attitude toward learning in your family. Celebrate the process of learning and the effort put forth, rather than focusing solely on outcomes. By fostering a growth mindset, you empower yourself and your children to approach life with optimism, resilience, and a passion for continuous learning.

**Journal: Which Mindset are you reflecting and how will you shift it?**

## Do the Work

Now let's talk about adopting a growth mindset involves setting goals that prioritize learning, improvement, and resilience. Here are some steps to help you create action steps for developing a growth mindset as a woman, mom, and wife:

### 1. **Reflect on Fixed Mindset Triggers:**

- Identify situations or areas in your life where a fixed mindset tends to emerge.
- Reflect on past experiences and challenges that may have been approached with a fixed mindset.

### 2. **Set Specific Growth Goals:**

- Define specific goals related to personal development, relationships, and parenting.
- Ensure these goals focus on learning, improvement, and embracing challenges.

### 3. **Break Goals into Manageable Steps:**

- Divide each goal into smaller, actionable steps. This makes the process more manageable and helps track progress.
- Consider short-term and long-term steps to create a roadmap for your growth journey.

### 4. **Embrace Challenges:**

- Identify areas in your life where you typically avoid challenges due to fear of failure or discomfort.
- Develop a mindset that sees challenges as opportunities for growth rather than threats.

### 5. **View Effort as a Path to Mastery:**

- Shift your perspective on effort – see it as a necessary and valuable component of mastering new skills.
- Recognize that putting in effort is a positive step toward achieving your goals.

### 6. **Learn from Setbacks:**

- Accept that setbacks and failures are part of the learning process.
- When faced with challenges, focus on what can be learned and how you can improve, rather than dwelling on the negative aspects.

### 7. **Seek Feedback and Learn:**

- Actively seek feedback from others, whether it's in your personal or professional life.
- Use feedback as a tool for learning and improvement rather than taking it personally.

### 8. **Model Growth Mindset for Your Family:**

- Demonstrate a growth mindset in your interactions with your children, partner, and extended family.
- Encourage a positive attitude towards learning, effort, and resilience within your family.



### 9. **Cultivate a Love for Learning:**

- Explore new interests and hobbies to foster a love for learning.
- Encourage your family to engage in activities that promote curiosity and exploration.

### 10. **Celebrate Progress, Not Just Achievements:**

- Acknowledge and celebrate the progress you make, regardless of whether you achieve your goals immediately.
- Recognize that the journey of improvement is as important as the destination.

## Growth Mindset goals

Make sure to jot down your goals, upcoming steps, and any obstacles you are currently tackling. I say focus only on 2-3 goals.

GOAL TO ACHIEVE

ACTION STEPS

ROADBLOCKS

If I can create the life of my dreams what would it be like? How can I minimize stress?

What is next for you?

Write a letter to the woman you are becoming





# Postpartum Resources

## **Postpartum Support International (PSI)**

<https://www.postpartum.net/>

## **Maternal Mental Health Hotline**

883-TLC-MAMA 1833-852-  
6262 call or text)

## **Suicide prevention Lifeline**

968

## **Breastfeeding Support Line**

800-994-9662

## **Domestic Violence Support**

800-700-SIFE (7203)

## **Child help National: Child Abuse hotline**

18001224453

## You did It!

Congratulations on reaching the conclusion of this guide. I trust you feel empowered and tranquil for what lies ahead. Remember, developing a growth mindset is a continuous journey. Be kind to yourself, regularly review and adapt your goals and actions. By nurturing a growth mindset, you'll not only enhance your well-being but also contribute to a positive family environment.

This strategic planning is an investment in your well-being and sets the stage for a fulfilling life journey.

Take a moment to share your growth mindset experience with [navigatingpostpartumwellness@gmail.com](mailto:navigatingpostpartumwellness@gmail.com). Your feedback on what worked, what could be enhanced, and what wasn't beneficial is greatly appreciated.

Now, complete your certificate, snap a photo with it, and share it on Instagram by tagging me [@jaree.williams](https://www.instagram.com/jaree.williams). Let's inspire other mothers with your journey.

# CERTIFICATE

Of Growth Mindset

PROUDLY PRESENTED TO

# INSERT NAME

You did it now you are ready for the fourth trimester and beyond.

\_\_\_\_\_  
SIGNATURE



\_\_\_\_\_  
SIGNATURE