

30 Day Micro *Self Discovery* Moments



Small day to day calendar to reconnect
with yourself as a young mom

BEFORE YOU START... READ THIS FIRST!

Here's the thing, life for us moms is busy. It is never 100% consistent, and it can become very monotonous.

The last thing we need is something that is going to cause more stress, overwhelm and burnout.

This 30 Day Self Discovery Calendar is intentionally built to bring you the support and reconnection you seek in MICRO MOMENTS.

The main goal here is to keep your journey of Coming Home To Yourself as simple as possible!



5 MINUTES
EACH DAY IS
ALL YOU NEED
TO CURATE A
LIFE YOU LOVE
AND FEEL
CONFIDENT IN!

If you dedicate yourself to 5 minutes each day, for a micro moment to connect with yourself...

you will be guaranteed to see great results in your day to day life and overall self.

Checking in with you through small acts is exactly what you need to find your inner self and naturally curate a life you deeply love.

Live life confident and connected with yourself and everyone/thing that truly matters to you.

THE MOST
UNEXPECTED
THING
MOTHERHOOD
CAN TAKE FROM
YOU IS YOUR SENSE
OF SELF. THE MOST
BEAUTIFUL THING
IT CAN GIVE YOU IS
THE INVITATION
TO FIND HER
AGAIN.



Daily Micro Moments



5 minutes a day

1

Step outside and breathe in the fresh air.

2

Write a list of negative things coming up in your mind - maybe they've been frequently taking up space.

3

Address the list of negative things you made - acknowledging and assessing what your inner self might be trying to tell you. Choose 1 thing you can do to support yourself better today.

4

Learn about your nervous system
(Short & simple explanation on pages 12-13)

5

Eat something healing and healthy
(Ex. banana, peanut butter & apples,
cheese & nuts, greek yogurt & granola,
Cucumbers w/ crackers & cheese, etc.)

Daily Micro Moments



5 minutes a day

6

Meditate with out a guide - just soft music and your own mind. Say out loud what you feel pulled to and what you might need ot hear today.

7

Write a list of things you feel grateful for right now. Give them more space to fill you with joy.

8

Address the gratitude list you made - Make an active effort to express your gratitude more openly today.

9

Move your body - walk, swim, yoga, etc.

10

write an "I Love You" note to yourself.

Daily Micro Moments



5 minutes a day

11

Write a list of things you want to do the same as your parents did. Motherhood Tree Part 1 on pages 10-11.

12

Make a plan with a friend to go out! A SOILD PLAN:

Day:_____ Time:_____

Activity:_____

13

Write a list of things you DON'T want to do that your parents did. Motherhood Tree Part 2 on pages 10-11.

14

Cold water therapy! (Wash your face, ice bath (or feet ice bath), dip in the river/lake/pool, cold shower, etc.

15

Write a list of things you want to do that is new/that your parents didn't do. Motherhood Tree Part 3 on pages 10-11.

Daily Micro Moments



5 minutes a day

16

Open yourself up for a creative moment:
Body movement, music, work with your hands, art,
ride, make a fun drink, garden, etc.

17

Write a list of things you keep feeling pulled
toward or you desire...

18

Address the things on your desire list &
choose one thing you can start doing to
welcome & support a desire(s).

19

Nervous system check in - body check in (close
your eyes, notice the ground holding you up, breath
deep, & check in with your body's different parts
starting at the top of your head. Stop at spots that
need attention today.

20

Drink a glass of water. Do nothing else in
the moment.

Daily Micro Moments



5 minutes a day

21

Write your ideal morning routine.

22

Choose 1 thing to start doing from your morning routine.

23

Look at a picture of yourself as a child (3-11 age range) and ask yourself... would you say to her the things you tell yourself today?

24

Tidy up your favorite space in your home & maybe add one small thing to make it even more joyfull for you.

25

Sit in silence ... do nothing.

Daily Micro Moments



5 minutes a day

26

Write your ideal night routine.

27

Choose 1 thing to start doing from your night routine.

28

Vocally tell yourself 5+ things you know about yourself that are POSITIVE.

29

Scroll on insta (or your preferred platform) for 2 minutes, then take 3 minutes to unfollow/block pages that breed negative energy in you.

30

Plan out your entire day (or tomorrow) with at least 1 intentional moment for you to do something enjoyable for yourself.

Motherhood Tree



Connected to my roots & growing a new way.

Motherhood Tree Instructions

No Pressure Here, just write. ❤️

The motherhood tree is a simple, grounding exercise to give yourself an understanding of your vision for motherhood. You take 3 different focus points and write your honest answers to create a clear visual of your past in relation to your desired journey through motherhood. Each branch and leaf represent a part of you - whether you are letting old go or welcoming new in. The tree is for your eyes only, let yourself open up. ❤️

Part 1:

*Continuing
from your
parents*

Write on the roots and branches of the tree, anything that you would like to do the same as your parents did.

What did you love or appreciate about your childhood that you want to pass on to your children/do for them?

Part 2 :

*Letting go
from your
parents*

Write on the fallen leaves of the tree, anything that you don't want to do the same as your parents.

What did you grow up with that you want to change for your kids or do differently?

Part 3 :

*Creating
new for
your family*

Write on the leaves attached to the branches, anything that you want to create/do for your family that is new!

What do you want to do in your family that is new or different from the way you grew up?

LET'S GET INTO YOUR NERVOUS SYSTEM...

Your nervous system is the control center of your body. It keeps everything functioning and communicating at all times.

It is commonly divided into two different parts: the brain & spine and the network of nerves.

Imagine it like a delivery system. The nerves in your body discover something, they send a signal to your brain. Your brain determines what is going on and what needs to be done. Then your brain delivers a message back telling the nerves what to do. Your nerves then execute the command.

A simple example: Your stomach feels empty, the nerves tell your brain. Your brain determines you are hungry and tells your nerves you need food. So you eat some food.

ALL YOU NEED IN LIFE... IS TO LISTEN TO YOUR NERVOUS SYSTEM.

The other side of your nervous system is the Polyvagal Theory, your emotions cycle.

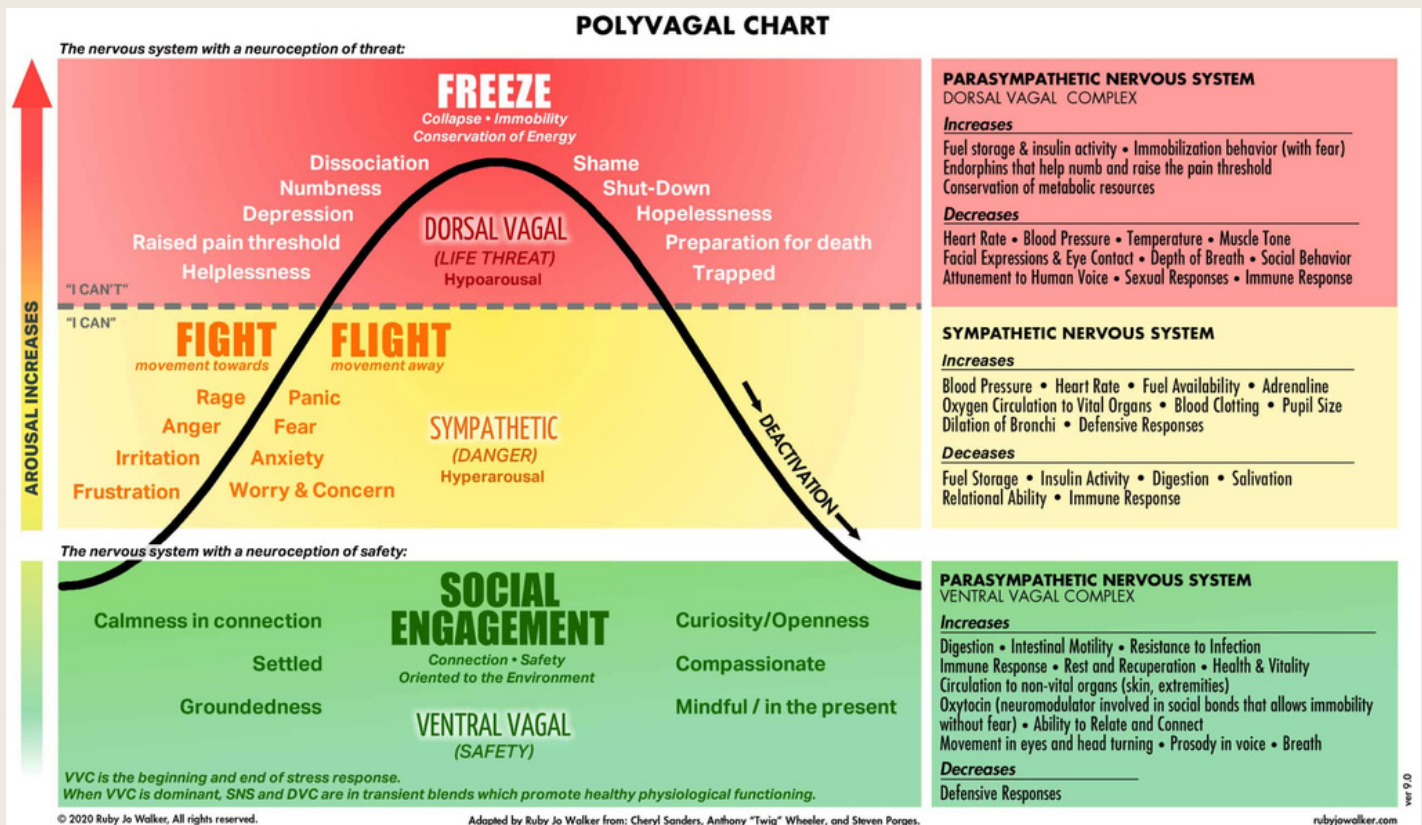
Your nervous system goes through three different stages of emotional stability.

- Dorsal Vagal - commonly known as FREEZE
- Sympathetic - commonly known as FIGHT OR FLIGHT
- Ventral Vagal - commonly known as SAFE

*The chart in the next page will explain each of these stages.



The Polyvagal Chart



This chart is a powerful but simple explanation of how each stage of your nervous system works.

An important note, you never stay in one stage all the time. Even when things are going well and you feel safe, it is very normal to ebb and flow in and out of ventral vagal and sympathetic on a daily basis. Envision it like waves wave rising and falling naturally as they make their way to shore. That is how we are. That is how life is.

The power of knowing these stages and learning when you are in them, is that you become much more clear within yourself and confident in your life. Things naturally become better the more you learn about yourself and how to support your mind and body on a day to day basis.

Take a moment to see where you might be at on this chart right now.

BEFORE
MOTHERHOOD,
I KNEW MY
NAME. AFTER
MOTHERHOOD,
I HAD TO
LEARN WHO
SHE WAS
AGAIN.



SUPPORT ALONG YOUR JOURNEY



Join the Come Home Collective facebook group and get support throughout your motherhood journey.

Facebook Group: **Thriving Young Moms - Self
Discovery in Motherhood**

In here you can expect: frequent nervous system check in prompts, self discovery questions, group discussions on self discovery in motherhood, and inspo/support throughout each other's journeys.

[CLICK HERE TO CHECK IT OUT](#)