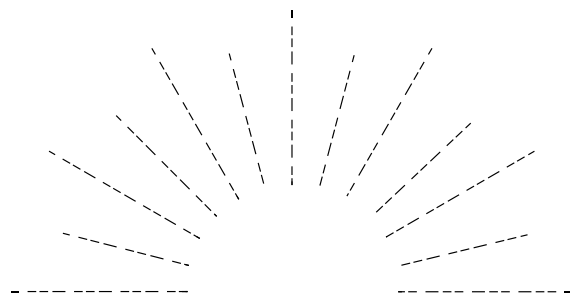


**A MINDSET SHIFT JOURNAL FOR MOMS
WHO ARE READY TO PRIORITIZE
THEMSELVES**



**YOU DESERVE
MORE**

BY MANIFESTING MINDY



Hey, you. Yes, YOU. The woman who gives so much to everyone else but rarely makes space for herself.

I see you. I know how easy it is to put yourself last, to believe rest is something you have to earn, to shrink yourself so others can shine. But here's the truth: **You deserve more.** More joy, more confidence, more space to be who you are—without guilt, without apology.

This journal isn't about adding more to your plate. It's about shifting the way you see yourself—one small step at a time.

No pressure, no perfection. Just you, showing up for you.

Let's start reclaiming what's already yours.

—Mindy

DATE: / /

SECTION 1: WHERE ARE YOU SETTLING?

✚ YOU CAN'T CHANGE WHAT YOU DON'T ACKNOWLEDGE.

Where in my life do I feel like I'm settling for less than I deserve?

What are the thoughts that hold me back from prioritizing myself?

If I fully believed I was worthy, what would I do differently?

💡 BONUS: A "SELF-WORTH ASSESSMENT" CHECKLIST—SIMPLE YES/NO QUESTIONS TO HELP MOMS IDENTIFY WHERE THEY STRUGGLE MOST.

SELF-WORTH ASSESSMENT CHECKLIST



RECOGNIZING WHERE YOU SETTLE

- ☐ I often put other people's needs ahead of my own, even when I'm exhausted.
- ☐ I feel guilty when I take time for myself.
- ☐ I struggle to say no—even when I want to
- ☐ I minimize my accomplishments or brush off compliments.
- ☐ I rarely ask for help, even when I need it

HOW YOU SEE YOURSELF



- ☐ I downplay my ideas, opinions, or feelings to avoid conflict.
- ☐ I compare myself to others and feel like I'm falling short.
- ☐ I believe I have to “earn” rest or happiness.
- ☐ I feel like I have to prove my worth by staying busy or productive
- ☐ I catch myself thinking, “I'm not enough” or “I should be doing more.”

Prioritizing Your Happiness

- ☐ I struggle to remember what I love doing just for me.
- ☐ I've put my dreams or personal goals on the back burner for too long.
- ☐ I attach my happiness to a future event (I'll be happy when...).
- ☐ I feel like I've lost parts of myself outside of motherhood, work, or responsibilities.
- ☐ I rarely take up space for myself—whether that's speaking up, setting boundaries, or prioritizing joy.

REFLECTION TIME

- If you checked 1-5 boxes: You may have a few areas where you settle, but you're aware and ready for change!
- If you checked 6-10 boxes: Your self-worth might be taking a backseat, but mindset shifts can help you reclaim it.
- If you checked 11+ boxes: It's time to stop waiting and start prioritizing yourself—you deserve more.

 **Next Steps:** Use this journal to start shifting your mindset, one step at a time.
Small changes lead to big transformations. 

DATE: / /

SECTION 2: FROM “I HAVE TO EARN REST” → TO “REST IS PRODUCTIVE”

What does rest look like for me? What actually recharges mean?

What stories do I tell myself about rest? Where did they come from?

What's one way I can start prioritizing rest without guilt?

ACTION STEP:

CREATE A "NON-NEGOTIABLE REST RITUAL" (15-MINUTE SELF-CARE
PLAN FOR DAILY RECHARGE).

DATE: / /

SECTION 3: FROM “I SHOULD SHRINK MYSELF” → TO “I’M ALLOWED TO TAKE UP SPACE”

When was the last time I downplayed my needs, ideas, or achievements? Why?

What’s one area where I want to take up more space?

What’s a small way I can practice owning my worth this week?

ACTION STEP:

WRITE A “NO APOLOGIES” STATEMENT – A DECLARATION OF SELF-WORTH (EXAMPLE: “I NO LONGER APOLOGIZE FOR MY NEEDS. I MATTER, AND MY VOICE IS VALID.”)

DATE: / /

SECTION 4: FROM “I’M JUST A MOM” → TO “I AM A WHOLE PERSON”

What did I love doing before motherhood?

If I had one completely free day to myself, how would I spend it?

How can I incorporate more of what I love into my current season of life?

ACTION STEP:

CREATE A “PASSION LIST” – WRITE DOWN 3 THINGS THAT BRING JOY, AND COMMIT TO DOING ONE THIS WEEK.

DATE: / /

SECTION 5: FROM “I’LL BE HAPPY WHEN...” → TO “I DESERVE TO BE HAPPY NOW”

What future conditions have I attached my happiness to?

What’s something I can appreciate about myself and my life right now?

If I stopped waiting for the ‘perfect moment’ and allowed myself to be happy today, what would that look like? What small joy can I embrace right now?"

ACTION STEP:

DAILY GRATITUDE PRACTICE – WRITE ONE THING EACH DAY
THAT BRINGS JOY IN THE PRESENT MOMENT.

DATE: / /

NOTES

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DATE: / /

NOTES

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