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# 3 Easy Steps to Being a Calmer, Happier Mother

**Here's your easy, printable checklist to doing it your way.**

Miranda Hill via [LiesAboutParenting.com/good-mom](https://LiesAboutParenting.com/good-mom)



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## SuperMom Sense Check

Ever feel like being a mother is tougher than expected?  
It's time to kick your fear of failure to the curb and start doing it *your* way.

### Ask yourself these questions:

What three things cause me the most stress every day? Write them here.

Stress 1: \_\_\_\_\_

Stress 2: \_\_\_\_\_

Stress 3: \_\_\_\_\_

### What can I do about each stressful thing to make it easier for my family?

Solution 1: \_\_\_\_\_

Solution 2: \_\_\_\_\_

Solution 3: \_\_\_\_\_

### What are you great at?

What works well for you and your family? Keep these as part of your daily routine.

Asset 1: \_\_\_\_\_

Asset 2: \_\_\_\_\_

Asset 3: \_\_\_\_\_

## Now take action.

Start with your solutions today and tomorrow your inner calmness will make people wonder why you're wearing an ear-to-ear smile.

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