

THE COACH APPROACH

TO 25 COMMON MOTHERHOOD STRUGGLES



Hi, I'm Adina

When I had 3 kids under 3, I felt like I was drowning, and couldn't get ahead. I was always thinking of the next thing. When I was with my kids, I couldn't stop thinking about my to-do list, and work stuff, and when I was working I couldn't stop thinking that I should be with my kids, or more present.

I always felt like I was **never enough**

I was **extremely hard on myself**

I felt like **nothing was getting 100% of me**

I felt like I was **spread too thin** and everyone (husband, kids, home, work) was missing out

If And I WAS missing out - I came last and taking care of myself was far from a priority. It felt selfish and trivial. And how could I when there were so many other demands on my time and attention? Sometimes I felt helpless and hopeless. I remember thinking, "This is life. Mommyhood is crazy. It's always going to be this way." I had hit my version of rock bottom and it was time to change things.

I hired my own coach. I worked on myself from the inside out. And I now love myself AND my mom life.

Fast forward 6 years, and a fire was lit in my belly. I knew I had to help other moms. So I became a coach. And since then, I have been coaching moms through all the struggles. No one should have to do it alone. We could ALL benefit from the tools, that no one ever taught us, to get from stressed and overwhelmed, to calm and in control.

Let's get started



Mom Struggles

I took a poll (i.e., posted on lots of mom Facebook groups) asking the following question: “What is your biggest motherhood struggle?” Here are the answers I received from a diverse group of moms at lots of different stages of their parenting

FEEDING EVERYONE

Coach Approach

Now, only getting this two-word response to the above question leaves a lot to fill in here.

For example: Feeding everyone? I'm a mom of four, and I certainly don't feed everyone. I feed my family. That's a total of 6 people. If you have 8 kids, that might be a total of 10 people. 2 kids = 4 people.

See what I did there? Separated FACTS from DRAMA (a.k.a. thoughts).

Pay attention to these two different thoughts, and how they'd feel in your body if you thought each one: *Ugh, I have to feed everyone! It's so much work and so tiring! How do I do this all?* vs. *I have 6 people to make dinner for. Hmm ... let's do spaghetti and meat sauce.*

Coach Tip

Be aware of "extreme" words such as always, never, everyone, no one, etc. Any time you find yourself "spinning," do the exercise of separating FACTS (what 99% of the world would agree with. Usually facts are dry and boring and, well ... factual) and DRAMA.

My Personal Take-Away

HEALTHY EATING

Coach Approach

I'm going to assume here that the mom who gave me this answer meant that it's hard for her to find time to prep healthy meals for herself.

But here's what's REALLY going on. "I don't have time to ..." "I can't find the time to ..." Do you hear yourself say that a lot? If yes, it means you're living from a place of lack and scarcity. As if there's literally not enough time in your life. But here's the truth: every single human has exactly the same amount of time in their life. No one has more. No one has less.

SO—try on this new thought: I have exactly the time I need to do the things that are important to me or that I want to do.

Not preparing healthy meals for yourself? Something else is simply more important to you—it's that simple. Maybe that thing is preparing your kids' lunches. Maybe that thing is exercising. Maybe that thing is grocery shopping. It's something. You're giving your time to something else instead of preparing healthy meals.

Want to be preparing healthy meals? Figure out where you can maneuver your time so that you can devote some of it to healthy meal prep.

Coach Tip

Living from abundance feels so much better than living from scarcity. Here's an example of what it might look like: "I have enough money for the things I really need." "I have enough time to do the things I need and want to do." "I have enough energy to do the things I want to do."

My Personal Take-away

SLEEP TRAINING

Coach Approach

Now, once again, I have very little to go off of from these short answers. Sleep training can mean any number of things. For example, “I don’t want to sleep train, but everyone is saying I should. What should I do about that?” Or “I have no idea how to sleep train,” or “I’m sleep training right now and the process is DRIVING ME CRAZY.” See what I mean? Lots of options here. So I’m just going to choose.

I’m going to assume that this mom meant the process of sleep training her baby (or the time from when the baby isn’t sleep trained until the time the baby is sleep trained) is challenging for her.

Here are the thoughts you might be having around sleep training:

Why isn’t my baby sleeping through the night already?

I just want to be done with this already.

I hate sleep training.

My baby should be sleeping longer stretches.

Ok, these are very common “mom thoughts.” Let’s take each one and examine how UN-USEFUL these thoughts are:

Why isn’t my baby sleeping through the night already? This is a question, and anytime your brain asks you a question, you need to answer it. Unanswered, this question really sounds like: My baby should be sleeping through the night. What’s wrong with me that he isn’t? So let’s answer this question: My baby isn’t sleeping through the night because he’s only 6 months old. Not all 6-month-olds are ready to sleep through the night. Nothing’s gone wrong here. This is my baby’s rhythm and body.

I just want to be done with this already. I hear you, mama. I hear that frustration loud and clear. But this thought is only going to leave you frustrated. Process, not product. Everything is a process, and when we try to rush to the product, we lose out on smelling the roses along the way. Or if we can’t see any roses, at the very least, we miss out on being present with what is. So try this thought: I am working on sleep training my baby. We’ll get there. My 9-year-old sleeps through the night, so I know sleep training doesn’t last forever. Lean in to the process.

SLEEP TRAINING CONT.

Coach Approach

- *I hate sleep training.* Clearly this thought isn't serving you. If you really don't want to do it, don't. No one forces you to sleep train. You're doing it because you want to. You want to sleep better. You want your baby to sleep better. Try this thought: *I am choosing to sleep train so that we all sleep better as a family. The result of this process is going to be amazing for all of us. I'm going to lean into the process of what is.*
- *My baby should be sleeping longer stretches.* You know which word here is banned in my dictionary? The word SHOULD. It's just a guilt-inducing word. Seriously, it has no good use. Anytime you use the word SHOULD, you are arguing with reality. You're saying, "What is happening right now (my baby being up 4 times at night) is not what's supposed to be going on. Something ELSE should be going on." You know how we know that that isn't true? Because it's not the reality. "When you argue with reality, you will lose, but only 100% of the time." ~ Byron Katie

Coach Tip

Anytime your brain asks you a question, answer it. Unanswered questions are accusatory statements.

Avoid using the word SHOULD. It's just a guilt-inducing word.

My Personal Take-away

TECHNOLOGY

Coach Approach

Technology is a very neutral thing. It's what we do with it and what we think about it that decides whether it's negative or positive.

So, how do you want to think about technology? What kinds of rules do you want to have in your house around technology?

And what is the struggle about it? Is it your kids' listening to the limits you set? Because that has nothing to do with technology, that has to do with rule-setting and rule-following. Is it the fear of what they might be doing on their piece of technology? Again, that's not the technology itself, it's what you're allowing access to on it.

Do you see how technology is neutral?

Coach Tip

Things (like technology) are neutral. Ask yourself, "What thought will serve me?"

My Personal Take-away

DISCIPLINE

Coach Approach

Now, if a mom says she struggles with discipline, it's possible that the underlying thought is, "My kids don't listen to me," or some variation of that. (Of course, it could be that she struggles with having to be the one who disciplines, but we're going to stick with one option here).

Once you've eliminated the self-judgment and self-blame, the all-or-nothing, and the shoulds, you can explore this with curiosity. Why not? When do they listen? How much of the time do they listen vs. how much of the time do they not? What's my expectation here? What's a realistic expectation (of myself, and of them)?

Coach Tip

Get curious with yourself. Ask yourself questions from a place of curiosity and you'll be amazed at what kind of answers you come up with.

My Personal Take-away

WORKING & SINGLE PARENTING

Coach Approach

Working and single parenting are neutral. But your thoughts about it are what will determine how you feel.

Thoughts like, “This is so hard,” “Married people are so lucky,” “If only I wasn’t single,” “If only I had enough money not to have to work,” etc. are all thoughts that will keep you feeling bad, and in a victim mentality.

So how do you want to think about it and how do you want to show up as a single working mom? YOU GET TO CHOOSE.

Coach Tip

Drop the victim mentality (everyone and everything else is the reason you feel the way you do and the reason you’re in the situation you’re in) and embrace your own power. You get to choose how you think and feel and show up to your life. (This applies to non-single moms as well.)

My Personal Take-away

HAVING THE PATIENCE TO DEAL WITH WHAT TO ME IS PETTY AND IRRELEVANT AND TO MY CHILD IS CATOSTROPHIC

Coach Approach

In short—having patience. It's not about what you have to have patience for, but about having patience in general. In this example, you're saying it's easy to have patience for things that I find important, but not for things that my kids find important. But that's because of the way you're thinking about it, which is: patience is only worth it for important things.

What if patience was always worth it? What if it was worth modeling for your kids regardless of what they're going through? If patience was a feeling, what would you have to think to feel patient? If patient is an action, how would you have to feel to take the action of being patient?

Coach Tip

If you're feeling an emotion that isn't serving you, ask yourself: What am I thinking that's creating this emotion? To generate the emotion that you want to produce, ask yourself: What would I have to think and believe to feel ____?

My Personal Take-away

FINDING A WAY TO GIVE EACH CHILD THE TIME AND ATTENTIVENESS THEY NEED (NOT JUST QUALITY BUT ACTUAL REQUESTS LIKE “CAN I HAVE WATER”) WHEN ALL YOUR KIDS ARE NOT INDEPENDENT IN ANY WAY. I ALWAYS FEEL LIKE SOMEONE IS WAITING 10 MINS FOR A BASIC REQUEST BECAUSE I’M FULFILLING ANOTHER CHILD’S REQUEST

Coach Approach

So the question here is: How do I meet each child’s needs in the moment? And my question for you is: Why? Why do you need to do that? What happens if one kid waits for water while you’re wiping another kid in the bathroom? Your thought here will determine how you feel.

I’d choose a thought like: I’m teaching my kids how to wait and how to have patience. Keeping the thought of I need to meet all of my kids’ needs at the moment they come up will only leave you feeling stressed.

In your example, you wrote, “I feel like someone is waiting for 10 minutes for a basic request, just because I’m busy fulfilling another child’s request.” Question that thought: What’s wrong with that? Is it a problem for a child to wait 10 minutes for _____ while you attend to another child?

Coach Tip

QUESTION your brain. Your unmanaged brain will tell you sneaky thoughts to make you feel bad about yourself, but you don’t have to attach to them or believe them or consciously think them. You can reject thoughts that your brain offers you.

My Personal Take-away

HELPING A CHILD BE HAPPY. HELPING THEM SEE THAT WHAT SEEMS TO THEM AS A HUGE INSURMOUNTABLE STRUGGLE (FOOD ISSUES IN MY CASE) SHOULD NOT TOTALLY PULL THEM APART

Coach Approach

Do you know where happiness comes from? Happiness comes from our thoughts. So if you want to help your child learn happiness, then help them learn to manage their mind and think on purpose.

Do things that seem to you as huge insurmountable struggles make you totally fall apart? If yes, then you'll have a harder time teaching your child that that's just a thought creating your emotion. If you can really pull apart the neutral circumstances here, and then manage your thoughts around it, you'll have an easier time of teaching your child how to manage their own minds to create their own happiness.

Coach Tip

Happiness comes from your BRAIN. Not from circumstances changing, or from anything outside of you. If comes purely from your thoughts. If you want to feel happy, then think thoughts that will produce happiness for you (sounds simple, but it's a process).

My Personal Take-away

I DON'T HAVE TIME. I DON'T HAVE MONEY. I DON'T HAVE ENERGY.

Coach Approach

What I want you to know is that *we all have more of that thing we think we don't have.*

- ***I don't have the time:*** You might look at your schedule and fully believe this is true. You think that you can't go to a paint nite with a friend, or sit and read a good book, because you just don't have time. But then your kid has an emergency and you have to take them to the doctor. You found the time for that, right? Because when something is truly important to you, you find the time. You have more time than you think you do (count up all the minutes you spend mindlessly checking something on your phone. You might be surprised at just how many minutes that adds up to.)
- ***I don't have the energy:*** You're just so exhausted after a long day of work or a long day with the kids (or whatever else was on your plate). You think you don't have energy to do anything for yourself. But if I knocked on your door and offered you an all-expenses-paid trip to Hawaii, with full childcare figured out for your kids (why not, let's have some fun dreaming here), would you find the energy to pack and make it to the airport?
- ***I don't have the money:*** You think that all your money is accounted or budgeted for. There's no extra cash for investing in yourself or doing something purely because you enjoy it. But then your toddler breaks a lamp you had in the living room and you end up having to buy a new one. You found the money for that.

We all have more of the thing we think we don't have enough of. Think about that. It's not about not having it, it's about believing that that project, person, thing or whatever is worth our time, energy, or money. Because if you believed it was worth it, and you made it a priority, you would find the time, energy, or money.

I DON'T HAVE TIME. I DON'T HAVE MONEY. I DON'T HAVE ENERGY CONT.

Coach Tip

Get real honest with yourself. If you don't put yourself and your own happiness first (for the sake of filling yourself up in order to give more to your family and the world around you) ask yourself WHY. Why does everyone and everything else come before you? What is the cost of that in your life? (That's one of my favorite questions to ask myself.)

My Personal Take-away

UNDERSTANDING MY CHILD AND RAISING THEM THE WAY THEY NEED

Coach Approach

When this is presented as a struggle, the underlying sentiment here is, “I don’t know if I understand my child properly and if I’m raising them the way they need.”

This is indulging in confusion and self-doubt. How would you know if you were understanding your child properly and raising them the way they needed? Is there a marker for you that would ensure you’d be confident of this?

If not, then it’s just your brain’s way of letting you know that “you’re incapable,” “not-good-enough,” and all the other fun things our unmanaged brain likes to convince us of.

Pick more empowering thoughts that will serve you better, such as, “I am the perfect mother for my children. I have everything I need to raise them properly. I can ask for advice and seek help when needed. I am doing the best that I can with the tools I currently have.”

Coach Tip

Affirmations are simply creating sentences that serve you better. You take your negative thought-stream and create a more neutral, or positive, but just as believable, thought, and then repeat those thoughts daily. The last 4 sentences above are examples of positive affirmations to re-wire your neural pathways.

My Personal Take-away

MAKING MY BABY EAT HEALTHIER DESPITE HER FATHER MAKING BAD CHOICES

Coach Approach

The reason I love this one is that it gives us an opportunity to coach on our brain's desire to blame others for results we don't like in our lives. The statement is saying, "My baby is not eating healthy because of her father's bad choices." There's a lot of judgment in this thought (and it's a thought, NOT a neutral circumstance).

What feeling does this thought cause in you? What action do you take when you feel this way? What is the result in your life?

What if you dropped all judgment about what your husband feeds your child, and just focused on what you wanted to feed your child? You can't control other people's thoughts, feelings, or actions. And the more you try to, the more frustrated you'll feel and the more you're setting yourself up for failure and negative emotion. What if you let your husband be your husband, without adding any judgment on top of the choices he makes, and you showed up as the mother you wanted to be for the health of your child?

Coach Tip

Let other people be who they are, think what they want to think, feel what they want to feel, and do what they want to do. (It's ironic to say this, because it's not like you have a choice in that anyway. You can't control others. The more you realize that, and then stop trying to, the more it will set you free). Focus on what you can control: your own thoughts, feelings, and actions.

My Personal Take-away

NO MATTER WHAT I TELL MY KIDS TO DO, THEY SAY NO. WHEN I TELL THEM TO GO TO THEIR ROOM, THEY SAY, “I DON’T CARE.”

Coach Approach

Clearly, you cannot control your kids. What you want to do here is set up healthy boundaries. Boundaries are not set out of anger, they are set for the sake of the relationship.

Healthy boundary setting looks like this: “Here’s what I am going to do, if you continue to ...” It’s never about what the other person needs to do. You set your rule, let them know what your boundary is, and when it isn’t met, what are YOU going to do about it?

Coach Tip

If you’re getting frustrated from what other people do when you ask them to do otherwise, realize (once again) that you have no control over someone else’s actions. You have control over your own. So let them know what you are going to do if your boundary is violated.

My Personal Take-away

NO ONE TELLS YOU ABOUT ALL THE THINGS THAT HAPPEN TO YOU AFTER THE BABY IS BORN

Coach Approach

I hear you. I really do. I had the same thought. BUT, it's still a thought. There are plenty of people who were told about all the possibilities post-birth. This isn't a universal fact. This could be your experience (and mine).

SO—that leaves you with two options: 1) Empower yourself and others with what you now know and what you want others to know to save them from whatever it is you went through that you didn't like; 2) Stay in victim mentality and wallow in feelings like “I was wronged” because no one told me anything, and “poor me.”

I suggest choosing option #1.

Coach Tip

Victim mentality as defined by Google is “an acquired personality trait in which a person tends to recognize or consider themselves as a victim of the negative actions of others, and to behave as if this were the case in the face of contrary evidence of such circumstances. Victim mentality depends on clear thought processes and attribution.” Victim mentality gives away all your power. Take it back.

My Personal Take-away

SAYING NO TO STUFF TO MAKE TIME FOR ME

Coach Approach

Why aren't you saying no to things? What is causing you to say yes? Why are other people's requests more important than taking time for yourself? These are great questions to ask yourself.

My guess is that if you have a hard time saying no, it's because you are a people-pleaser. Deep down, whether you're aware of it or not, you want other people to be pleased with you and so you say yes. You feel bad about disappointing them and so you say yes.

But what is the cost of saying yes, and the expense to yourself?

People-pleasing is actually emotional manipulation. It's basically saying, "I'm not going to be who I truly am so that you like who I am." (And even if it results in the person liking you better—which is not necessarily the case—they're not liking the real version of you.) Think about that.

Coach Tip

To become a recovering people-pleaser, make sure that you're saying yes to things out of a personal desire, not out of feeling bad or obligation. It usually comes back to bite you, and then no one wins. You get resentful, overwhelmed, stressed out, etc., all in the name of "trying to make someone else happy." They're not happy and neither are you. And even if they are, is it worth the cost to yourself?

My Personal Take-away

ASKING FOR HELP SO I CAN HAVE AN ACTUAL BREAK

Coach Approach

Here's the question to ask yourself here: Why don't I want to ask for help? If you're super honest with yourself, you'll come up with the right answer for you. It might sound like: Because I want to feel like I have it all together and can do it all. Because I don't know who to ask. Because I'm not worthy of getting a break, everyone else matters more.

And then question that thinking:

Because I want to feel like I have it all together and can do it all—Why? Do you think anyone else can “do it all”? What is it costing you to make a martyr of yourself and not ask for help?

Because I don't know who to ask—When you say “I don't know,” you literally shut your brain down from finding any answers. If you did know, who would you ask? Don't let “I don't know” be something you allow your brain to stop at. Don't indulge in “not knowing.”

Because I'm not worthy of getting a break, everyone else matters more—Why? What is that costing you? It is NOT self-indulgent to think of yourself first. It's the most important thing we can do to contribute to the world. It is actually really hard to focus on yourself and put yourself first. It's not an easy thing at all. BUT you cannot give more of yourself if there's nothing of you to give because you're not paying attention to yourself.

ASKING FOR HELP SO I CAN HAVE AN ACTUAL BREAK CONT.

Coach Tip

Don't indulge in confusion and "I don't know." Always make your brain come up with an answer. You'll be surprised with what you uncover.

Question your brain. You don't have to believe what your brain says just because it said it. Imagine picking your thought out of your brain, putting it on the palm of your hand, and examining it. Question it. Decide if that thought serves you. And then decide if you want to put that thought back in your brain and think it on purpose (and if not, feel free to toss it out). In short: Be a watcher of your thoughts.

Learning how to put yourself first, how to know your own needs and then meet those needs is a meta skill. It's a meta skill worth learning because it's your secret to evolving into the person you want to be, and creating the life you want to have. And it's not easy, but it's worth all the effort.

My Personal Take-Away

BALANCE BETWEEN WORK AND FAMILY LIFE

Coach Approach

The first thing is to get really specific and define what balance means and looks like for yourself. How would you know if you had balance? What would be different about your life when you achieved this “balance”? Sometimes, we just use words and phrases to make ourselves feel bad, like “I for sure don’t have balance. I don’t know exactly what that is, but whatever it is, I’m lacking it.” So you gotta get really specific and define what balance is for you.

Having done that, I’ll share with you my secret sauce for finding balance. I struggled with this for a while, and honed it down over the years to the following:

Coach Tip

In order for me to take something on, it has to pass these three markers:

1. **Manageable.** It has to feel doable. If just the thought of doing something makes you shudder in fright, then maybe now isn’t the right time. The last thing you need as a mom is even more stress on your plate. Make sure you’re only taking on projects that are manageable for you.
2. **Desirable.** If you don’t WANT to do it, that’s something to consider. I never used to take this into consideration. I didn’t think my wants and desires mattered. I thought life was all about doing what’s right, what’s expected of you, what your role entails, blah blah blah. Now I know differently. What you want matters. Period. What you love and enjoy matters. Period. Please don’t short-change yourself.
3. **Will make me a better ____.** You get to fill in the blank here. For me, it’s “wife and mother.” Think of what your priority is in “being” and put that in the blank. Then run everything by this marker. Maybe it’s better “boss,” “employee,” “entrepreneur” ... For example: I ask myself, “Will this make me a better wife or mother?” If I can answer yes, then it’s worth it for me to take it on (as long as it also passes the above criteria).

KEEPING HOUSE CLEAN

Coach Approach

Why, oh why, do we women judge ourselves based on the state of our homes?

How often do you apologize when someone walks in your door? Like, "Oh, I'm so sorry for the mess." Or, "Excuse the mess, please."

A friend of mine with 8 kids once said, "Why should I apologize for the mess? My kids should apologize! They're the ones who made it!" I loved that. I only wish we could all internalize that.

Think about the people in your life that you love and appreciate the most. Now think about what you love and appreciate about them ... I'm giving you a minute here. Have you thought about it? Did "her house is perfectly clean" pop into your head as something you love and appreciate about your nearest and dearest? I didn't think so.

I'll tell you a little secret about myself: I'm actually more comfortable in "messy" homes. Makes me feel normal. Relatable. Cozy. But regardless, it's not about other people's homes that matter, but what we think of our own. And what we make the state of our homes mean about us.

So when did immaculately clean homes become a marker of how we think about ourselves? Like we're no good if we don't have that Pinterest-worthy, lick-the-floors, everything-matches home? I've heard this from so many moms, that I lost count. And I'll be the first to tell you that I used to belong to that club of "We-define-ourselves-by-the-state-of-our-house."

But no more.

Instead let's think about the VIBES we want our home to radiate. The WARMTH and LOVE and COMFORT that people feel within our homes. Let's make that be our focus and stop beating ourselves up for the rest of it.

KEEPING HOUSE CLEAN CONT.

Coach Tip

Make a decision about how you want to think about your home. Set realistic expectations for yourself about what you're able to handle and accomplish cleaning wise, hire help for the rest of it, and then focus more on the vibes in your home than the physical cleanliness. Don't make the mess or lack thereof, or the organization or lack thereof, mean **anything** about you.

My Personal Take-away

RAISING TEENAGERS. IT'S SO DIFFICULT WHEN THEY DON'T LISTEN AND ACT DISRESPECTFULLY. THEY USED TO BE SO EASYGOING.

Coach Approach

The biggest piece of this that jumped out at me is they *used to be so easygoing*. Because of that, you've created an expectation in your mind, one that doesn't exist anymore. The sentence that is causing you pain is "They **should** be easygoing now, because they used to be."

Remember, using the word "should" is arguing with reality, and you will never win. The best thing you could do for yourself here is lean into what is and accept it. What if it was ok that you're having a hard time with your kids not listening or acting disrespectfully? You don't really WANT to be ok with that behavior! But at the same time, you can't control your kids, you can only control yourself. SO—what thoughts do you need to think here to help you produce the feelings, actions, and results that you want in your life?

Coach Tip

Expecting something that was true in the past to be true in the present is setting yourself up for failure, every single time. The past is the past and the present is the present. Lean into it. Accept what is. And then focus on what you can control about your present—yourself.

My Personal Take-away

LACK OF SLEEP & EATING

Coach Approach

I know, I know. You want to tell me that that is just part of motherhood. You don't eat and you don't sleep. But listen. It's simply not true. It may feel harder to eat properly and sleep well, but it doesn't mean it isn't possible simply because you're a mother. And I want to suggest that it's even more important to sleep well and eat well when you're a mother.

So, to stretch your mind a little, think, "What if my sleeping habits and my eating habits were fully in my control?" (which they are). "What would I have to do differently to eat better? To get more sleep?" Get creative here. For some people, it's taking naps during the day. For others, it's going to bed when their baby goes to bed (literally 7 or 8 pm). For others, it could mean hiring a night nurse. Just open your mind to the possibility that you can do something about it, then brainstorm what your needs are and go meet those needs!

Coach Tip

One of my favorite questions to ask myself is, "How can I set myself up for success?" When you keep this question at the forefront of your thinking, your brain will find answers. Don't just think you have to be a tired, hungry, stressed-out wreck in survival mode, simply because you're now a mom.

My Personal Take-away

BOUNDARIES—KIDS COMING TO BEDROOM, RESPECTING TIME AND PRIVACY

Coach Approach

I've mentioned this earlier, but I'll say it again here. This is how to set healthy boundaries:

1. You set them **for the sake of the relationship**. NOT out of anger or frustration.
2. When setting a boundary, you say what **YOU** are going to do if the boundary isn't kept (Example: in this house, kids are expected to knock on the parents' bedroom door before coming in. If you don't do that, we're going to lock our door anytime we're in the room)

Coach Tip

When setting healthy boundaries, keep in mind that it isn't to change the other person's behavior (because you can't) but rather to set clear boundaries and explain what you are going to do if the boundary line isn't kept. Setting healthy boundaries makes relationships better, not worse.

My Personal Take-away

BEING PREGNANT WHILE CARING FOR LITTLE CHILDREN AT HOME. IT IS EXHAUSTING.

Coach Approach

See a further Mom Struggle for more on exhaustion. But here I'm going to address specifically the "pregnant while caring for little children" part of this.

The best thing in this scenario is, once again, to lean into what is. Instead of fighting reality, what if it was totally ok. Is it totally ok to be exhausted because you're pregnant, and take care of your little children? When your expectation is that you should have tons of energy and feel amazing while pregnant, and take care of your kids, that's where you set yourself up for failure and pain.

But take it further—what your brain chooses to focus on, it will go to work to find evidence for. So the more you focus on the struggle of your being exhausted, the more you'll see that as your only reality. What about all the times you aren't exhausted? What about all the times you're still present with your kids? What about all the times your kids are totally fine without you, while you rest on the couch? Are you noticing those times, or only beating yourself up for the times when your reality isn't matching up to your desired reality?

Put your brain to work finding evidence for thoughts that serve you, such as "My kids are getting the greatest gift of a sibling. They will be ok while I get through this pregnancy as best I can. I am doing the best I can."

Coach Tip

What you let your brain think about is what it will go to work to prove and find evidence for. Make sure you're filling your brain with thoughts that serve you, and then go to work to prove those thoughts.

My Personal Take-away

KID BEING PREDICTABLY UNPREDICTABLE, I.E., EVERY DAY IS DIFFERENT WITH WHEN HE NAPS, WHEN HE EATS, IF HE'S HAPPY, IF HE'S FUSSY, ETC. JUST NO RHYME OR REASON TO IT, AND AS SOMEONE WHO LIKES ROUTINE AND SCHEDULES, THIS IS HARD TO ADJUST TO.

Coach Approach

I hear you, mama. As humans, we tend to like routine, predictability, schedule, and above all else, control. And as I've said countless times and will continue to say, the only thing you really can control is yourself. Managing your reactions and feelings around this unpredictability is where all your power is.

So that leaves you with two options:

- 1) Lean in to this new normal. As you said, it's predictably unpredictable. If your expectation changed, and you didn't think, I should know what's going to happen next, or even, I do better when I know what will happen next, you would remove your own self-imposed frustration.
- 2) Create routine within the unpredictable. In other words, plan your own routine and schedule, but plan for interruptions and "off schedule" possibilities.

Coach Tip

In general, to get things done you'll want to plan and schedule. But when you're in a stage of life where interruptions are inevitable, you need to plan time for those interruptions as well

My Personal Take-away

ANXIETY AROUND KNOWING THAT EVERY DECISION YOU MAKE FOR YOUR KIDS WILL AFFECT THEIR FUTURE AND WHO THEY WILL BECOME...

Coach Approach

Anxiety thrives on vagueness. And what jumps out at me from this statement is that your anxiety is caused by your spinning thoughts about the unknown future (fear of the unknown).

I love this line to help bring me back to the present: I am doing the best I can with the tools I currently have. OR in this specific case: I'm making the best decision I can with the tools I currently have.

Think about it. If you could look into the future and see in hindsight what would be the best decision to make, you'd make that decision right? But that's not possible. What is possible is making a decision now with the knowledge and tools you have. Which means you've already made the best decision in that moment that you could have.

An affirmation like "This is the best decision for my kid right now. This will affect them positively for their future and for who they will become," will serve you better than spinning in vague anxiety that has no upside.

And when it comes to who your kids will become, you truly have no control over that. You do your part—the outcome is not in your control.

Coach Tip

Create affirmations: sentences that serve you better than your negative thought-stream, that are neutral or positive but just as believable. Remember that anxiety thrives on vagueness, so get clear about the facts vs. the drama.

My Personal Take-away

EXHAUSTION/LACK OF ENERGY/TIRED

Coach Approach

I was recently coached on this specific topic, and I'll share the outcome of that coaching session with you here. It might unnerve you. Your brain might want to argue against this (like mine did) but just open your brain to the possibility here.

I heard one of my coaches say that exhaustion was a feeling produced by a thought, and not a circumstance that we have no control over. Right away, my mind went, WHAAAATTT? That can't be. I know when I'm tired. And it's produced by a long day with the kids or a bad night's sleep. It's NOT something I can "think away."

So I questioned it and got some coaching around this, and it cracked my brain wide open.

Here's what I learned:

Why was I so resistant to it being a feeling that we produce with our thoughts? Because then I would have a responsibility here. I would have the responsibility to manage my mind and reduce my level of exhaustion. I wanted to just abdicate all responsibility to it being a circumstance that I had no control over.

When I continuously have the thought "I'm so exhausted, I'm so tired," I magnify the feeling of exhaustion. The thought "I could be tired and do this anyway" has helped me accomplish what I've wanted to, despite feeling tired or exhausted.

I could look at it as a circumstance, but when I look at it as a feeling produced by a thought, there's room for me to look at it curiously, take responsibility, see what I'm making it mean, and produce a different result in my life. It truly has been fascinating.

Coach Tip

When we think that a thought or feeling within us is beyond our control, we give up all responsibility in trying to change it. Experiment with looking at it as something you produce and then what you would have to do to produce something else.

My Personal Take-away

RECONCILING WHAT'S BEST FOR MY KIDS WITH WHAT'S BEST FOR ME

Coach Approach

What if what was best for you was best for your kids? We arbitrarily choose what we think is best for our kids based on the lens we see life through. For example: If you're a mom who loves reading on the couch while your kids play, but your brain tells you, "It's best for the kids if you play with them on the floor," then you're going to feel bad about yourself. But your brain could also say, "It's best for my kids to let them play by themselves and for me to have downtime," and then you wouldn't feel bad about yourself. And there's no right or wrong here.

So often we think there's a right way and a wrong way. But there's a right way for you and a wrong way for you, and only you can decide that.

One of my mentors once said to me, "There's a 1001 ways to be a good mother." And that advice has served me well, and helped me release my black-and-white, all-or-nothing thinking.

Instead, I ask myself, "How can I set myself up for success?" "What do I need in this moment?" And I truly believe that what's best for me is what's best for my kids, so there's nothing to reconcile.

Coach Tip

Figuring out your own needs, and meeting those needs without guilt and unapologetically, is the secret to setting yourself up for success. And when you can drop the unnecessary and completely useless guilt, then you'll realize that doing what's best for you is the best thing you can do for your family.

My Personal Take-away

Thank You...

I hope this booklet gave you new insight and ways of stretching your mindset.

The best work we can do is the work we do on ourselves, so we can show up to the world as an ever-improving version of ourselves.

*Warmly,
Adina Landa*



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[Authentic Living with Adina Landa](#)

Love your #MomLife, Don't Just Get Through It

CLIENT LOVE

I was blessed with numerous babies close in age. Although this was a dream come true, I found myself feeling very depressed, dysfunctional, and wanting to run away from the job called motherhood. This went on for 2 years until I found myself feeling stuck in a very dark place. I tried working with mental health professionals and saw little or no results. I felt alone on this journey, feeling like no one understands what I am going through. One day I saw a post online mentioning Adina Landa, Life and Relationship Coach. After browsing her website, I called her up and scheduled a free session. I signed up for her 6 week program where we worked on combating our inner bully voice, self care and what that means for me, how to achieve confidence, dealing with yelling children, how to be setup for success, overcoming anxiety and depression, rewiring the way we view certain things and lots of other issues. Working with Adina has been transformational. She is honest and understands the challenges I am going through and most importantly I see positive results. Each week she made a personalized worksheet with do goals for the item/s I want to work on. By the end of 6 weeks I looked in the mirror and saw a different person. I was out of bed, exercising daily, and in a better, healthier place mentally and emotionally. I signed up for another 6 weeks so I can continue working on being a happy, healthy, wife and Mommy! I strongly believe that this is a coaching course lots of Mommies can benefit from. Do yourself, your husband and your kids a favor and work with Adina.

~Anonymous

Adina Landa offers a refreshing take on navigating the ever changing landscape of motherhood. Within just a few weeks of working with her, she has provided me with invaluable insights and has helped me develop the necessary tools to achieve a greater sense of health and wellbeing. Rather than creating a one-size-fits-all approach, Adina guides her clients through a tailor-made course that addresses each individual's unique circumstances. With wisdom and tenacity, she opens up an emotionally intelligent dialogue, providing sound advice that is sure to shift one's current paradigm to one that is deeply conscious and profoundly mindful.

~Y.W.

CLIENT LOVE

What I learned from my life-coaching sessions with Adina is that I don't need to be stuck in a rotten relationship. I can take the reins and make it a positive one from my end! I can't change others but by changing myself, I will be a lot happier in any situation. Adina is so patient and asks really good thought-provoking questions to challenge my negative thought-processes. In just a few short sessions, she has taught me a lot about friendships and people and life. Life-coaching with Adina got me past my present hurdles, but even more, teaches me to recognize how I got into a rut and how to steer away from getting there in the future. And most importantly, she taught me to value and appreciate myself for who I already am, and to value and appreciate others for who they are. I'm glad I did this!

~Mushkie

Like many others I was overwhelmed with my anxiety. Even though I showed up in life as having it all together, I was actually burdened by these anxious feelings. My anxiety disrupted my ability to engage in satisfying relationships with certain family members. One day I watched Adina's first video and was so moved by her message that I immediately contacted her for personal guidance. Adina has such a passion for helping others foster healthy relationships. She listens non-judgmentally, gives reassurances it is possible to live a fulfilling life, and encourages utilizing her worksheets to promote self-help. I committed to practicing my new skills outside of her sessions with me and this has positively affected my thinking, emotional state and behavior, you can be sure. It has been a couple of months since I met with Adina one-on-one, but it is already so exciting realizing that there is something positive going on with me. Adina has led me to a more healthy and enjoyable way to live my life. Today I am more confident and more peaceful than I have been in awhile. And a huge part of that has to do with Adina's guidance. Adina's message to me is an important one: The way I think influences how I feel!

~V.C.

CLIENT LOVE

I have loved working with Adina so far! When I work with her I feel like she's truly listening and able to shed light on what I'm struggling with. She has helped me flip the problem to see a different perspective, while offering constructive, neutral, encouraging and relevant feedback. Not only do I think she has a gift at understanding people and scenarios deeply but she is extremely knowledgeable in her field and proving to be an expert in the realm of personal actualization. She continues to show me how I can take my current circumstances and create more happiness, success and growth. I am always really excited to have our calls and amazed each time that she still has more to offer during each call! If you are feeling stuck creatively, with work, in family life or within yourself, I'd definitely recommend giving her a call to see how she can help!

~Rivkah Leah Gelb

I look forward to my weekly talks with Adina. They have helped me shift from an often negative to a realistically positive outlook. Just today, when I met a challenge, I dealt with it in a much more constructive way than I did in the past. It felt great too! I am noticing the power of the thoughts I choose, and how it leads to different results. I highly recommend this to every person open to becoming a little - or a lot - better person.

~S.A.

Adina has empowered me to be me- the capable, calm, and kinder to myself me. Before starting coaching, I found myself easily overwhelmed and lost in my own head, unsure how to channel my thoughts and feelings. I knew I wanted to change my default way of thinking and behaving, but how? Adina was SUPER practical - in just one month, my home (and myself) has changed. Thank you!

~Chany

CLIENT LOVE

Working under Adina's guidance has completely shifted how I view my life. For the first time, I feel like I have been shown that I possess the ability to unlock my greatest life potential. Understanding that my inner dialogue and mental pathways weren't serving the woman I wanted to become was a major breakthrough that Adina helped me to uncover. Recognizing how my inner dialogue contributed to my thoughts, feelings, actions, and outcomes has enabled me to change my story and restore my confidence. Having an unbiased life coach (not a therapist, girlfriend, sister, or mother) who is present, and vested in developing real life strategies for my success, is the best gift I could have ever given myself. Amazingly, I have been able to change my mindset and approach in life in a very short period of time. Additionally, I have been able to take the new skills I have acquired, and apply them to real life situations. My relationships have improved tremendously, I have a newfound sense of ease as a working mother, and an authentic sense of acceptance for who I am as a person. Adina's kind approach is compassionate, matter of fact, and intelligent. Investing in myself has been a true game changer, and I am so happy that I took advantage of Adina's free consultation. I knew I needed assistance in my life, but I didn't know where or how, or even what to ask. It took plenty of courage to share my inner thoughts and struggles with a stranger, but Adina created a safe space, and truly demonstrated that she was on that call to create positive changes for me.

~Rebecca

Was just driving and so grateful for the beautiful place we live in. Rushed morning-caught myself thinking, "Everything is such a mess" and changed it to "some things are out of place, and its ok, its not everything." And decided it doesn't warrant me feeling overwhelmed. When thinking about how my teaching went I said "I want my classes to be more disciplined." (Left out comparison to a specific teacher - even though my brain tried it. And it wasn't "im so undisciplined ") Started thinking "I want to accomplish things like...." stopped midway. Changed to "I AM accomplished - who's to say that raising four kids and teaching (however part time it is), isnt accomplished?" Had the thought, "I teach because I want to and love teaching" - and seeing how different that was to where I was last year "I teach because I have to"

~Anonymous

CLIENT LOVE

I was always very cynical of life coaches but after I have done two sessions with Adina I have totally changed my mind. Working with Adina was very action focused and goal oriented. Adina is so compassionate and knowledgeable and incredibly helpful. In a short amount of time I was able to get practical tools that I can apply to all aspects of my life. And as a plus I loved the convenience of doing the session on the phone. I feel like this is work that every single person could benefit from. I **highly** recommend Adina Landa. I found Adina to be super accessible and definitely recommend reaching out to her to see if she is the right fit for you.

~Henna Shomer

As a health coach myself, I am someone that believes passionately in the power of coaching. Adina Landa has a way of getting me to the results that I'm looking for in my life. What I find to be most powerful about this kind of coaching is the method and tools learnt can be used for any situation and relationship I face. It's really a one stop shop. It's about investing in myself a few minutes each day that makes little shifts for the positive, that have a ripple effect on all the areas of my life. Adina creates a personalized worksheet for me to use to practice my newly acquired skills. It's so much more than just talking. The results are testimony to its worth. I've been around the block, in search of self growth, and answers to struggles I face as a woman, wife and mother Bh. Adina is the real deal. She's got a deep bag of tricks, a big heart and a strong investment in your happiness and success. My commitment to life coaching will reap results for the rest of my life. It's the difference between your life living you, and you really living your life. I only wish that I had started her life coaching years ago!

~Chana Labkowski