

The Calm & Confident Mom Handbook

WITH LIFE COACH ADINA LANDA





H

ere you go! Here's what you've been waiting for. What I wish I had 8, 7, and 6 years ago when I was drowning in motherhood and wanted to run away and hide. When I thought I signed up for the wrong job.

But you don't have to feel that way, because you now have The Calm & Confident Mom Handbook. Here are some basics to get you started, things I wish I knew years ago, but am sure glad I know now.

Let me introduce myself. My name is Adina Landa, and I'm a mom of five. Currently, (in 2020) my kids are 10, 9, 8, 4, and 2 months. Yes you got that right. I had 3 kids under three. I had three kids in diapers. I don't think I slept through the night in Well probably ever. I've had post-partum depression twice. I used to be a stressed out, unfulfilled, resentful kind of mom. Now, I'm super happy, calm, fulfilled and confident. And I want to teach you much of what I've learned so that you can be that too. If you're here, I'm assuming it's because you're struggling with something in the mom department. And I'm here to help you get to the other side.

CONFIDENCE

Before we can get to the calm part, I want to talk about the confident part. You are a FANTASTIC mom. Period. That's going to be our starting point. None of this "not good enough" -ness. We're throwing that in the garbage can. Are you struggling with self-doubt? With not being good enough? If you are, you're not alone. I THINK THE WHOLE WORLD STRUGGLES WITH IT. So we're just going to acknowledge it as something external to who you really are, and start from a place of enough-ness.

When you come from a place of worthiness, you show up better in the way you want to be. Meaning, if you think of yourself as a fantastic mom,

*You are a
fantastic
mom.
Period*

you will be a much more fantastic mom. If you doubt yourself and constantly question yourself and take in everyone's judgments (or perceived judgments) around you, you are going to show up as a mom in that way.

I know I may have made that sound simple, but I'll tell you that I worked on my confidence for six years. And it was worth every second of doing that work, because the results are literally life changing.

Now that we've got that down, we can always improve on our amazingness right?



3 SIMPLE INGREDIENTS FOR ULTIMATE HAPPINESS

So let's start with my 3 simple ingredients for ULTIMATE HAPPINESS.

For so many years, I felt pulled in so many directions as a mom, wife, shlucha, friend. 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.

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.

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."

If you relate to any of this, we are going to end it all now, with my simple formula for balance and happiness. Over the past 8 years, I've narrowed things down to a "formula" which helps me figure out whether I will take something on, and I want to share that with you here. Everything I take on has to pass the criteria below.

#1 MANAGEABLE

Whatever you take on has to feel manageable. So many moms take things on and then they are stressed out and a complete wreck and then their family bears the brunt of it. This is because what was taken on was not actually manageable. If I feel like something is going to stress me out and make me a wreck and I can't figure out how to make it manageable, then I don't do it. A lot of times with some brainstorming I can figure out how to make this manageable. Here's what I want you to ask yourself:

1. Can I handle this?
2. Will this stress me out and will that stress be worth it?
3. How can I make this manageable?
4. What are the repercussions of me taking this on? What is the cost of me doing it? What is the cost of me not doing it?

#2 DESIRABLE

Jf 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.

Ask yourself these questions about a specific project or task and answer them to the best of your ability in the space provided:

① Do I WANT to do this?

② Will I enjoy this?

③ Will it nourish me?

④ Will it fulfill me?

⑤ Who benefits from me taking this on, and is that worth it?

#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).

① Fill in the blank. Will make me a better

② Now ask yourself: Will taking on ___ make me a better ____?

If the answer is yes, then by all means go for it. If the answer is no, it's time for a re-think.

Ok, so now you have my 3 simple ingredients to ultimate happiness:

1. Manageable
2. Desirable
3. Will make me a better ____ (wife and mother)

THE CALM MOM



So far everything we've discussed will contribute to you being a balanced and fulfilled mom. Now let's talk about CALM. Consider these questions for yourself, and take the time to answer them in the space provided:

1. Why is "calm" something you want to be?

2. What does "calm" look like for you?

3. What kind of mom do you want to be?

4. What do you need to have in place in order to be that kind of mom?

I'm going to tell you the number #1 blocker of being able to be a calm mom: LACK OF SELF-CARE! I promise.

So in order to talk about being a calm mom, we first have to talk about what self-care is and what it looks like for you.

SELF-CARE



o in order to talk about being a calm mom, we first have to talk about what self-care is and what it looks like for you.

Self-care is NOT:

- Self-indulgence
- Selfish
- Unimportant
- Last item on to-do list
- Optional

Everyone should have an individualized self-care plan. It's not a one size fits all. We all need a different amount of sleep, naps, food intake, exercise, downtime etc.

Self-care IS:

- Realizing that you can't give from an empty cup
- #1 priority on to do list
- Taking care of yourself SO THAT you can show up for your family, spouse, significant other and whoever else, in a meaningful way
- Extremely important
- Non-negotiable

*"Self-care
is not
self-indulgent"*



HERE'S WHAT I WANT YOU TO CONSIDER:

How many hours of sleep do I get at night? How many hours do I think my body needs?



What do I eat for breakfast, lunch, and dinner?
What do I want to be eating?



What do I do for exercise and how often?



What do I do for FUN and how often?



What do I do for downtime?



What excites me?

What am I passionate about?



My individualized self-care plan is....





MAKE
IT
HAPPEN

Ok, now we can go back to talking about calm. Putting your self-care plan in place while make it much more likely for you to remain calm as a mom. I know that if I don't have enough sleep, or haven't eaten properly, or haven't had downtime, the likelihood of me remaining calm around my kids is slim to none.

Set yourself up for success

The way to do that is to legitimately know your needs, and then *allow yourself to meet your own needs*.

This might take you some time to figure out, and that's ok. Take all the time you need. You're a mom, and you are worth it. You deserve it. Your family deserves it.

Now, back to calm again.

Calm looks different for each person and each household. But the #1 rule is to take out words like ALWAYS and NEVER from your vocabulary. If the goal is to remain calm MOST of the time, you'll be ok. If the goal is to NEVER yell.... Well, you might set yourself up for some disappointment. That's the same with frustration, annoyance etc. It's all going to happen here or there, so keep your expectations realistic.

If you're calm MOST of the time, you're already in good shape.



Lets Review

So -

#1 You are a fantastic mom that wants to improve on some areas of your mothering or motherhood life, or just on any part of yourself.

#2 Make sure you're doing things that are manageable, desirable, and will make you a better wife/mom or whatever you put in that blank.

#3 Put your self-care plan in place

#4 Have realistic expectations.

What do you think?

Think you can tackle this calm-mom thing?

I believe in you. I bet you can do it.

I would love to assist you on this journey.

I give moms the tools (that most never learn!) to develop unstoppable self-love, eliminate stress and overwhelm, and instill the confidence to achieve anything they set their mind to (yup, anything).

*It's time for you to
love your
#MomLife,
not just get through it.*

You're sick of being stressed and overwhelmed so much. I GET IT. You fantasize about being calm, confident, and present ... but it feels so out of reach. IT ISN'T.

Let's have you loving your mom-moments instead of shuddering when you look back on them.



Are you ready?

You can book a FREE one hour consult right here, and we can talk about what working together would look like.

LET'S TALK

Listen, when I hired my first coach, I had hit my version of rock bottom and knew I HAD to change things. You don't have to wait till rock bottom.

I worked on myself from the inside out. And I now love myself AND my mom life. I have broken a multi-generational chain of low self-confidence. I don't indulge in thoughts of "not good enough." I don't compare. I don't define myself by the state of my house, or by anything materialistic. I don't fall into resentment, or stress, or overwhelm.

I know what my needs are and unapologetically meet those needs. I fill my own cup so that I have so much to give. I love exactly who I am, and always want to be working on myself and evolving into the next best version of myself.

... AND I'm totally OK with failure. And with feeling negative emotion. None of the above happens all of the time, because that's not real life, and that's OK. I know what to do with unwanted thoughts and unwanted emotions when they come up.

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.

Lets Get Started



Let's Connect!

BOOK A CONSULT

Email: Adina@AdinaLanda.com

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And hop on over to follow my Facebook Page called [Authentic Living with Adina Landa](#).

Excited to connect!
♥ *Adina*

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