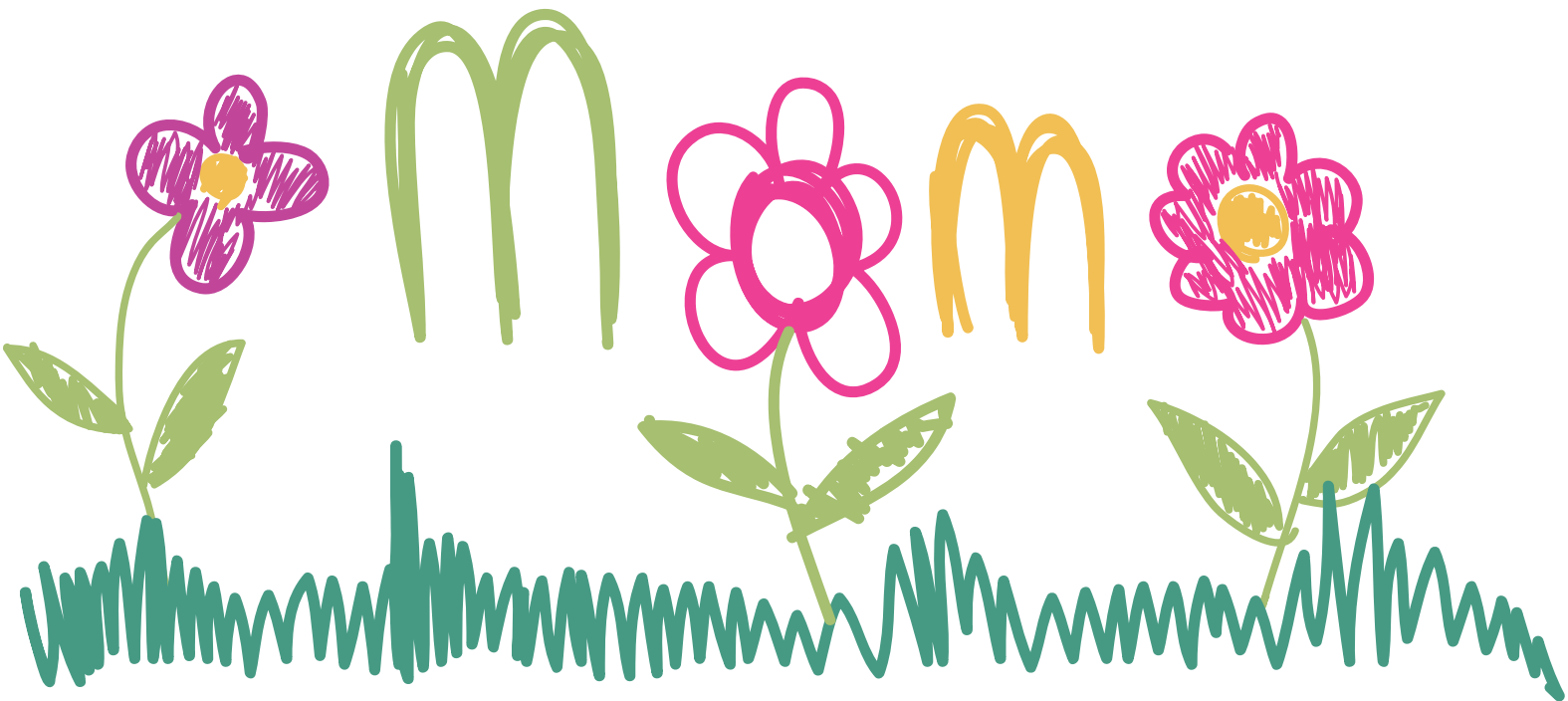


I Love you



WEBINAR WORKBOOK

WELCOME TO THE WORKSHOP!

In this highly relevant and informative workshop you're going to learn the top 3 mistakes I see working mothers make each and every day. I want to help you discover how to avoid them!

This workbook is designed to help you get the most from the interactive workshop so make sure you print it beforehand and grab your favorite pen to fill it in as we go through the information!

BEFORE WE START

Before we get started, I want you to focus on what brings you to this workshop. By getting really clear on why you're here and what you hope to get out of this experience, you'll be much more successful in getting the information, tools and techniques you need to make changes to your life as a working mother.

1. What are the top three issues you feel are causing pressure or stress as a working mom in your life right now?

a. _____

b. _____

c. _____

2. What have you tried up until now that hasn't worked?

3. What have you tried up until now that has worked?

4. For each of these situations you've described above, what would a perfect (or almost perfect) solution look like for you?

a. _____

b. _____

c. _____

WEBINAR WORKBOOK

MISTAKE # 3

1. Have you ever felt as though you've burnt yourself out trying to "do it all"?

2. In which way do you identify with Beth's story about trying to plan the perfect outing each weekend with her kids? When was the last time you tried to do something just like Beth?

For questions 3, 4, and 5, use the D words we discussed in this workshop to fill in the blanks.

3. _____ your new version of parenting.

What does it look like? What are you doing? What are you saying? What are your children doing? What are your children saying? What does this new perspective feel like to you?

4. _____ the activities you don't need to do on your own. Write down at least 3 activities, chores or responsibilities that someone else in your household, or at your workplace, can be put in charge of moving forward.

a. _____

b. _____

c. _____

5. _____ the best you can in the moment. What sort of special routine or activity can you create with your children, that doesn't take long, that lets you connect with them and is simple and easy to implement?

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MISTAKE # 2

1. Have you tried to parent your children differently based on their age or personalities? If so, how?

2. What do you feel has been the biggest drawback for parenting this way so far?

Fill in the following questions with the P words we have just discussed in our workshop.

3. _____ how you want to behave towards your children.

Don't focus on what someone else has told you, but rather what you feel is important to you right now.

How do you want to behave each and every day with your children?

4. _____ what's most important to you as a mother.

What are your top three goals as a working mother right now? It could be that you don't want to scream, it could be that you want to go to bed on time each night, it could be that you want your children to listen to you - what's most important to you right now?

a. _____

b. _____

c. _____

5. _____ with your parenting efforts towards your children.

Fill in the commitment statement below and decide to be consistent going forward with your children from now on.

"I, _____ do solemnly declare that I will no longer parent my children differently based on their ages or personalities and that I will commit to focusing on my own priorities for the next _____ days."

WEBINAR WORKBOOK

MISTAKE # 1

1. Write down the **MOST IMPORTANT THING** here: ("I am not a perfect mother but I am the PERFECT mother for my children.")

2. How many different parenting books or classes or methods have you used so far with your children?

3. What's the longest time that you've stuck with one method?

4. How many days on average does it take after implementing a new parenting method to start seeing results

5. Tally up how much time you've lost by making this mistake so far - how many months or years do you estimate it to be?

WEBINAR WORKBOOK

MISTAKE # 1 (CONTINUED)

Fill in the following questions with the appropriate C word we have just described in our workshop.

6. What can you do to _____ to only practicing one parenting method for the time needed to see results?

a. _____

b. _____

c. _____

7. When was the last time you used _____ parenting your children?

8. How did that make you feel?

9. Visualize what your life would look like if you were 100% _____ in your day to day parenting activities. What would you be doing? How would you behave? What would you say to your children?

Remember to stay until the end of the workshop to get your free gift - this gift will expand on ways to take the **Three Magic Words** to the next level and bring more meaningful moments into your days with your children.

Thank you so much for joining me on this workshop and I hope you're well on your way to avoiding these top three parenting mistakes and seeing amazing results from your relationships with your children from here forward!

More information about working personally with Atara Malach and her products and services can be found at Ataramalach.com