

Take a Sip, Take a Breathe and Go...

Explore, Discovery, Learn and Journey through
Your own Motherhood

As I have traveled my own journey through motherhood for the last nine years I have had many questions, learned lessons and experiences. Each of these have taught me much and helped me grow much as a mommy. I have discovered much along the way. I hope and know that I will continue to do so as I keep traveling this journey that we call motherhood. As I have discovered much I want each you to have the same opportunity to make your own discoveries as you each travel on your own journey through motherhood. So consider these questions for your own exploration, discovery, and for much food for your thought as you continue to travel through your motherhood. May you keep taking your sips, breaths and go forward in your journey. Happy traveling.

Introduction

My House of Cards in My Journey Through Motherhood

1. Is your house of cards of motherhood falling or standing tall, strong, and steady?
2. If standing strong, what causes it to stand strong?
3. If falling, what causes it to be fragile?
4. What can you do in your journey to steady and give strength to your house of cards in motherhood?
5. What do you want your house of cards of motherhood to look like and be built upon?

Take a Sip, Take a Breath, and Go...

1. In becoming a new mommy, what was the biggest change or difference for you?
2. In your journey as a new mommy, what takes up the most of your time?
3. What is the hardest thing about becoming a new mommy?
4. What causes you to feel overwhelmed?
5. For you as a new mommy, what would it mean to take a sip, take a breath, relax, and then go?
6. How can you carve out a few minutes (or more) to give yourself time for your sips and breaths to relax and go forward as the best mommy you can be?

Part 1: Welcome Home, Mama, to the Reality of My Journey Into Motherhood

Chapter 1: I'm a Virgin, In Motherhood, That is

1. In your virginity as a new mommy, what do you find to be the newest experience?
2. What is the biggest unknown in your new motherhood?
3. How can you go forward to swim in these new uncharted waters of motherhood?
4. What can you do to grow into the ultimate experienced mommy?

Chapter 2: Motherhood: Does it come with an Instruction Manual and Where Is Mine?

1. How do you, as a mommy, find your way through motherhood without an instruction manual?
2. Where are you to find your instructions as to how to be a mommy?
3. What instructions do you write for yourself, your child, and your family?

Chapter 3: By Right of Birth into My Motherhood

1. What was the path that you traveled to start your journey through motherhood?
2. What do you define as giving birth?
3. What do you define as the path that a woman takes to enter into motherhood?
4. Does your path you traveled to enter into motherhood make any less of a mother than another who traveled a different path to motherhood?
5. What Defines motherhood and what it is to be mother?
6. Do the different paths taken to enter into motherhood change the journey of motherhood for each us as individual travelers of motherhood?

Chapter 4: The Breastfeeding Gestapo

1. In choosing what to do, consider what you think you want as the mommy of your baby.
2. In making a decision, think about what methods of feeding makes you comfortable.
3. In choosing, think about what is best for you, your child, and your family.
4. In your decision-making process, consider that you are ultimately the most experienced in matters regarding your child and family.

Chapter 5: Nipples—Mine or the Nipples of a Bottle

1. In regard to how you choose to feed your baby, what makes the most sense and works the best for you, your baby, and your family?
2. In making these constant choices, choose that which doesn't consume you as the mommy.
3. In considering your choices, what do you, as the ultimate expert, consider the best choice for you, your baby, and family?

Chapter 6: Moving On Up In the World of the Girlfriends

1. What were the biggest or most significant changes you went through as a new mommy?
2. In what ways did your life change the most as a new mommy?
3. How did you adjust to all these changes?
4. What ways can you find or use to bounce back from this complete transformation and get back to you again in all senses?

Chapter 7: To Feed or to Pee

1. As a new mommy, how do you decide what needs to be addressed and attended to?
2. What or whose needs do you make a priority?
3. In deciding this, how do you balance the all the new needs of motherhood?

Chapter 8: My Never-Ending Rollercoaster Ride of Hormones

1. What was the most significant change for you as a new mommy?
2. How does you survive the ups and downs of this rollercoaster ride?
3. How do you get yourself off this ride and back to normal?
4. How can you find your center and balance again as a new mommy?

Part 2: The Life in My Day of Being a Mommy

Chapter 9: Minute to Minute In the Life of My Day As a Mommy

1. As a mommy, how do you spend your time?
2. What is a priority for you in the use of your time?
3. How do you manage or juggle the new demands on your time as a new mommy?
4. What tools do you use to manage and juggle the demands on your time?

Chapter 10: In Just a Minute, My Precious, Sweet Baby Girl

1. What do you choose to spend your time on?
2. Do you consider it a worthy or wasteful use of your time?
3. Would your child/children consider it a worthy or wasteful use of your time?
4. How do you want to use and spend your seconds, minutes, hours, and days of your motherhood?

Chapter 11: Sleep, Snacks, Sips, Soaks, and Sex: Catch While You Can

1. As a mommy, in getting your sleep, snacks, sips, or soaks, which is most important?
2. As a mommy, should you have to choose between these things?
3. Why does getting these things as a mommy seem so elusive, a rare moment?
4. How will you find the moment to take your sips, snacks, sleeps, and soaks?

Chapter 12: My Me O'clock Time

1. What does Me O'clock mean to you as a mommy?
2. What would you do with your "me" time?
3. How often would you like to have Me O'clock?
4. What can you do to ensure you get and take your Me O'clock moments?

Chapter 13: The Murphy's Laws of Motherhood

1. What are the Murphy's Laws of your Motherhood?
2. What is the cause of the epidemic of the Murphy's Laws in your motherhood?
3. What remedies would you use to vaccinate against the Murphy's Laws of your motherhood?

Chapter 14: The Small and Simple Saving Graces of My Motherhood

1. When in a day in the life of a mommy do you need some saving graces?
2. What is the reason for the need for your daily saving grace?
3. What would be your saving grace?
4. How can you find or obtain the much-needed daily saving grace as a mommy?

Chapter 15: I Have My Moments, Don't We All?

1. When do you have your own mommy moments?
2. Is your mommy moment in the mommy valley, and what caused it?
3. Is your mommy moment on the mommy mountaintop, and what caused it?
4. How do you achieve more of your mommy mountaintop moments and have less of you mommy valley moments?

Part 3: The Meter for Measuring My Motherhood

Chapter 16: Mother and Child-Learning and Growing Hand in Hand

1. What does walking hand in hand with your baby/babies mean to you as a mommy?
2. What do you want to teach, exemplify, and instill in your baby/babies?
3. What has your baby/babies taught you as you walk hand in hand along this journey?
4. How will the manner in which you walk hand in hand with your baby/babies impact or influence your continued journey together?

Chapter 17: First, Foremost, and Forever, I am Mama

1. In becoming a mommy, how have you and your life changed?
2. How do you see yourself now after becoming a mommy?
3. What does being first, foremost, and forever Mama mean to you as a new mommy?
4. What do you do to ensure that you are first, foremost, and forever Mama?

Chapter 18: My Manners in Motherhood Matter

1. Do your manners as a mommy matter?
2. What manners matter the most to you as a mommy?
3. Which manners do you wish to teach, exemplify, and instill in your baby/ babies?
4. How will you make manners matter in motherhood for you and your baby/ babies?

Chapter 19: Making Lemonade Out of the Lemons in My Motherhood

1. What lemons do you have or have you been given in your journey as a mommy?
2. What do you chose to do with your lemons as a mommy?
3. How do you make lemonade out of the lemons of your motherhood?
4. How do you enjoy glass or pitcher of lemonade in your journey as a mommy?

Chapter 20: The Punishing Abuses and the Awarding Privileges of Motherhood

1. In your own journey as a mommy, what are some of the punishing abuses?
2. In your own journey as a mommy, what are some of the awarding privileges?
3. How do you find your own awarding privileges as a mommy?
4. How do you use the punishing abuses and the awarding privileges in your journey through motherhood?

Chapter 21: Affirming Moments of Achievements and Awards in Motherhood

1. As a mommy, what do you define as an affirming moment?
2. As a mommy, what do you see as an achievement in your motherhood?
3. How can you, in your motherhood, achieve more moments of success and affirmation?

Chapter 22: WOW! Am I Mommy or an Acrobat Now?

1. As a mommy, what has been thrown into your mix that you have to juggle?
2. How do you define your juggling abilities as a mommy?
3. How do you find the balance in your juggling act of motherhood?

Chapter 23: The Experts Say....

1. How do you see yourself as a mommy: virgin or expert?
2. When becoming a new mommy, what were you most virginal in?
3. As a mommy, what are you the most expert in?
4. How have you, in your journey as a mommy, become the expert in your child/children and family?

Chapter 24: No More Commentary From the Peanut Galleries

1. As a mommy, do you feel lost or overwhelmed by the constant sea of commentary?
2. How can you, as a mommy, find your own voice amidst all the chatter of commentary?
3. How will you silence the chatter and commentary to find, learn, and trust your own expert voice for you, your babies, and family?

Chapter 25: Judge Not Lest You Be Judged As a Mother

1. As a mommy, in what ways do you feel judged?
2. For what do you feel you are being judged?
3. How do you see yourself in your own glass of motherhood?
4. How will you give yourself the space and freedom to learn, discover, explore, and go forward in your journey as a mommy, free from the voices of judgment?

Chapter 26: The Golden Ruler of My Motherhood

1. As a mommy, what do you define as your golden rules?
2. What will be the golden ruler of your motherhood?
3. How do you chose to be measured as a mommy?

Part 4: My Mommy Heartfelt Meditations

Chapter 27: I Am Now and Forever Mama

1. After becoming a mommy, in what moments did you know you were now and forever mama?
2. As you continue as a mommy, what moments do you look forward to the most?
3. How will you always remember and hang on to those “I am now and forever Mama” moments?

Chapter 28: My Motherhood Matters

1. Does your motherhood matter?
2. In journeying through motherhood, what matters the most?
3. What do you define as mattering in your motherhood?

Chapter 29: Savoring the Seasons and Sands of Time In My Motherhood

1. What seasons have you experienced as a mommy on your own journey?
2. What have you done with the sands of time in the various seasons of your journey?
3. As a mommy, have you counted the days or made your days as a mommy count?

Chapter 30: Memorable Moments of My Motherhood

1. As a mommy, what do you defines as a memorable moment?
2. Which moments of your motherhood are the most memorable for you?
3. Which memorable moments of your motherhood will you always treasure, tuck away and use to fill your mommy scrapbook and heart for a lifetime?

Chapter 31: My Plate Full of Spaghetti as a Mommy

1. How messy is the plate of spaghetti of your motherhood?
2. What causes your plate of spaghetti to get entangled?
3. What tools or ways do you use to solve the tangled mess of your plate of spaghetti of motherhood?
4. How can you, going forward in your journey as a mommy, prevent future entanglements of the spaghetti of your motherhood?

Chapter 32: My Evolutionary Journey as a Mommy

1. In journeying as a mommy, do you see yourself as virgin or an expert?
2. Through your journey as a mommy, how have you seen yourself evolve?
3. What have been the steps of evolving as a mommy?
4. What will help you to continue to evolve as you journey through your motherhood?

Chapter 33: My Rainbow of True Colors as a Mommy

1. What are your true colors as a mommy?
2. Do you show or let shine the brightness of your true colors in your rainbow?
3. Do you show or let be known the darker colors in your rainbow?
4. How can you show and let shine for yourself, your baby/babies, and family the beautiful brilliance and brightness of the true colors of your rainbow?

Chapter 34: For Better or Worse I am Mommy

1. Has your journey as a mommy been for the worse or the better?
2. Do you feel as if you have made the best or worst choices?
3. In the choices you make as a mommy, what are the right choices for you, your baby, and family?
4. In your journey, what have you discovered to know that no matter what comes, for worse or better, you are the best for you are the one and only that is first, foremost, and forever, Mama, and no one can do it like you do it for you are the mother of your baby?

Part 5: As I Journey Forward Into Motherhood

Chapter 35: The Lessons I Have Learned Journeying Through My Motherhood

1. In your journey as a mommy, what lessons have you learned?
2. In becoming a mommy, what has been the biggest or most influential lesson you have learned?
3. As a mommy, what lessons are most important that you want to exemplify, teach, and instill in your baby/babies