

Invisible No More CHECKLIST

Motherhood can be a lonely journey but if you have the right tools you will be able to navigate this. When you are taking care of everyone else it's easy to lose sight of your own needs.

On a scale of 1-10, how seen and supported do you feel in your daily life? Why?

What are three areas where you feel most overlooked or invisible?

What emotions come up when you think about being invisible? How do you want to change this?

RECLAIM YOUR VOICE CHECKLIST

- I've taken 5 minutes today to reflect on my emotions without judgment.
- I've set aside time to celebrate a small win this week.
- I've identified one person I trust to share my feelings with.
- I've communicated one specific need or boundary to someone in my support system.
- I've planned one activity for myself that brings me joy.