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THE
HAPPY
MAMA'S
TOOLBOX

13 HABITS OF
VERY HAPPY
MOMS

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1. Ask For Help

I learned this habit the hard way. I struggled, hard. Then I realized that I was not going to win any awards for never asking for help. I pushed my ego aside and started asking for help. It wasn't being weak; it was actually showing tremendous strength and love to myself.

Happy mothers are not afraid to ask for help from family and friends. Take advantage of those who are willing to help!



2. Leave the House-Now

Have you been outside today? Fresh air, sunlight, and nature are critical mood enhancers for women. You can get this little lift while pushing strollers or swings. Look around that playground. Who looks happy? Go talk to her, right now.



3. Plan Something Fun

It's important to always have something fun to look forward to. It doesn't have to be a grand, extravagant trip. It can be a day trip or a drive to somewhere you have never been before. Take away the alarm clocks, the homework, the deadlines and bring on the sunsets, the sand castles, the card games. Have fun with your kids!



4. Trash Negative Self Talk

*Have you been listening to your inner critic too much lately? What's your critic saying? Have you tried these on for size? "You are not good enough", "You are a bad mother", "You're doing it all wrong.", or "You can't handle anything." Stop right there! Starting **RIGHT NOW**, that inner critic is no longer controlling you. Wave goodbye. Re-direct that negative self-talk and replace those myths with truths. You **ARE** a great mother, You **ARE** doing it right and You **CAN** handle everything!*



5. Take Care of Yourself

Treat yourself like the amazing individual that you are. Re-stock on sleep when you can, eat healthy, life-giving foods and find out what fills up your cup.



6. Exercise

This activity is not just for weight loss. It's the cheapest therapy a woman can find. Exercising boosts the serotonin in your brain, reduces stress levels and boosts self-esteem.



7. Make Yourself a Priority

Carving out time away from the kids is crucial, whether it's a girl's night or just a long bath with a magazine. Alone time or time with friends makes you a more patient, happier and more understanding parent.



8. Love Thy Neighbor

You would think that moms would be tapped out in the giving department. But surprisingly, most happy moms make doing things for others a regular part of their lives, whether it's baking a lasagna for a family with a new baby or offering a ride to an elderly friend. Remember: Random acts of kindness prove to make YOU happier!



9. Love Without Limits

The happiest moms don't compare and compete. Neither they, nor their kids, nor their cars, nor their houses have to be the smartest, cutest, newest, or neatest. Happy moms are less concerned with whose grass is greener because they are too busy watering their own!



10. Hang With Your Gal Pals

Your tiny humans and partner cannot be your only closet connections. Happy moms have mentors, close friends and peers they can relate to and confide in. This may take some effort on your part. Break out of your comfort zone, find your tribe and don't let them go. You are worthy of authentic, great friendships and relationships!



11. Fill Up Your Cup!

Happy moms play more than just that role.

They enjoy hobbies, career options, volunteer opportunities or projects that add to their individuality and fill their cups in more ways than just “mom”.



12. Be Present

Yesterday is old news and tomorrow never comes. Savor and soak in each memory, each moment. Even if they are not grand moments, they are still special.



13. Forgive Yourself

We all want to live up to these perfect parenting ideals and do everything right all the time... and here we are, losing our tempers, being inconsistent, and bribing kids with candy on a daily basis. Unfortunately, all the time you spend punishing yourself for this is more time when your best self is not there for your kids. Release the guilt and just keep progressing to be the best version of yourself that you can be.

