



*the motherhood*

# SELF CARE RESET

THE MUMMA NEST ACADEMY

# DAY 3



# BESPOKE SELF CARE MENU

*What you will learn*

Create your own bespoke self care menu today  
that feels aligned with your needs, desires & family  
dynamic!

*creating my*  
**BESPOKE SELF CARE MENU**

WHAT IS OBVIOUS ABOUT THIS AWARENESS??

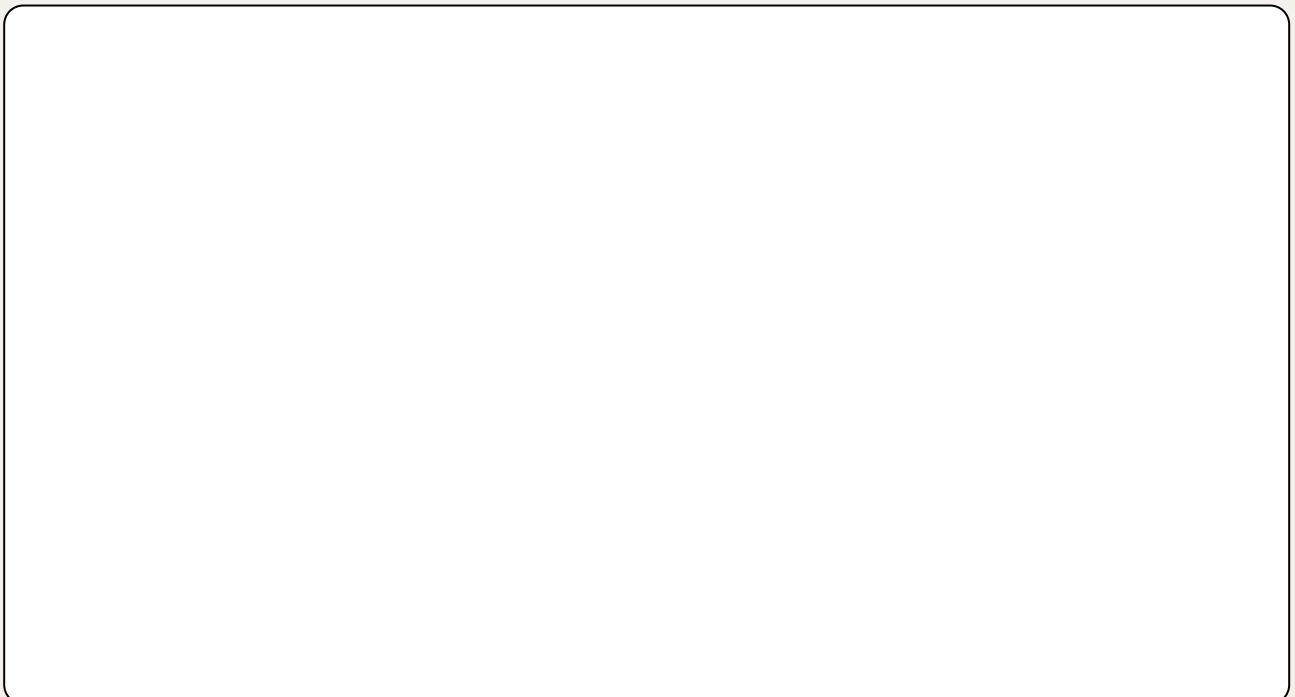
Day two you asked yourself the question “which items do I feel drawn towards?”

Now you know which pillars (or items) you feel drawn towards, ask yourself these questions:

Do I feel drawn towards these pillars (or items) because I am confident / comfortable / familiar with them already?

Or am I drawn towards them because I see items I want to explore, that interest & excite me?

Or is it a pillar that stretches me? It seems challenging? Inviting me to expand into?



# *examples of* **PILLAR STACKING**

## EXAMPLES OF SELF CARE PILLAR STACKING

### Cooking Dinner:

Physical: Turn on some upbeat music and dance while you cook, getting a mini workout.

Intellectual: if you're making spag bol & you know it without following a recipe, learn a new song with your kids sitting at the breakfast bar with you

### Washing Dishes:

Mental: Kids are asleep, listen to on your new self care reset spotify playlist an emotional frequency sound healing track to begin slowing for the evening.

### Walking the Dog:

Social: Call a friend or family member and catch up while walking.

### Doing Laundry:

Emotional: Use the folding time to reflect on positive memories associated with the clothes.

### Taking a Shower:

Spiritual: Turn the light off, light a candle & use this time to speak your mantras, washing away the energy from your body that doesn't belong to you.

### Commuting to Work:

Intellectual: Learn something new through educational podcasts or a new bridge in a song.

### Running a business from home:

Physical: fold away treadmill under desk & a stand up desk to create & exercise in one!

### Making a coffee in the morning:

Emotional: "What is alive within me right now?" Notice, label, allow.

### Tidying Up:

Physical: Turn it into a workout by moving quickly, squatting, and stretching as you clean.

Mental: Play your favourite music, grab a wooden spoon microphone & sing along.

*bespoke*

## **SELF CARE MENU**

You are now ready to integrate your existing self-care practices with your energy givers within the six self care pillars. Use this combination to create your personalised self care menu below.



*intellectual*

*mental*

A large, empty white rectangular box with a thin black border, intended for notes or a definition related to the word 'intellectual'.

A large, empty white rectangular box with a thin black border, intended for notes or a definition related to the word 'mental'.



*physical*

*emotional*

A large, empty rectangular box with rounded corners and a thin black border, intended for physical notes.

A large, empty rectangular box with rounded corners and a thin black border, intended for emotional notes.



*social*

*spiritual*

A large, empty white rectangular box with a thin black border, intended for notes or reflections related to the 'social' aspect of the practice.

A large, empty white rectangular box with a thin black border, intended for notes or reflections related to the 'spiritual' aspect of the practice.





# SELF CARE MENU

**INTELLECT-  
UAL**

**MENTAL**

**PHYSICAL**

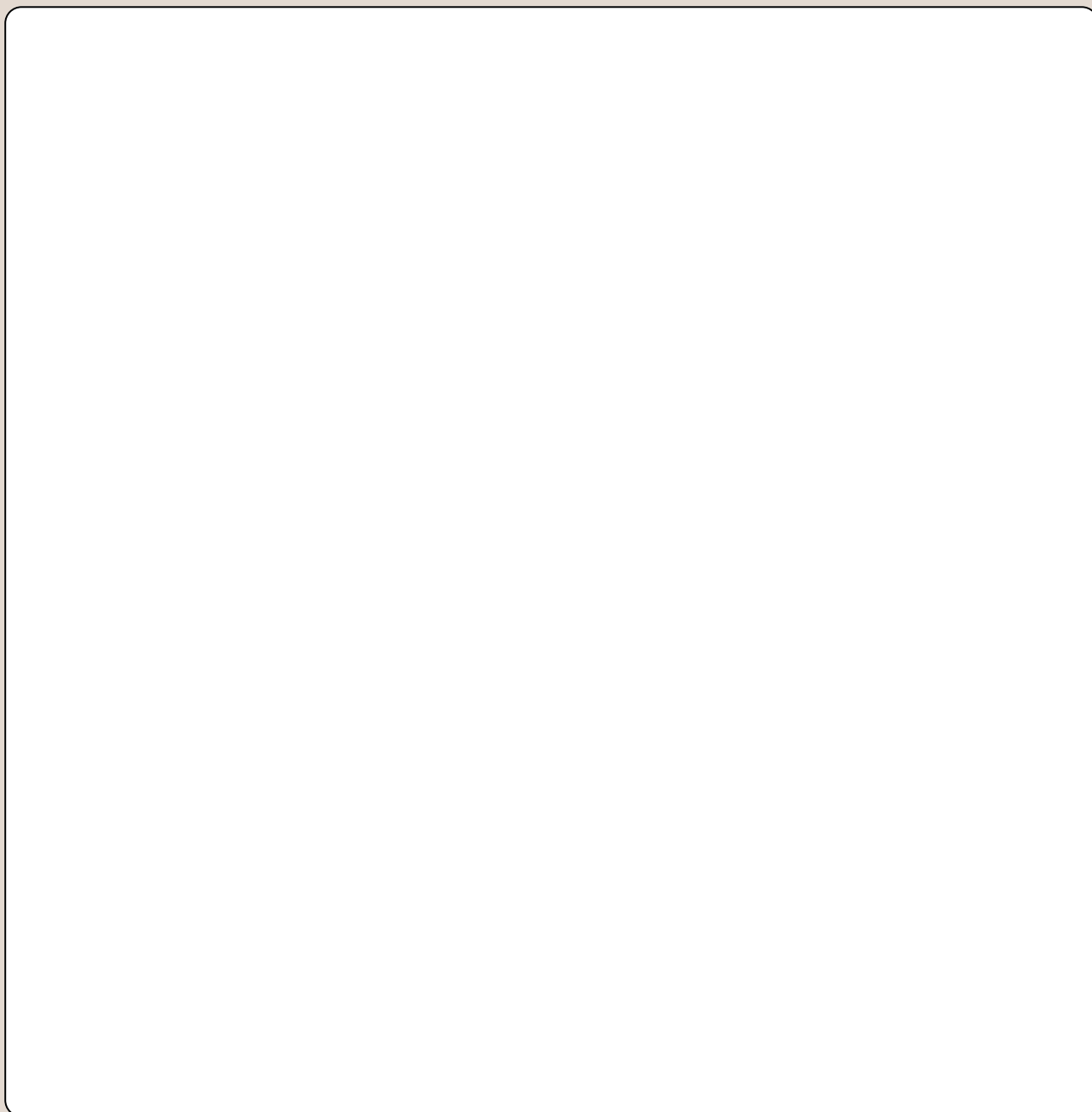
**EMOTIONAL**

**SOCIAL**

**SPIRITUAL**

# *my* REFLECTIONS

- What is the most surprising thing I learned about myself?
- How has my perceptions of self care changed?
- What has been a challenge for me over this weeks learnings?
- Who can I turn to for support in my self care journey moving forward?
- How can I communicate my needs to them effectively?
- How do I feel after completing these learnings?
- What emotions came up for me during the exercises?
- Were there any ways that I felt pushed beyond my limits?
- How will I support myself every morning when I wake?
- What is a mantra I will choose moving forward to support myself?



*don't forget to register for your*

# FREE 30 MINUTE CLARITY CALL

Available to all attendees of Self Care  
Reset Week.

Would you love to create a structured  
plan with your new insights?

Or are you ready to deepen your self-  
discovery journey and learn about our  
tailored coaching and group spaces?

The Mumma Nest offers private  
mentoring, coaching, and online group  
spaces for evolving mothers.

We have a place for all mums, no  
matter the season: mums in business,  
professional career mums, mums with  
side hustles & stay-at-home mums.

[BOOK YOUR FREE CALL](#)

[HERE](#)



THE MUMMA NEST

**DON'T FORGET ABOUT THIS FINAL OFFER**

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