



MORE THAN A MOM

How Prioritizing Your Wellness Helps
You (and Your Family) Thrive

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A PDF COMPANION TO THE AUDIOBOOK

More Than a Mom

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INTRODUCTION

REFLECTION QUESTIONS

1. How high of a priority is your wellness to you? Have you ever paid the price for neglecting it?
2. How has motherhood changed you? What has surprised you in the best and worst ways?
3. Name three things you do for your children that you should (but don't) do for yourself.
4. Some parents try to replicate their childhood. Others hope to do it different and better. Where do you fall? What past experiences have impacted the way you balance your family's needs with your own?
5. What does strength look like in your life right now? How has that picture changed from five years ago?
6. Think of a healthy Giver you know. What habits do they practice?

KNOW YOUR WORTH

REFLECTION QUESTIONS

1. Name a time when you doubted your worth. Did a person, event, or remark trigger it? Did you work through the doubt or let it redefine you? Explain.
2. Name an idol you put before God. When it fails or disappoints you, what is the lesson?
3. Name toxic statements made by the critic in your head. What truths counter these lies?
4. Do you believe God loves you and that you can't lose His love? Why or why not?
5. What does healthy self-love and self-care look like to you?
6. What situations or life changes have triggered your insecurity? Moving forward, how can you mentally prepare for insecure moments?

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REST

REFLECTION QUESTIONS

1. What is your relationship with busyness? Does it make you feel productive and energized, or drained and overwhelmed?
2. Has your opinion of busyness changed with age? Do you see it as a badge of honor or a sign to scale back?
3. What helps you rest? Do you schedule rest as a life rhythm or postpone it until you hit a stopping point?
4. Have you learned the art of a loving *no*? If not, how can you stop overcommitting?
5. Name three things that are *important* to you and three things that are *urgent*. How can you better prioritize what is important?
6. Have you ever had an “aha” moment regarding rest? Explain.

BUILD UPLIFTING FRIENDSHIPS

REFLECTION QUESTIONS

1. Do you think friendships are a form of self-care? Why or why not?
2. How have your friendships changed (for better or for worse) since college and since your early days of motherhood? Do you put in more effort or less effort now?
3. What did your loneliest season of friendship teach you? Would you do anything differently?
4. Women often give up on friendships after painful experiences. What pain is holding you back or making you hide your vulnerable side?
5. Name your three best friends ever. Are they still in your life? If not, should you reach out?
6. Has friendship ever created a lifeline for you? Explain.

CONQUER STRESS AND ANXIETY WITH TRUTH

REFLECTION QUESTIONS

1. Name a “Mall” in your life that triggers stress or anxiety. What truths can you repeat when it messes with your psyche?
2. Have you ever experienced an “amygdala hijack,” flying into fight-or-flight mode instead of logically thinking through a fear or threat? Looking back, what would you do differently?
3. Does social media ever take you from self-confidence to self-criticism? Does listening to the world’s opinions make it harder to hear God’s voice?
4. What are your three most dominant emotions (for example: fear, anger, anxiety, joy, excitement, impatience, contempt, frustration, sadness, sympathy)? How do they color/rule your life and outlook?

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5. Are you surprised that handling your stress as a parent is the *second* most important skill to raising healthy, successful children? Does this motivate you to cultivate this skill for your family's sake?
 6. Has a crisis ever spiked your anxiety? If so, what role did truth play in regaining control of your mind?

CHOOSE JOY

REFLECTION QUESTIONS

1. Have you ever felt joy and sadness on the same day? How did you reconcile the two?
2. “When you wish away the hard parts of a season, you also wish away the good parts.” Have you ever regretted wishing away a hard season? Looking back, what would you do differently?
3. Trusting God means trusting in the joy ahead. Name a time when a new situation brought unexpected joy. What did this teach you about God’s faithfulness?
4. Are you an optimist or a pessimist? How does a negative environment affect your mood, mindset, and joy?
5. Have you ever seen sadness interrupted by laughter? Share a story about the healing power of laughter.
6. Do you choose joy and fight for it? Do you believe joy is worth fighting for?

QUIT THE NEGATIVE SELF-TALK

REFLECTION QUESTIONS

1. On a scale of one to ten, how much mental clutter do you have? Explain.
2. Identify five core scripts that play in your head. Which one is most dominant?
3. Replace one old thought pattern with one new thought pattern. How does this mind shift affect your confidence, motivation, or hope?
4. How do you respond to negative thoughts? Do you fight them, believe them, dwell on them, or compare them to God's Word to see if they're true?
5. One sign of spiritual maturity is breaking old habits and trains of thought that formed when we were young. What childhood script can you outgrow to become a healthy-minded adult?
6. Have negative thought loops ever clouded your clarity? If so, how did you regain clarity?

MAKE PEACE WITH YOUR BODY

REFLECTION QUESTIONS

1. What was your relationship with food and your body as a teenager? What would you tell your teenage self now?
2. Do you believe wellness, taken to an extreme, can be an idol? Why or why not?
3. When choosing foods, do you let moderation be your guide? Are you more prone to undereat or overeat? Share your story.
4. Throughout your life, your body and hormone levels change. What recent changes have you wrestled with? What has helped you to move (or prevented you from moving) forward?
5. Where do you hope to be in thirty years? What healthy body choices can you make today to get there?
6. Has a desire to be “healthy” ever consumed your thoughts? Have you ever fallen into an unhealthy obsession with body image, food, or exercise? Moving forward, how can you find freedom?

FIGHT THE GOOD FIGHT

REFLECTION QUESTIONS

1. What has been your biggest battle? Compare your *before* and *after* self.
2. Has a challenge ever stolen the light from your eyes? What helped you (or is helping you now) bounce back?
3. What do you believe about the enemy? Have you ever felt spiritual warfare or seen signs of an attack? Explain.
4. Who are your safe people? Who listens without judgment? If you don't have safe people yet, who can fill that role?
5. "Two years from now, you'll feel proud of today's efforts to be a brave fighter." What brave steps have you taken lately?
6. Have you ever made a critical choice that defined your future? Explain.

EMBRACE YOUR PURPOSE

REFLECTION QUESTIONS

1. Name a time when God called you outside your comfort zone. Did you obey or ignore His nudge?
2. Do you believe your direction matters more than your speed? Why or why not?
3. What fears keep you from living out your purpose?
4. “Take one baby step at a time, and your answers will come. You’ll find your path and direction.” Have your small steps ever opened a big door? Have you ever waited so long you gave up? Explain.
5. Do you believe hard times serve a purpose? Has God ever comforted you in your troubles so you can comfort others?
6. Think about your purpose beyond motherhood. What talents or strengths can you share outside your home?

LIVE IN HOPE

REFLECTION QUESTIONS

1. What heartache from your past made you doubt or lose hope? What would you tell your younger self?
2. Have you ever felt stubborn hope? Explain.
3. Who in your life exudes hope? How has it rubbed off?
4. Have you ever felt peace by looking at Jesus rather than your circumstances? Tell your story.
5. "Hope's crucial component is agency." Do you believe you have agency in your life, or do you feel powerless against your circumstances?
6. Have you ever faced a situation where Jesus was your only hope? If so, how did it change your faith and attitude toward heaven?