



Super Working Mum

Optimising relationships, resources and time

STEPS TO DEALING WITH WORKING MUM GUILT

ACTION SHEET

Module 2 Action Sheet

Faith, Family & Financial Freedom
Inner Circle



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1. Seek God's Will

Task: Ask God today to show you where he wants you to be, what does he want you to do?

Ask him for clear signs.

Write down what you believe God wants you to do as a full time vocation. What is that thing heavy in your heart you know you are meant to be doing



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2. Remember Your Vision

Task: Write down the summary of your vision as it pertains to work, number of hours you want to work, how you want to be remembered at work or in your business. Write out your work ethics.



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3. Find out the source of your guilt

Task: Ask yourself: Why do I feel guilty? Was it something someone said? Was it something I did? Write it down and tell yourself "I am no longer condemned". "I am a great mum" "I can do all things through Christ who strengthens me"



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4. Check your attitude

Task: What part of your attitude needs adjusting? Do you need to smile more? Complain less? Think of the area in your attitude towards your work or business that needs improving and write it down. Write out what ways you can change your negative attitude to a positive one.



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5. Self Care

Task- What activities can you do to take care of yourself? What weekly or monthly activities can you engage in? Examples of Self care activities e.g pamper session, a facial, watch a movie, read a book, take a walk, exercise, go dancing, hang out with a friend, try out a new restaurant, get a manicure and pedicure, get your hair done, a bath soak.

**Tip, do a brain dump of the different activities you love doing, so when you suddenly find some free times on your hands you can easily pick one activity and do it.*



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6. Get rid of perfectionism

Task- In what area of your life has perfectionism crippled you and is causing you to feel guilt?
What can you do about it?



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7. Be Present

Task- How can I be intentional about the time I spend with my children. What changes can I make today in order to spend quality time with my children and even my husband?



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8. Stop Comparing yourself to other mums

Task: In what ways do you compare yourself to other mums? How can you become confident in your decisions for yourself and family instead?



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9. Get support from other working mums

Task- In what ways can I be of service to others? In what ways can I provide support for other working mums? In what ways can I get support from other working mums? What do I need help with right now, who can I ask for help?

Lastly Read Proverbs 31 to know more about the virtuous woman. She worked, she provided for her family. She supported her husband. She was respected. She didn't feel guilty.