

# Visualizing Your Best Mama Self

Visualise your best version of motherhood. Our brains interpret imagery in the same way as a real experience so we can support ourselves to achieve personal goals through visualisation.

**CHOOSE ONE WORD SUMS UP THE MAMA YOU WOULD LIKE TO BE?**

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**USE THE PROMPTS TO GUIDE YOUR VISUALISATION.**

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**IMAGINE THE BEST VERSION OF MAMA THAT YOU SEE FOR YOURSELF. DESCRIBE THIS HERE.**

**DESCRIBE THE MAIN 3 STRENGTHS YOUR BEST MAMA SELF HAS.**

**HOW DOES YOUR BEST VERSION OF MAMA BENEFIT YOUR FAMILY?**

**WHAT WILL BE THE FIRST STEP TO BECOMING THIS PERSON? WHAT DO YOU NEED NOW TO HELP YOU ON YOUR JOURNEY?**