

BREAKTHROUGH MAMA



WEEKLY MOM VACATION

You deserve a vacation...

And you actually NEED one every week!

Motherhood includes: 24/7 on call, multi layered role description, complex problem solving, high need customers, and high emotional investment in outcomes.

Don't you think you can only expect yourself to do it well if you have a consistent time where you are "off duty" ?

A New Perspective on "Off Duty"

I want to introduce replacing the idea of a "break from the kids" with " off duty around the kids".

Days away from kids are important and have a special way of resetting us. But - what if we could be off duty from the leadership aspect of motherhood and off duty from the emotional load of motherhood ...all while still being with them? Aside from the fact that it's not sustainable to get away for a day every week, practicing being "at rest" while WITH your kids can revolutionize your experience of motherhood.

A Weekly Vacation Day

A. Plan it

There are a few important elements that are core to any mom vacation day. You want to design your day so that there is:

- No need to make decisions
- No need to manage timetables, nap schedules, and eating schedules
- No prepping to go on an outing

- No talking about or thinking about challenges you feel stuck with in regards to your kids (emotional, academic, or behavior problems that you are trying to solve)
- An element of something that you WANT to do
- A built-in cue that naturally triggers you into letting down

Plan:

1. Take a moment to choose your recurring day
2. Make a short list of things you enjoy doing or desire to do. Rotate these in to make sure you are really living from your heart and desires on these days.
3. Choose what your recurring built in cue will be. Some examples could be: a special drink you have every vacation morning, a clean and organized house, etc.
4. Add anything else to the core elements that feels important to you!

B. Plan Your Prep Routine

The key to a vacation day is preparing ahead of time so that the time off is possible!

Decide when your weekly prep time will be. During this prep time you will:

- Plan the day (leave no decisions to be made the day of!)
- Pack for any outings
- Choose something from your “want to do” list to include in the day
- Prep for your cue (example: if its a clean house, schedule in your weekly cleaning for the night before. If it is not cooking on your day off, prep for food the day before)

C. Communicate

Communicate with your partner about the shift in your home. Have a conversation that is focused on the vision behind this day off: you deserve time for just you, this is what you need to be your happiest self, and it will influence how you can show up for everyone the rest of the week. Strategize together about the weekly prep involved (you don't want to go into your day off totally exhausted and having made all the decisions yourself!)