



*8 core values of a mindful mama*

FOCUS ON AND REMAIN PRESENT

WILLINGNESS FOR THE NEW AND UNKNOWN

LET GO OF JUDGEMENTS

ACCEPT

CONNECT

LET GO OF ATTACHMENTS

STAYING GROUNDED

BE COMPASSIONATE

Which are my strengths? Which of these core values do I practice well in my life?

Which are my weaknesses? Which of these could I work on to master more of in my life?