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# A Fresh Start for Mums



A Fresh Start for Mums: Your Ultimate New Year Guide



# Hello there!

Welcome to your New Year guide! This resource is designed to help you reflect, reset, and recharge as you navigate the year ahead. It's packed with practical tips, printable templates, and encouragement to support you as a busy mum.

*Anu xx*

# New Year Mindset Reset

The start of a new year is the perfect time to pause, reflect, and reset. As mums, it's easy to get caught up in the hustle, putting everyone else first and forgetting to nurture your own mindset. This simple but powerful guide will help you start the year with clarity, gratitude, and intention.



# New Year Mindset Reset



## Reflection Worksheet:

Reflecting on the past year is a chance to celebrate your wins, acknowledge your challenges, and let go of anything that no longer serves you. Take a moment to answer the following questions:

### What Were Your Biggest Wins?

- Think about moments when you felt proud, accomplished, or fulfilled.
- Examples: "I managed to balance work and family during a tough month," or "I kept up with regular exercise."

### What Brought You Joy?

- Reflect on the little and big moments that lit you up.
- Examples: "Morning cuddles with my kids," or "Seeing my family laugh together at game night."

### What Do You Want to Let Go of in 2024?

- Identify habits, thoughts, or situations that drained your energy.
- Examples: "The pressure to be perfect," or "Comparing myself to other mums on social media."

# Gratitude Prompt: Shift Your Perspective



Gratitude helps you focus on what's good in your life and creates a positive mindset.

Start your new year by writing down three things you're grateful for:

Examples:

- My family's health and happiness.
- A cosy home where we feel safe.
- The strength to handle life's challenges.

Keep this list somewhere visible, and add to it whenever you feel grateful. On tough days, revisit it to shift your perspective.

# Affirmations: Boost Your Confidence and Resilience



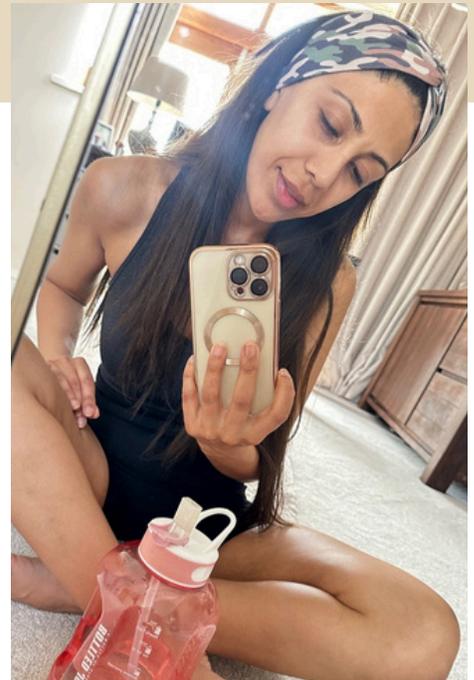
Affirmations are positive statements that help rewire your mindset, especially when you're feeling overwhelmed or doubtful. Repeat them daily, or write them on sticky notes to place around your home.

Here are a few affirmations to start with:

- "I am capable of balance."
- "I embrace my imperfections and celebrate my wins."
- Let go of the need to be perfect and focus on progress over perfection.
- "I am worthy of love, joy, and rest."
- Acknowledge your worth and give yourself permission to prioritize your happiness and well-being.
- "Each day is a fresh start, full of opportunities."
- Start each day with hope and a sense of possibility.

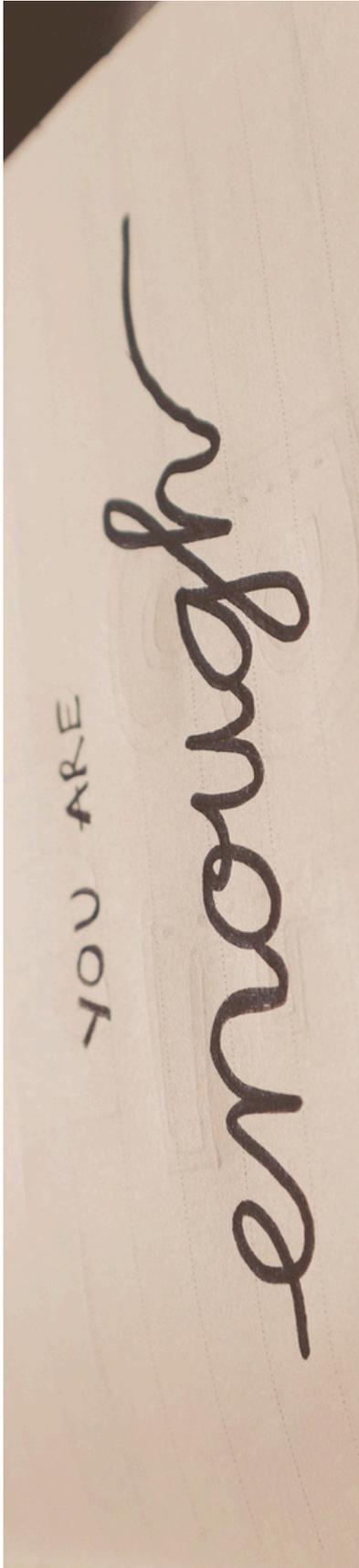
# How to Make This Mindset Reset Work for You

- **Set Aside Quiet Time:** Find a peaceful moment, even just 10–15 minutes, to reflect and write in the following pages without interruptions.
- **Be Honest with Yourself:** Let go of any judgment as you answer the reflection questions. This is your safe space to explore and grow.
- **Involve Your Family:** Share the gratitude exercise or affirmations with your children. It's a great way to teach them the value of positivity and self-reflection.
- **Revisit Monthly:** Make it a habit to revisit the prompts in the following pages each month to stay aligned with your goals and mindset.



## Why It Matters:

This New Year Mindset Reset isn't about setting overwhelming resolutions—it's about giving yourself grace, finding clarity, and nurturing a positive outlook. By starting with a clear and grounded mindset, you'll be better equipped to handle the year ahead with confidence and joy.



# Priority Check: What Matters Most This Year?

## **A Year in a Sentence**

Write a short statement summarising your vision for the year.

Example:

This year, I will prioritise my health, strengthen family bonds, and embrace more moments of joy.

My vision for the year:

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## **Progress Reminder (Optional)**

Add a motivational quote or phrase to keep you inspired throughout the year.

Example: Small steps every day lead to big changes over time.

My motivational quote:

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# Priority Check: What Matters Most This Year?

## Personal Reflection

Write a few words to describe how you want to feel this year:

Example: Calm, accomplished, joyful, connected.  
This year, I want to feel:

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## Top 3 Priorities for the Year

What are the three most important things you want to focus on?

Example:

1. Spend more time with family.
2. Focus on self-care.
3. Advance in my career or learn a new skill.

My top 3 priorities are:

1. -----
2. -----
3. -----



# Priority Check: What Matters Most This Year?

## **Non-Negotiables**

What must you include in your daily or weekly routine to feel happy and fulfilled?

Example:

- 15 minutes of 'me time' daily.
- A weekly family dinner or movie night.
- A daily walk or workout.

I will make time for:

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## **Letting Go of Stressors**

What can you stop doing or delegate to free up time and reduce stress?

Example:

- Stop overcommitting to social events.
- Delegate laundry to a service or family members.
- Limit time spent on social media.

I will let go of:

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# Time Management for Busy Mums

## Weekly Planner Template

Use this template to organise your week. There are dedicated spaces for your top priorities, meal planning, and self-care activities. Feel free to customise it based on your needs!

<b>Day</b>	<b>Top Priorities</b>	<b>Meal Plan</b>	<b>Self-Care</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

# time-saving hacks for all mums



## 01 ESTABLISH A WEEKLY ROUTINE

Creating a predictable schedule helps reduce decision fatigue and ensures everything gets done:

- Set Chore Days: Assign specific days for recurring tasks like laundry, grocery shopping, or deep cleaning. For example:
  - Monday: Laundry
  - Wednesday: Meal prep
  - Saturday: Grocery shopping
- Family Bonding Time: Dedicate one evening or weekend day for family traditions like movie night, game night, or an outdoor picnic.

## 02 PREP THE NIGHT BEFORE

A little preparation before bedtime can set you up for a smooth day:

- Pack Bags: Get school bags, work essentials, and gym kits ready the night before.
- Clothes and Shoes: Lay out everyone's outfits to avoid morning chaos.
- Plan Breakfast: Decide on a quick breakfast (overnight oats, yogurt and fruit) to save time in the morning.
- Check the Calendar: Review the next day's schedule to avoid last-minute surprises.

# time-saving hacks for all mums



## 03 PLAN MEALS IN ADVANCE

Food planning can free up significant time and mental energy:

- Weekly Meal Plan: Set aside time each weekend to plan your meals for the week. Batch Cooking: Make larger portions of staples (like rice, pasta sauces, or soups) and freeze them for later.
- Online Grocery Shopping: Use delivery apps like Amazon to save time.
- Meal Prep Companies: Look into services that provide ready-to-cook or pre-portioned ingredients, such as HelloFresh or Gousto.
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## 04 SIMPLIFY CHORES AND DELEGATE

Streamline household tasks so they don't consume your time:

- Laundry Schedule: Do one load a day or dedicate two days a week to avoid piles of clothes.
- Family Chore Chart: Assign age-appropriate tasks to kids, like tidying their rooms or clearing the table.
- Declutter in Small Steps: Tackle one drawer or section per day to avoid overwhelming clean-up sessions.

# Self-Care Goals

The start of a new year is a powerful time to reset, reflect, and prioritise what truly matters—and that includes taking care of yourself.

When you start the year by prioritising yourself, you send a powerful message to your subconscious:

As a mum, life can be a whirlwind of responsibilities, from managing your home to taking care of your family. It's easy to put your own needs on the back burner, but self-care is vital—not just for your well-being but also for your ability to show up fully for your loved ones.

Self-care is about giving yourself permission to pause, recharge, and reconnect with what brings you joy. It doesn't have to be time-consuming or expensive; even small acts of self-care can make a big difference. Here are some simple, achievable ideas to incorporate self-care into your routine:

## DAILY SELF-CARE IDEAS

1. Morning Me-Time: Wake up 15 minutes earlier to enjoy a quiet cup of tea or coffee before the house gets busy.
2. Gratitude Practice: Write down three things you're grateful for each day to shift your mindset and boost positivity.
3. Stretch or Move: Spend 5-10 minutes stretching or doing gentle yoga to release tension and energize your body.
4. Mindful Moments: Take a few deep breaths or meditate for 5 minutes to calm your mind.

## WEEKLY SELF-CARE IDEAS

1. Solo Walks: Go for a peaceful walk in nature or around your neighborhood.
2. Hobby Time: Dedicate time to a creative activity like painting, knitting, or gardening.
3. Tech-Free Evenings: Unplug from devices for an hour and enjoy reading or journaling.
4. Mini Pampering Session: Treat yourself to a DIY facial, long bath, or manicure at home.

# Self-Care Goals



## MONTHLY SELF-CARE IDEAS

- Coffee Date with Yourself: Visit your favorite café and enjoy some uninterrupted time.
- Declutter a Space: Organize one area of your home to create a calm and clutter-free environment.
- Plan a Day Out: Spend quality time with family or friends, or enjoy a solo outing.
- Check-In with Your Goals: Reflect on your personal goals and celebrate your progress.

## TIPS FOR MAKING SELF-CARE A HABIT

- Schedule It: Treat self-care like any other important appointment and block out time on your calendar.
- Start Small: Begin with 5-10 minutes of self-care daily and build from there.
- Involve Your Family: Teach your kids about self-care by involving them in relaxing activities like stretching or journaling.
- Let Go of Guilt: Remember, taking care of yourself is essential—not selfish.

# Family Time and Building Stronger Connections

Spending intentional time with your family and partner is one of the most meaningful investments you can make. It strengthens bonds, helps with open communication, and creates cherished memories. In the busyness of daily life, prioritising these moments helps everyone feel valued and connected. Here's how to make family and partner time truly special:



## CREATE FAMILY TRADITIONS

### Evening Walks

Dedicate 20–30 minutes after dinner for a family walk. It's a simple way to unwind, enjoy fresh air, and connect.

- With Your Partner: Use this time to hold hands, share your thoughts, or simply enjoy the quiet moments together.

### Weekend Tradition

Establish a consistent weekend ritual that involves both family and partner time:

- Family Ideas:
  - Sunday pancake breakfast where everyone helps out.
  - Saturday park visits with games and a picnic.
  - Friday night pizza and movie with the kids.

# Family Time and Building Stronger Connections

## CREATE FAMILY TRADITIONS

- Partner-Focused Ideas:
  - Enjoy a coffee date while the kids play.
  - Have a quiet evening once the kids are in bed—watch a favorite show or cook dinner together.

### Family and Couple Check-Ins

Hold a short weekly meeting to align schedules and share priorities:

- With the Family:
  - Discuss everyone's plans and any upcoming events.
  - Plan family outings or fun activities.
- With Your Partner:
  - Take 10–15 minutes to check in on each other's week, share goals, and discuss any household or parenting challenges.
  - Use this time to express appreciation or plan date nights..

**Why It Matters:** Routines provide a sense of stability and bring everyone closer. Including your partner ensures your relationship stays strong, which benefits the entire family dynamic.





# Join Our Mum Life Community

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Motherhood is a journey best traveled together, and that's why we've created a supportive, uplifting space just for mums like you! Whether you're navigating the chaos of daily life, looking for practical tips, or simply seeking connection, our community is here to help you thrive.

**Join the waitlist at [anumalhi.com](https://anumalhi.com)**

# What You'll Get

1

## **Supportive Mum Network**

Connect with like-minded mums who understand your challenges, celebrate your wins, and share your journey. Build friendships, exchange advice, and feel empowered knowing you're never alone.

2

## **Exclusive Resources and Tools**

Gain access to practical guides, printable worksheets, and templates designed to simplify your life and help you stay organized. From meal planning to mindset shifts, we've got you covered.

3

## **Mindset**

Shift your perspective, overcome mum guilt, and embrace the joy of motherhood with powerful mindset tools like reflection, affirmations, and gratitude practices.





4

## Relationships

Strengthen your bond with your partner, connect deeply with your kids, and build a happy, harmonious family life through meaningful moments and better communication.

5

## Neurodivergent Kids

Share your journey with other mums who truly understand, exchange practical tips and strategies. Together, we'll create a space where you can openly express your feelings, learn from each other's experiences, and build a life that feels more balanced and fulfilling.

6

## Self-Care

Prioritise your well-being with simple, guilt-free self-care routines that help you recharge, feel your best, and show up fully for yourself and your loved ones.

“ I know how overwhelming mum life can be, and I want to help you feel supported, inspired, and balanced. This community is about sharing tools, encouragement, and connection so we can thrive together, not just survive. You deserve a life that feels joyful and fulfilling—let’s build it together! ”

Anu xx

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EMPOWERING MUMS TO BALANCE LIFE



## Why I'm Here

I know how it feels to juggle all the roles—**mum, wife, daughter-in-law, and everything in between**—while still trying to care for yourself. **It's not always easy**, but I've learned that small steps can **create a big impact**. This community space is about sharing those steps, whether it's **practical tips for busy mums, inspiration for self-care, or real, honest conversations about motherhood**.

*Anu xx*

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