

The Confidently Connected Mom...

Seeks support when she's isolated. ✿ Connects with curiosity, interest and openness. ✿ Builds community. ✿ Takes risks by trying new activities and meeting new people. ✿ Steers clear of one-sided relationships and energy drains. ✿ Plays. ✿ Says no to agendas that take her away from her priorities. ✿ Creates space for her personal interests. ✿ Nurtures her family without compromising her spirit. ✿ Treats herself. ✿ Delegates. ✿ Asserts herself without treating others with contempt. ✿ Accepts that perception isn't always reality. ✿ Understands that attempts at "balancing it all" siphon the spirit. ✿ Values real-time connection. ✿ Sees the gifts in opening her heart and her circle. ✿ Navigates social media on her terms. ✿ Listens. ✿ Appreciates the blessings that come from disappointment. ✿ Rejects cliquey behavior. ✿ Follows her intuition. ✿ Steps out with confidence, even when she feels uncertain. ✿ Patiently grows her friendships. ✿ Recognizes that self-confidence is ageless and beautiful.