

Stay

LIKE A  
MOTHER

Workbook

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# A Note from the Author

Hello Mama,

I'm so happy you're here. Consider this your first day as a dragon slayer. You are now, officially, your own knight in shining armor. If you're reading this note, it means you've chosen not only to learn how to slay your dragon whilst reading my book, but also to enter into a deep and meaningful journey of reflection and betterment that you'll find within the pages of this workbook.

I invite you to use this booklet as a space for non-judgmental reflections on who you are, where you came from, and who you can (and will) be. As you read *Slay Like a Mother*, check in at the end of each section to build upon the lessons you've learned therein. You'll find all exercises described in the book, plus some extra space for your own personal journaling.

I'm thrilled to experience your journey with you, but remember, this booklet is for *you*, and no one else. Now, let's go slay some dragons.

A large, elegant, handwritten signature in black ink that reads "Katherine". The script is fluid and cursive, with a prominent initial 'K'.

KATHERINE WINTSCH,  
AUTHOR OF *SLAY LIKE A MOTHER*



# Invitation

*The dragon raging inside you has a name, and it's self-doubt. You're the only one who can see it, so you're the only one who can slay it.*

*You have two choices. You either learn to slay this beast, or it will slowly and silently slay you.*

*If you don't rise up and take back your life and sanity, the constant battle and fighting will wear you down and wear you out. And you, your family and the world will miss out on the best of you.*

*You already have all the tools, resources and weapons you need within you to slay this dragon. You just don't know it because you've been denying the dragon's existence for entirely too long.*

*I slayed my dragon, and my life dramatically improved. Now, I've dedicated my life to helping other women do the same. You can do this. I will help you.*

*Let's go slay some dragons!*

**LET'S** *Slay*  
**TOGETHER.**

# Who Stole Your Joy?

*Found on Page 33 of Slay Like a Mother*

What could have knowingly, or unknowingly, stripped you of your self-confidence, self-esteem, and the light inside your soul? Nobody is watching you or reading this. Write it down here:

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# How to Spot a Dragon

*Found on Page 35 of Slay Like a Mother*

Check all that apply:

- You're a people pleaser by day and an overthinker by night.
- Your mouth says yay even when your gut says nay.
- The negative voice in your head is the meanest mean girl you know.
- What other people think of you carries more weight than what you think of you.
- You're behind on your to-do list before your feet hit the ground in the morning.
- The longest you've ever been proud of one of your accomplishments is six minutes.
- You point out everything you do wrong and nothing you do right.
- One day, everyone will realize you're not as smart or pretty or nice as they think you are.
- You're tired. Like fall-down-after-running-a-marathon tired.
- You feel broken and believe you must hide that brokenness to be loved.

**WAYS YOU'RE**

*Feeding  
Your Dragon*

**AND HOW TO**

*Stop.*



# Superhero Expectations

*Found on Page 75 of Slay Like a Mother*

What are your expectations? Be honest. Moving from darkness to light is a brave move to make.

My expectations for motherhood:

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My expectations for myself:

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# Identifying Challenges

*Found on Page 77 of Slay Like a Mother*

Full-frontal confession: What challenges are you experiencing right now in your life? Any area is fair game – home, work, marriage, friends, kids, etc. You're a human *and* a mother, which means you have more challenges than just maternal ones.

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_
- 4 \_\_\_\_\_  
\_\_\_\_\_

# Setting More Realistic Expectations

*Found on Page 80 of Slay Like a Mother*

It's time to set expectations that make you feel good about them while also starving your dragon. Stop trying to prove yourself and set some expectations based on reality.

My new expectations for motherhood:

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My new expectations for myself:

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# The Mean Voice in Your Head

*Found on Page 96 of Slay Like a Mother*

What's the last terrible thing you said to yourself? Jot it down here.

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# Two Sides of the Same Coin

*Found on Page 97 of Slay Like a Mother*

For each hypothetical situation below, indicate how you'd respond to yourself versus how you'd respond to a friend who found herself in a similar situation.

**1: You yelled at your son last night. I mean, *really* yelled.**

*What you'd say to yourself:*

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*What you'd say to a friend:*

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**2: You skipped the gym. Again.**

*What you'd say to yourself:*

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*What you'd say to a friend:*

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**3: You promised you'd watch a movie with your partner after the kids were in bed but you fell asleep.**

*What you'd say to yourself:*

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*What you'd say to a friend:*

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# Your Mask

*Found on Page 115 of Slay Like a Mother*

When do you wear a mask and why are you wearing it?  
When do you find yourself pretending to be someone you're not? What aspects of your life are you fearful about feeling exposed?

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What are you trying to prove in those situations or in front of those people? What are you trying to demonstrate, protect, or hide from?

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# Assumptions You're Making

*Found on Page 141 of Slay Like a Mother*

Write down a time you made an assumption about another mother that turned out to be false:

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Write down a time you made an assumption that others might make about you that isn't true:

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# Priorities

*Found on Page 159 of Slay Like a Mother*

Saying no is all about prioritizing what should and shouldn't be on your list. Practice by separating the things on your list into major and minor league items.

## MAJOR LEAGUE

*Battles I want to win*

*Why they matter*

*What does winning look like?*

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## MINOR LEAGUE

*Battles I'm willing to lose*

*Why they're less important*

*What does de-prioritizing look like?*

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# Saying Yes to Yourself

*Found on Page 167 of Slay Like a Mother.*

What gives you joy? Jot down six activities that energize you and bring you a sense of fulfillment. Then list the top six activities that exhaust and drain you.

ENERGIZING:

DRAINING:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Next pick two activities from the column on the left and put them on your calendar as a recurring meeting starting five weeks from now. And vow to say no, more than ever, to the activities on the right.

# Living in the Present

Found on Page 175 of *Slay Like a Mother*

Think about this moment, right now. What problems do you have? Not five minutes from now, not five years ago. What are your problems *right now*?

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

# Fearing the Future

*Found on Page 185 of Slay Like a Mother*

Maybe your worrying feels comforting, but is it worth it? Write down three examples of times you were convinced things would turn out terribly and they turned out just fine.

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Cutting Yourself Off

*Found on Page 202 of Slay Like a Mother*

What's keeping you from embracing your greatness? List a few ways you're cutting yourself off from the rich nutrients of self-love. Be honest about the negative actions as well as the absence of positive actions that affect multiple areas of your life.

WHAT I'M DOING:

WHAT I'M ALLOWING  
OTHERS TO DO:

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**GETTING RID OF  
YOUR DRAGON**  
*for Good.*



# Your Intuition

*Found on Page 241 of Slay Like a Mother*

Do you know the difference between the voice of your intuition and your dragon's echo? Here's a list to help you navigate the difference:

## YOUR INTUITION:

Quiet  
Compassionate  
Supportive  
Comes from Your Gut  
Wise  
Quick

My intuition  
convinced me to:

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How I felt after:

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## YOUR DRAGON'S ECHO:

Annoyingly Loud  
Cruel  
Paranoid  
Comes from Your Ego  
Fearful  
Obsessive

My dragon's voice  
convinced me to:

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How I felt after:

---

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**IT'S**  
*Bigger*  
**THAN YOU**



# Defining Success

*Found on Page 271 of Slay Like a Mother*

Welcome to life without a dragon. Now that you're no longer under its influence, how will you define success for yourself? Take a minute to draft your definition, for life in general and for another area of your life.

My definition of success in life:

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My definition of success in \_\_\_\_\_:

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Slay On.

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