

Slay

SCHEMATIC

HOW WAS YOUR DRAGON BORN?

“Dragons are often born when a difficult situation collides with a deeply sensitive soul.”

I'M NOT _____ ENOUGH

“The struggle is *real*.
Your suffering is *optional*.”

STRUGGLING

Vs.

SUFFERING

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WAYS YOU'RE FEEDING YOUR DRAGON

1 SETTING SUPERHERO EXPECTATIONS

Old	
New	

2 YELLING AT YOURSELF

Say to my friend:

Say to myself:

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3 WEARING A MASK

I wear a mask when:

Why I wear it:

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4 PLAYING THE COMPARRISON GAME

Assumptions about other mothers:

Assumptions they make about me:

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5 INABILITY TO SAY "NO"

I'm energized by:

I'm drained by:

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6 FORECASTING THE WORST FOR THE FUTURE

Problems I have RIGHT NOW:

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