



Mothers Day in August!

Workbook

*For Moms
About Moms
By Moms*

with Deborah Ann Davis

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Mothers Day in August

Supplemental Materials

By **Deborah Ann Davis**

This Workbook belongs to:

Name: _____

Address: _____

Telephone: _____

Cell: _____

Email: _____

For information on other workshops offered by Deborah,
inquire at info@DeborahAnnDavis.com.

Welcome!!

We are so glad you could join us. In the midst of all the craziness of our world, we have found each other. From this point forward we are going to have a positive effect on one another.

This workshop encompasses two realms of learning, both of which overlap (because everything is connected), and both of which rely on your participation.



1. The content provides information, facts and figures, tips and techniques that show you how to increase the level of internally generated happiness in your life.
2. The exercises and challenges, created to ruffle your affect in a way that brings about the greatest positive change, supplement the interactive workshop experience.

This manual organizes the processes from the workshop in a way to help you retain what you learn. It's a lot of material, so plan on taking a day to review what you've written, and to complete anything that requires more attention. Done right, this will be a powerful resource for you and your forward momentum.

We look forward to hearing from you, and to continuing assist you and your organization in the future. Please don't hesitate to reach out.

Happily,
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August 20, 2022

Mothers Day in August!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>

October 15, 2022

Mothers Day in October!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>

November 12, 2022

Mothers Day in November!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

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December 3, 2022

Mothers Day in December!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>

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Yes, there's a lot packed into the little workbook! Enjoy!

Setting The Tone

Statistically speaking, six out of Snow White's seven dwarfs were not Happy.



What are the first 3 words you see in the box below?

1. _____
2. _____
3. _____

Write these words at the top of the page wherever you are taking notes. Begin both Wednesday's and Saturday's notes the same way. Presto! Change-o! You've created your very own theme!



Benefits Of Laughter

Who Are You?

3 Things That You Like, Respect, Or Love About Yourself

3 Things That Make You Unique, Different, Unusual (i.e., makes you **You!**)

3 Things That Make You Happy

How did this exercise affect your mood just now?

Celebrate Yourself

Here's a reminder of how far you've come (just in case you forgot)!

Ten years ago was the year _____. Name something you're good at now that you weren't able to do 10 years ago. _____

Five years ago was the year _____. Name something you're good at now that you weren't able to do 5 years ago. _____

Two years ago was the year _____. Name something you're good at now that you weren't so good at 2 years ago. _____

Last year was the year _____. Name something you're good at now compared to last year. _____



Track Your Progress

People make New Year's resolutions, fall back into their old habits, and give up. The trick to forming a new habit is to pick up and keep going, even after you slide back into your old ways.

The objective is to create a seamless lifestyle change. This is NOT about one-and-done, like New Year's resolutions. When you track the consistency of your progress, you can see your habit— and your lifestyle— building right before your eyes.

To stack the deck in your favor, post reminders on your calendar, on your bathroom and bedroom mirrors, the fridge, your vehicle dashboard, etc.

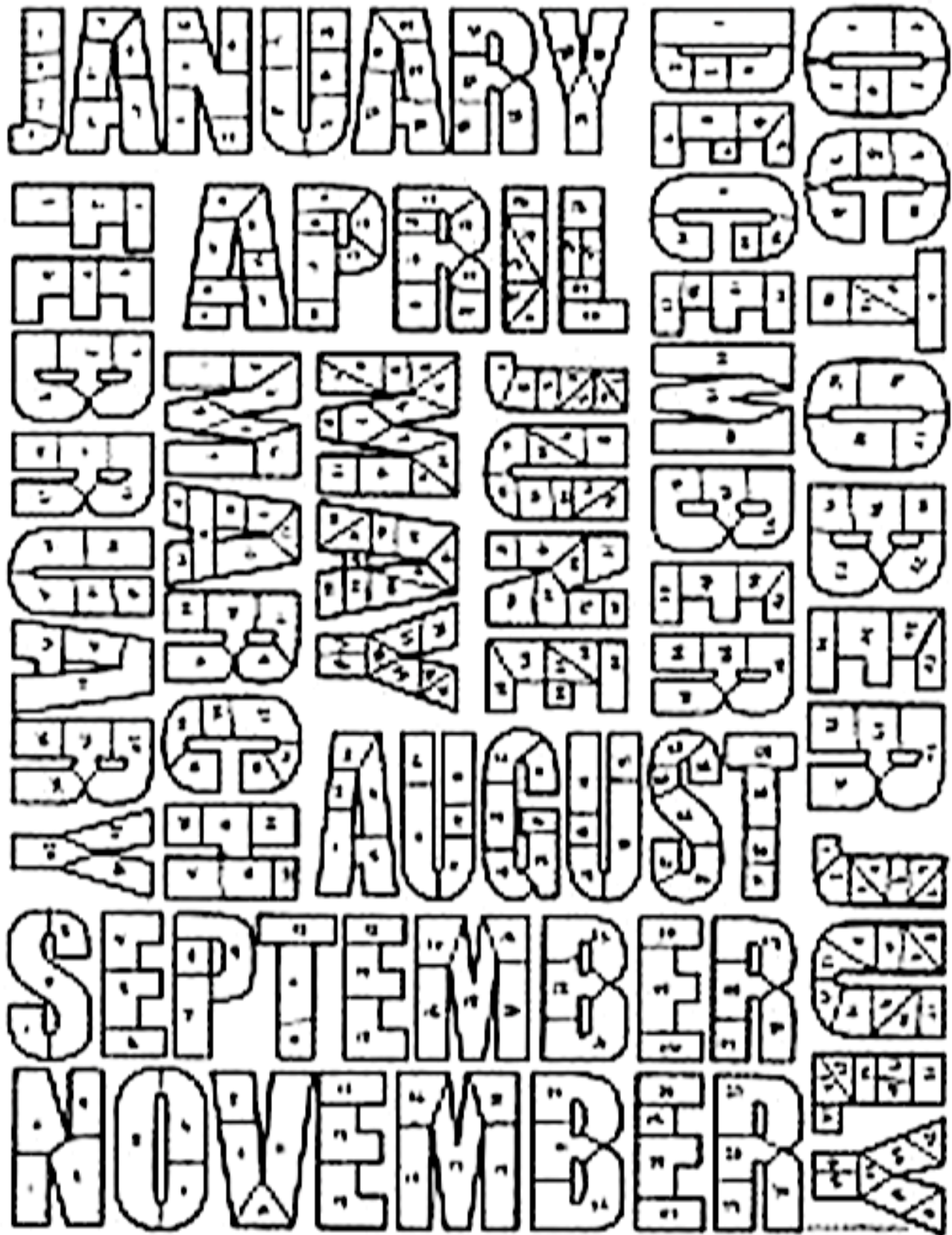
Talk to your ***Get Your Happy On*** Facebook group members because they are going through the same process. You'll both provide and receive mutual support, and gain accountability partners.

Choose a downloadable progress tracker for your new habits. Then, post reminders on your calendar, mirror, fridge, dashboard, etc.

Check one of the boxes:

It's On My Calendar!

It's not on my calendar yet...



100 Mile Challenge Start

Way to Go!

Looking Good!

So Close!

You are doing great!

Finish

sarakurth.com

Introducing Awesome Moms!

Fill in the blanks:

“Perfect mom” = _____

Awesome Mom = _____

I am already more _____ than I realized!!!!

Characteristics of an Awesome Mom (Like Me!)

Awesome Moms create _____

Awesome Moms find _____

Awesome Moms make _____

Awesome Moms eventually _____

Awesome Moms try _____

Awesome Moms teach _____

Your job is to make sure you don't get suckered into doubting your worth, and to make sure you don't allow your incredible kids to doubt theirs.

Name some awesome moments during your stint as an Awesome Mom:

Perception Quiz

**It's very important you take this quiz privately and
Do Not Share Your Answers!!!!**

1. What is your favorite Animal? If you don't have a favorite Animal, name the one that you like best right this minute:

2. Why do you like that Animal? Write 2 Adjectives that describe the Animal's characteristics that attract you to this Animal.

A. _____

B. _____

3. What is your favorite Color? If you don't have a favorite Color, name the one that you like best right at this moment:

4. Why do you like that Color? Write 2 Adverbs that describe the way the Color makes you feel, the characteristics that draw you to this Color.

A. _____

B. _____

If you are having trouble with the descriptions, try these for ideas:

alluring amusing animated appealing attractive beautiful bouncy calm charismatic
charming comfortable cool cuddly cute dark dazzling delightful easy-going eerie
energetic exciting exhilarating friendly fun funny ghostly glamorous gloomy gorgeous
happy huggable incredible inspiring joyful likable lively lovable mellow memorable
mysterious noticeable peaceful peppy perky playful pleasant pretty quiet quirky radiant
relaxed sad serene shadowy smart striking sweet thrilling tranquil unusual vibrant
vivacious warm welcoming youthful

What do your responses mean?



The Guilt-Free Zone

Welcome to the **Guilt-Free Zone!** **THIS is where you belong!**

Guilt's job: To make you aware that there's a problem

Any guilt you hold on to for longer than an hour is completely worthless, and it interferes with getting your happy on. It doesn't help you, or the injured party. It's an anxiety-provoking, energy-sucking, emotionally-draining and self-worth damaging negativity that you must kick to the curb.

Are there consequences to your negative actions and mistakes? Of course there are! And, you have to take responsibility for them, *but without the guilt*. You don't need to feel guilty about them. You have to fix them, and then change your behavior going forward.

Pause To Process Mommy Guilt

It's YOUR turn to kick guilt to the curb. Releasing your guilty feelings will be one of the greatest gifts you can ever give yourself.



- You'll be able to take responsibility for your actions without self-blame, and just as importantly, you won't allow others to create guilt in you.
 - Instead, you will take responsibility for your actions.
 - You will see if you can fix any situation that needs fixing.
 - You will apologize if your actions have caused a problem for someone else.
 - And, you will forgive yourself for your involvement in the problem, even if the others don't forgive you.

Taking responsibility makes you feel empowered and straightforward, instead of victimized and defensive. It's a wonderful way to interact with the world.

Here's how →

4 Steps For Getting Rid Of Guilt

1. _____

2. _____

3. _____

Either : _____

Or: _____

4. _____

We all do the best we can with what we got at the time. If you could've done better, even with the stress and knowledge you had at the time, you would have. So,

WHY NOT FORGIVE YOURSELF?

Once you've done everything possible to repair the situation, it's time to make sure you don't do it again, and move on.



Kicking YOUR Guilt To The Curb

A. Identify 4 things you secretly or overtly feel guilty about (c'mon, we all got 'em!), including the last New Year's Resolution you dropped.

- 1. _____
- 2. _____
- 3. _____
- 4. _____

B. Choose 1 source of guilt to address right now.



C. What do you need to do to keep it from getting worse?

D. Is there anything you can fix going forward? _____

E. Is there Anyone you need to ask forgiveness from (including yourself)?

Who? _____



A Random Happy Hormones Lesson

You know what happiness is. We all want it, but how do we get it? Do we make it ourselves? Is it something that happens to us? The answer is... **Both!** Happiness is the emotional by-product of chemicals your body makes – your Happy Hormones.

Happy Hormones are essential chemicals, generated in your gut and your brain, that positively influence your mood in a variety of ways. Your happiness can come from two sources:

- from outside stimulation (like a comedy show)
- from within you (like when you decide to make a positive change)

(Did I mention I'm a Science Geek? If you're not, hang in there for 5 minutes, while I identify the major Happy Hormones for you.)

Dopamine – The Motivation Hormone

Dopamine is responsible for giving us the motivation that follows that feel-good feeling. It's both a hormone and neurotransmitter that stimulates your brain's reward system when you achieve success or notice progress. Dopamine motivates you to achieve even more.

Also known as the "feel-good" hormone, dopamine is associated with focus, learning, memory, fine motor system skills, and more. By the way, hugs stimulate our brains to release dopamine. (I'm just saying...)

Oxytocin – The Cuddle Hormone

Oxytocin is a chemical that acts on the limbic system, the brain's emotional center. The "cuddle hormone" is essential for childbirth, breastfeeding, and strong parent-child bonding. It can also help promote trust, empathy, and bonding in other relationships

Oxytocin creates feelings of contentment, and reduces anxiety and stress (YAY!). When we hug someone, oxytocin is released into our bodies, lowering both our heart rates and our cortisol levels. (Cortisol is not a happy hormone, but it *is* an essential hormone, even though high levels of it are responsible for high blood pressure and heart disease.)

Serotonin – The Feel Good Hormone

Lucky for us, Serotonin boosts long term resiliency, and therefore, decreased anxiety. This hormone (and neurotransmitter) helps regulate your mood, as well as your sleep, appetite, digestion, learning ability, and memory. It's your basic mood stabilizer.

Just so you know, hugging for an extended time (20+ seconds) lifts one's serotonin levels, elevating mood and creating happiness.

Endorphins – The Energy Hormone

Endorphins increase feelings of pleasure and well-being, *and* they reduce pain and discomfort. They're your body's natural pain reliever, which you instinctively activate when you rub a banged shin. Endorphin levels also tend to increase when you engage in reward-producing activities, such as eating, working out... or getting frisky.

OKAY! The Happy Hormone Lesson is over (I hope it wasn't too painful), so now we can talk about how to get your happy on!

Snacking For Serotonin

Scientists are exploring the possibility that low levels of **serotonin** may contribute to submissive type-behavior (which we don't want for our children, especially our daughters), which can too easily be converted into feelings of shame.

The solution? **Turkey!** (Or, more specifically, its tryptophan.)

Tryptophan is the essential amino acid that's converted to serotonin in your brain. It's found primarily in high-protein foods, like turkey and salmon. If you can find serotonin boosters that you already like, it'll be easy to create your on-demand happy hormone.

For more information on how to generate on-demand happy hormones, read my book **How To Get Your Happy On**, or, come to one of my happiness workshops. (Shameless plug.)

Make a list of the On-Demand Serotonin Generators you can easily incorporate into your life.

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

Triggering Tryptophan

Make a list of the On-Demand Tryptophan Generators you can easily incorporate into your life.

_____	_____
_____	_____
_____	_____

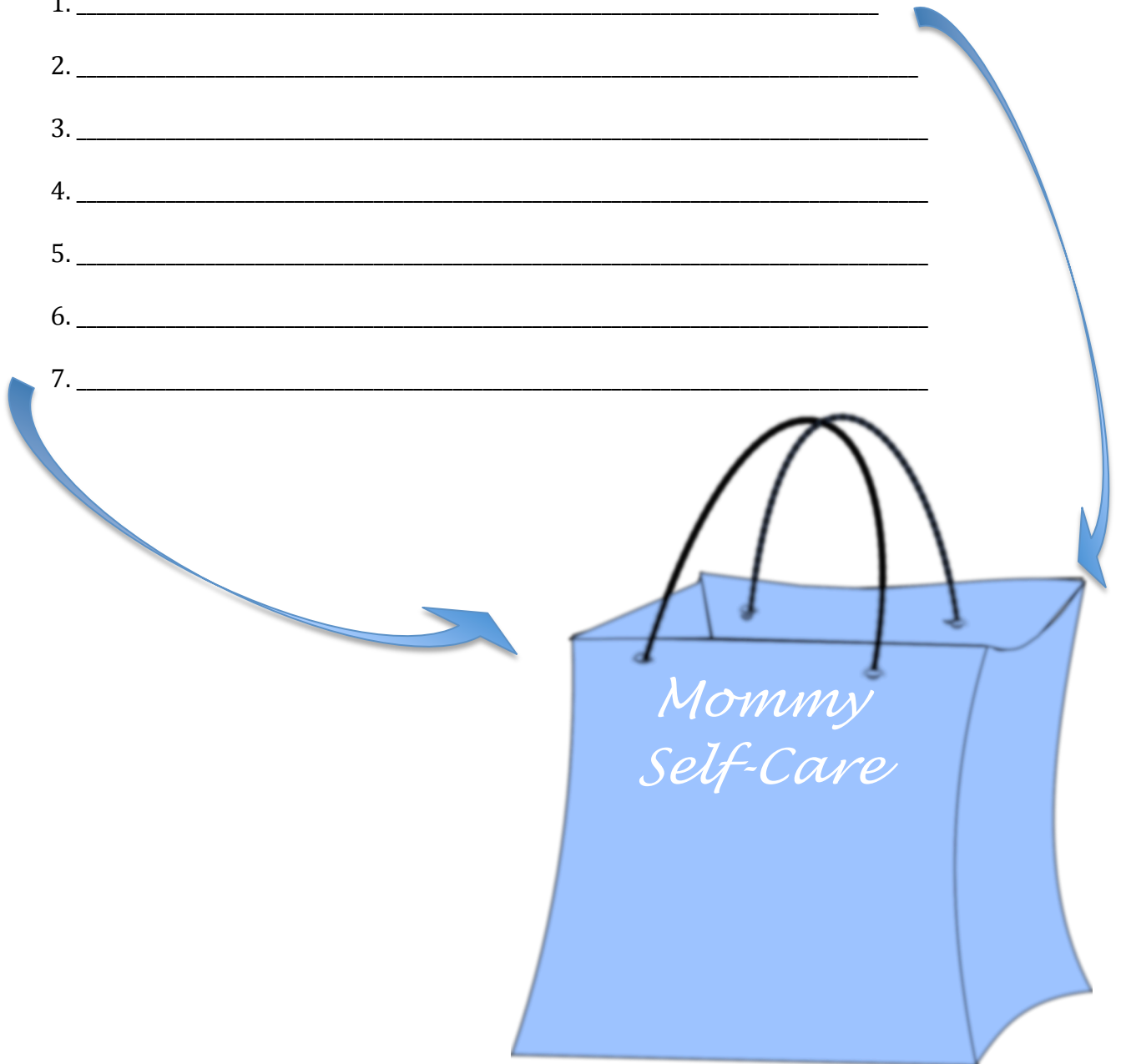


Fill Your Self-Care Bag!

Choose 7 different Self-Care ideas you can do for yourself. Circle the one you're going to start tomorrow (or tonight, if you're feeling sassy). Your mission, should you choose to accept it, is to model good Self-Care behaviors for your children by implementing one of the 7 Self-Care ideas every day this week. Next week, you can either implement the 7 again (YAY!), or you can find **another** 7 Self-Care ideas for yourself (HOORAY!) Fill that Mommy Self-Care Bag to the top!

What's in your bag?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Pause To Process Inappropriate Mommy Shame

All shame is inappropriate. Always. Feeling shame (always inappropriate), or being convinced that *you* are the problem, can be difficult to "come back" from. Most people don't announce their secret shame (always inappropriate), so no one knows to tell them they're wrong to be feeling that way... except me.

**You do not deserve to feel any kind of shame, whatsoever,
not in any form, shape or manner.
Whoever made you believe you deserve to be
shamed was wrong.
Period.**

Feelings of (always inappropriate) shame often stem from other people. However, Mommy Shame (always inappropriate) is unique in that it doesn't actually require another person. Moms create (always inappropriate) Mommy Shame all by themselves. How?

- By comparing themselves to the illusion of the "Perfect Mom" plastered all over social media (always inappropriate).

- By imagining the neighbor's perfect mothering (always inappropriate).

Over time, intense feelings of (always inappropriate) shame can take hold of a mom's self-image and create low self-esteem. That (always inappropriate) shame gets subtly communicated to her kids, inadvertently teaching them that their own misplaced inappropriate shame is appropriate. Their self-esteem drops, and their subsequent insecurity makes them easily influenced by other kids.

You don't want that for your beautiful children... and you certainly don't want that for yourself.

What if I told you some of the moms you've met feel inadequate or ashamed of some aspect of their parenting? What if one of them confessed their secret feelings of shame to you? What would you tell her to help her become more positive about herself and her parenting?

Personal Tendencies Quiz*

*Adapted from the Holland Code Test at personality-testing.info courtesy Interest Item Pool (IIP)

Introduction

The following is a personality test designed to help you understand yourself, with a particular focus on career tendencies. It's important to note that you may score more points in one category than another, but don't be surprised if you score more than 6 in every category, because we are complex creatures, with many facets to our personalities.

Also, most likely if you had taken this quiz ten years ago, when you were in a different stage of life, your scores would have been different than what you score today.

Instructions

On the following two pages is a list of various activities that people perform. For each one, indicate (in the blank on the left) how much you would enjoy that activity, using the following scale:

- 1 – strongly dislike
- 2 – dislike
- 3 – neither like, nor dislike
- 4 – like
- 5 – strongly like

The scoring instructions will follow.

The Activities

1 – strongly dislike
2 – dislike

3 – neither like,
nor dislike

4 – like
5 – strongly like

- _____ 1. Test the quality of parts before shipment
- _____ 2. Study the structure of the human body
- _____ 3. Conduct a musical choir
- _____ 4. Give career guidance to people
- _____ 5. Sell restaurant franchises to individuals
- _____ 6. Generate the monthly payroll checks for an office
- _____ 7. Lay brick or tile
- _____ 8. Study animal behavior
- _____ 9. Direct a play
- _____ 10. Do volunteer work at a non-profit organization
- _____ 11. Sell merchandise at a department store
- _____ 12. Inventory supplies using a hand-held computer
- _____ 13. Work on an offshore oil-drilling rig
- _____ 14. Do research on plants or animals
- _____ 15. Design artwork for magazines
- _____ 16. Help people who have problems with drugs or alcohol
- _____ 17. Manage the operations of a hotel
- _____ 18. Use a computer program to generate customer bills
- _____ 19. Assemble electronic parts
- _____ 20. Develop a new medical treatment or procedure
- _____ 21. Write a song
- _____ 22. Teach an individual an exercise routine
- _____ 23. Operate a beauty salon or barbershop
- _____ 24. Maintain employee records

1 – strongly dislike
2 – dislike

3 – neither like,
nor dislike

4 – like
5 – strongly like

1 – strongly dislike
2 – dislike

3 – neither like,
nor dislike

4 – like
5 – strongly like

- _____ 25. Operate a grinding machine in a factory
- _____ 26. Conduct biological research
- _____ 27. Write books or plays
- _____ 28. Help people with family-related problems
- _____ 29. Manage a department within a large company
- _____ 30. Compute and record statistical and other numerical data
- _____ 31. Fix a broken faucet
- _____ 32. Study whales and other types of marine life
- _____ 33. Play a musical instrument
- _____ 34. Supervise the activities of children at a camp
- _____ 35. Manage a clothing store
- _____ 36. Operate a calculator
- _____ 37. Assemble products in a factory
- _____ 38. Work in a biology lab
- _____ 39. Perform stunts for a movie or television show
- _____ 40. Teach children how to read
- _____ 41. Sell houses
- _____ 42. Handle customers' bank transactions
- _____ 43. Install flooring in houses
- _____ 44. Make a map of the bottom of an ocean
- _____ 45. Design sets for plays
- _____ 46. Help elderly people with their daily activities
- _____ 47. Run a toy store
- _____ 48. Keep shipping and receiving records

1 – strongly dislike
2 – dislike

3 – neither like,
nor dislike

4 – like
5 – strongly like

Scoring Your Results

1. Transfer the numbers from above into the appropriate box below.
2. Add up each column and write the sum into the last row.

1:	2:	3:	4:	5:	6:
7:	8:	9:	10:	11:	12:
13:	14:	15:	16:	17:	18:
19:	20:	21:	22:	23:	24:
25:	26:	27:	28:	29:	30:
31:	32:	33:	34:	35:	36:
37:	38:	39:	40:	41:	42:
43:	44:	45:	46:	47:	48:
=	=	=	=	=	=

Key to Your Results

Column 1: Total for Kinesthetic Tendencies _____

Column 2: Total for Investigative Tendencies _____

Column 3: Total for Artistic Tendencies _____

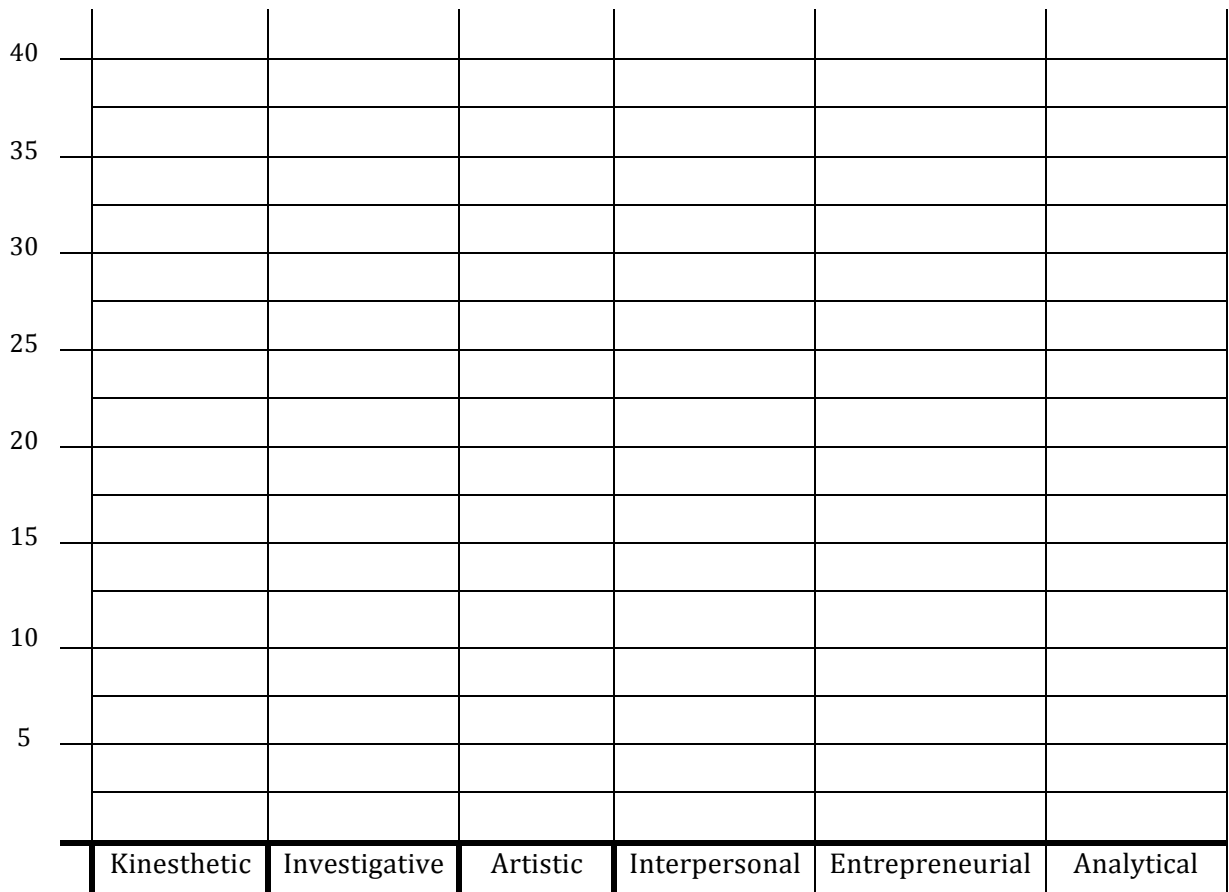
Column 4: Total for Interpersonal Tendencies _____

Column 5: Total for Entrepreneurial Tendencies _____

Column 6: Total for Analytical Tendencies _____

Visualize Your Results

For each column, shade it up to the corresponding number



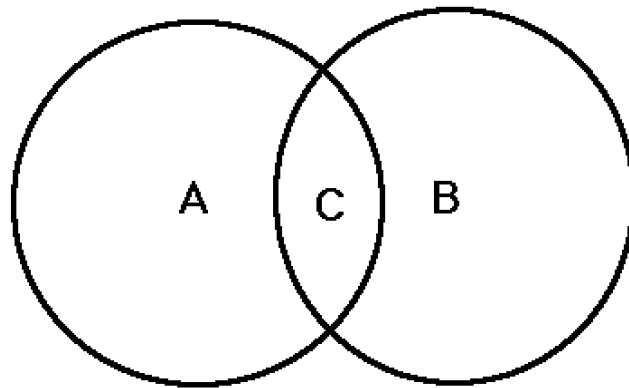
Master Your Mouth

If you have to change your nutritional intake (a.k.a. diet) for health or personal reasons, **Reframe Your Perspective** using the **Fabulous Venn Diagram**.

Circle A contains all the foods that you're allowed to eat.

Circle B has all the foods you *love* to eat.

Section C is where the magic happens. That's where the two realms overlap. **Those** foods that you love to eat which *are good for you*.



When I had to clean up my diet to combat Lyme disease, I was only allowed to eat...

Fish (no shellfish)	Garlic
Fowl (chicken, turkey, etc.)	Onions
Eggs	Carrots
Green veggies	Herb seasonings
Olive oil	Brown Rice
Filtered water (never from a plastic bottle)	

Whenever I could, the food had to be organic.

If you have a health issue, consider this lifestyle change. There's a lot of fun yummy ways to eat these ingredients. ;-)

Plus, your body can get back to the business of healing you, instead of working 24/7 to get rid of the chemicals you consume (a.k.a. junk food and processed food).

Did you know...

Every year, the Environmental Working Group (EWG.org) publishes 2 lists of non-organic, conventionally-grown foods: The Dirty Dozen and the Clean 15. This is the 2022 list.

The Dirty Dozen are foods so contaminated with chemicals that even rigorous washing does not get rid of them all. **Therefore, you should only eat these foods if they are organic.**

The Clean 15 are non-organic, conventionally-grown foods whose chemical levels are very low, in fact, low enough that with rigorous washing, **these foods are safe to eat even if they are not organic.** (Note that some foods, like papaya, are typically GMOs.)
<https://www.ewg.org/consumer-guides/ewgs-dirty-dozen-guide-food-chemicals-top-12-avoid>

DIRTY DOZEN

These foods have dangerous pesticides residues, even with triple washing. Only buy organic versions of these foods!

1. Strawberries
2. Spinach
3. Kale/Collard/Mustard Greens
4. Nectarines
5. Apples
6. Grapes/Raisins
7. Bell & Hot Peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

CLEAN FIFTEEN

The growing practices of these foods make them safer to eat when you can't go 100% organic. Wash thoroughly!

1. Avocado
2. Sweet Corn (Only Non-GMO)
3. Pineapple
4. Onion
5. Papayas (Only Non-GMO)
6. Frozen Sweet Peas
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangos
14. Watermelon
15. Sweet Potatoes

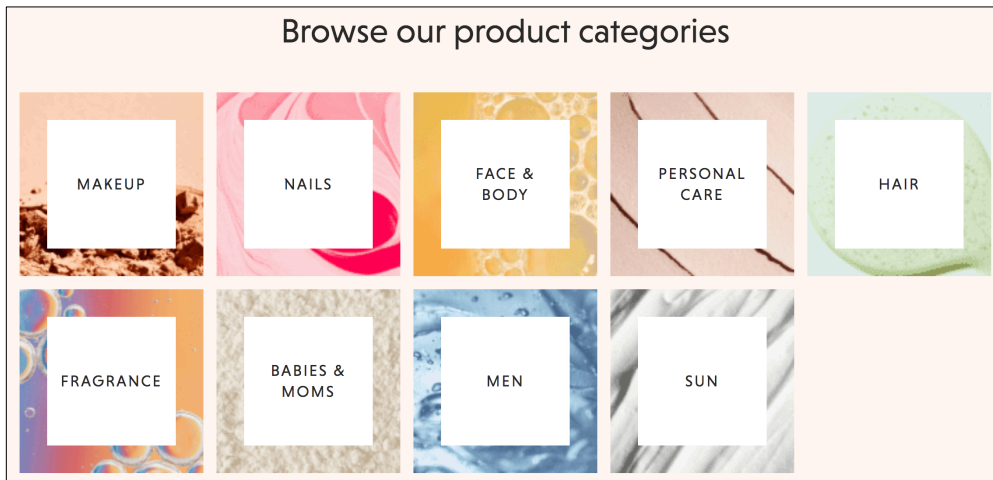
Make Your Own Fantastic Food Venn Diagram Here!



More Environmental Working Group

It’s definitely worth the time and effort to explore **EWG.org**. They scientifically test the chemicals in thousands of products to determine which ones are safe for human use, and which ones have carcinogenic (cancer-causing) ingredients.

Here are a couple of screenshots of their website to give you an idea of what they cover. Hey, if you have teens, task them with identifying the sunscreen, shampoo, eyeliner, etc. that’s best for your family.

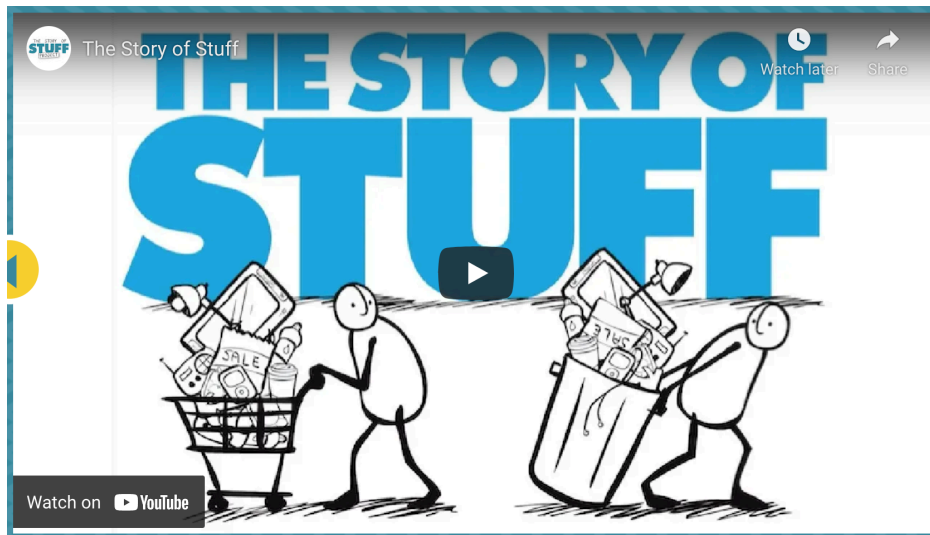


EWG’s Guide to Sunscreens: <https://www.ewg.org/sunscreen/>



The Story of Stuff (A Great Conversation Starter)

Need a Conversation Starter for bridging the communication gap between you and your offspring? This 20-minute movie is a real eye-opener. I used to show it to my high school students just to get them all indignant so they'd want to get out there and change the world. You'll see why when you watch [The Story of Stuff](#) yourself.



Try saying something like this:

"I just saw the coolest short film, and I wanted to show it with you. Do you have 20 minutes right now, or would [after dinner] be better?"

Go for it if you get a green light, but if you don't, make sure you follow up and ask again later.

After the movie, try saying something like this:

"What do you think [your best friend] would think about this?"

Then... LISTEN!!

Don't offer your opinion.

Don't contradict.

The only kind of comments coming out of your mouth should sound like, "Hmmm," or, "I see," or, "Interesting."

Just listen... and learn about this stage of your child's life.

The 3 Basic Approaches To Increasing Your Happiness

Pair up the following by drawing a line between matches:

The *Replicating Your Happiness* Approach

Decrease the negative

The *Protecting Your Happiness* Approach

Generate Happy Hormones

The *Creating Your Happiness* Approach

Accentuate the positive

Check your answers at the back of the workbook

Protect Your Happiness from Overwhelm

With new awareness comes the desire to fix things, but an event like this one provides soooo much to think about, you can easily become overwhelmed. You have to protect your inner-self, and your happiness, from even that, an ongoing battle that all moms face. It's true that a little discomfort sets the stage for change, but *too* much discomfort creates emotional paralysis.

The solution? (I thought you'd never ask.)

1. Make **ONE Small Change**.
2. Create reminders.
3. Turn it into a habit.
4. Make a 2nd **Small Change**.

What is **ONE Small Change** you can make starting tomorrow?

How are you going to remind yourself to keep doing your **Small Change**?

Track Your Progress After the Workshop

People get all excited and motivated when they attend workshops. Some call it Workshop Euphoria, but just like a brightly burning fire, it fades unless you add fuel. Instead of returning to old habits and perceptions, create a new lifestyle change by forming a new habit. All you have to do is use reminders, like:

- Sticky notes on your bathroom mirror, bedroom mirrors, fridge
- Electronic calendar reminders
- An accountability partner who will check in on your progress
- Reminders in your car and office

Even if you keep that fire burning brightly for a good while, something may interfere. But don't worry. Even if you slide back into your old ways, all you have to do is to pick yourself up, brush yourself off, and keep going.

BUT, this time you won't be starting from scratch. This time you'll be starting from **experience!**

The objective is to create a seamless lifestyle change. This is NOT about one-and-done, like New Year's resolutions. When you track the consistency of your progress, you can see your habit— and your lifestyle— building right before your eyes.

To stack the deck in your favor, post reminders on your calendar, on your bathroom and, the fridge, your vehicle dashboard, etc.

Talk to members of our private Facebook group because they are going through the same process. You'll provide *and* receive mutual support, and possibly find accountability partners.

Here are two more downloadable progress trackers for your new habits. Right now, go post reminders on your calendar, mirror, fridge, dashboard, etc.

Check one of the boxes:

It's On My Calendar!

It's not on my calendar yet...

Habit Tracker

A circular habit tracker grid. The outer ring contains dates from 1 to 31. The inner ring contains habit slots numbered 1 to 6. The grid is divided into 31 segments, one for each day. Each segment contains 6 rows, one for each habit slot. The grid is currently empty.

NUMBER OF DAYS I WAS PROACTIVE IN THOUGHT (T), WORD (W) OR DEED (D)

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
February																																	
March																																	
April																																	
May																																	
June																																	
July																																	
August																																	
September																																	
October																																	
November																																	
December																																	
January																																	

Goal: Deeds Dominate by APRIL!

Top 10 Ways To Get Your Happy On

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Top 10 Ways To Generate Happy Hormones

#1 Take Care Of Your Body

Believe it or not, the very thing we tend to leave for last should be our first priority. When people (especially moms) have bought into the Plenty-Of-Time Myth, and they have too much on their plate, the first thing to go is setting aside time for physical movement. The second thing to go is nutritional eating.

Here are some *really* good ideas to

- **lower your blood pressure**
- **hold off or combat chronic diseases**
- **decrease the overproduction of stress hormones**

But, don't overwhelm yourself. As you look through the following, circle the things you already do regularly. Underline the ones you'd like to start. Then **PICK ONE** for this week. Baby steps, Mama, baby steps!

- **Buy fish, fowl, veggies and fruits, and combine them yourself.** (Avoid any prepared foods with more than three ingredients in them).
- **Stick with cane sugar, maple syrup and honey.** (Stop using *all* artificial sweeteners, including Stevia).
- **Drink filtered or tap water in a re-usable container.** (*Never* drink out of a plastic water bottle, and *never* heat things in plastic.).
- Add More Mama Movement Into your day by going to the gym, or playing a sport.
Or, **add More Mama Movement into your day for 5-minutes ten times a day.** That's a 50-minute workout over the course of 1 day. It's VERY healthy for your bodily functions (and way better than 1 hour at the gym, followed by sitting for 8 hours). Set a timer so you get up and move every hour. Run around the block, or walk to the bathroom. *All* movement makes you healthier, including **laughing**.
- **Carve some quiet time** into your schedule, including intentional Me Moments. (Yes, this counts toward taking care of your body.)
- Take time to **appreciate yourself every chance you get.** (Yes, this counts, too)

#2 Count Your Blessings

Feeling grateful increases your happiness. Visualizing and remembering **nice** things generate Happy Hormones.

Gratitude Journals are all the rage right now. If you have a Gratitude Journal, supersize it by re-reading it every time you write a new entry, and intentionally drumming up an actual feeling of gratitude again.

If you don't have a journal, put a pad of paper and a pen next to your bed to remind you to write down some blessing you're grateful for before bed. Start with at least 3 things you are thankful for about **yourself**. Let the feeling wash over you for a minute. You deserve it!

#3 Do Something For Someone Else

Everything you do matters, especially random acts of kindness. Yes, holding a door for someone actually generates ha Happy Hormones. Every kindness is important, even something as seemingly insignificant as smiling at someone. Whether you notice it or not, it generates Happy Hormones for you.

#4 Volunteer and/or Donate

Every organization of do-gooders needs volunteers, whether skilled or merely enthusiastic. If you find something related to a hobby or personal passion that you can do for someone else, you'll get double the happiness benefits.

For example, if you like to read, go read to patients at your local hospital, or at a senior housing complex, or a kindergarten. Do something with your kids, like be a scout leader. If you like gardening, do some weeding for an elderly neighbor. Need to de-clutter? Box up gently used clothes and donate them to shelters where the recipients don't have to pay for them.

#5 Stay In The Moment

Instead of worrying about the future, or obsessing over something in the past, focus on what you can do today, what you can enjoy today, or what you can listen to today. Being in the moment generates Happy Hormones. So does the act of **deciding** to be in the moment. It empowers you, which taps into your dopamine reward system.

So, Take Back Control Of Your Life, beginning with individual moments. Live intentionally. Meditate. Decide to do a hobby (knitting, reading, painting) or a puzzle. Decide to play a game with your kids or parents. Decide to put away cell phones during conversations. All of these techniques generate your on-demand Happy Hormones, and they create moments of quality time.

#6 Learn Something New

You got this one **covered** for today because you took this workshop. *Congrats!* By the way, that positive vibe you had when you decided to register was courtesy of the Happy Hormones your body generated, just from the *anticipation* of learning something new.

Next week, take a class, online or in person, free or paid. They have classes on computers, knitting, languages, ballroom dance, sports, crafts, Zumba, healing skills, juggling, and almost anything else you can think of.

#7 Contact Someone

Reaching out releases Happy Hormones. Even planning it does because you remember good times and anticipate catching up. Pick anybody. Reconnect with an old friend. Call a relative. Make popcorn and snuggle up in front of the fireplace with your kids and an uplifting movie. Compliment a colleague. Joke with the bank teller. Make a date with your best friend. Get a drink with a new acquaintance.

#8 Have A Goal Or Treat To Look Forward To

Sure, a reward is nice. You achieve something, and you reward yourself for it. But, let's not underestimate the power of a good, solid *treat*. Plan a TREAT for yourself. Be specific! When. Where. What. How. Why. Then let the anticipation build! Put it on your calendar ***right now!***

#9 Be Part Of Something Bigger

Join Something—a club, a cause, the PTA or PTO (or whatever your town calls it), an Earth Day movement, a political campaign, an organization for female executives or entrepreneurs, Weight Watchers, the neighborhood watch, the scouts, professional organizations (the Lions, the Elks, the Polar Bears or the Shriners), service clubs, community gardens, a sports team, the local Chamber of Commerce (the list is endless). Go to a meet-up near you (MeetUp.com). Make a list of organizations, teams, clubs and groups you might like to belong to, or see how you can up your involvement in one of your current groups (like our private Facebook group).

#10 Explore Your Inner Self

Taking the time to explore your inner self is high quality Me Time in its purest form. You can do this on your own, or with a guide, like some sort of coach, counselor or therapist.

“No act of kindness, no matter how small, is ever wasted.”

– Aesop

This includes kindness toward yourself!

Did you know...

Even the most minor of pro-choices we make for our body has an automatic mini power boost associated with it. That’s because each and every one of those seemingly insignificant decisions are **proactive choices**, not just a mere passive option. **Choosing** contributes to your happiness level.

Recap 10 Ways To Get Your Happy On

- | | |
|----------------------------------|---------------------------------|
| #1 Take Care of Your Body | #6 Learn something new |
| #2 Count Your Blessings | #7 Contact someone |
| #3 Do something for someone else | #8 Look forward to a goal/treat |
| #4 Volunteer and/or donate | #9 Be part of something bigger |
| #5 Stay in the moment | #10 Explore your inner self |

The short version:
Live well. Have fun. Help others.

7 Steps To Self-Empowerment

Whichever path led you to this moment, you are supposed to be here to receive this message:

It's time to reclaim your womanhood, your personhood, and your life.

You deserve to feel confident and competent! Besides, don't your kids deserve a confident and competent mother? Like everything else, it's a journey – one which you need to start now. **Baby steps** will get you where you want to go.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

7 Steps To Empowered Kids

While you're modeling all that confident and competent behavior, why not bring your kids along for the ride? Guess what? It's the same 7 steps for empowering yourself! (Of course it is, right?)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

You may have been raised by folks who might not have been exposed to, or understood, the brilliance of embracing this philosophy. However, *your precious children* are being raised by YOU! And now, you are privy to this empowering perspective on life. So, they have YOU to teach them how to live these 7 Empowering Steps! Just imagine where this empowered thinking and acting will take them...
Exciting, isn't it?

Shameless Plug

This **Mothers Day Event** doesn't have to be one-and-done. There are plenty more where it came from. Each **Mothers Day Event** is unique in its approach to encourage healthy perceptions, improve outlooks, and eventually, develop a lifestyle that benefits you, and everyone you love.

You can choose from:

- 4 unique **Mothers Days Events** in 2022
 - Mothers Day in August
 - Mothers Day in October
 - Mothers Day in November
 - Mothers Day in December
- The **Get Your Happy On** workshop series, in January, 2023, and again in June, 2023
- Finally, I'm bringing back the **Mother-Daughter Relationship Makeover Retreats** for moms and their teenage girls, one in March 2023, and again in September, 2023

Visit my website for dates and details: <http://DeborahAnnDavis.com>

As a thank you for attending today's event (and, as a bonus for reading all the way through the workbook), I'm offering **you a free one-day workshop with the purchase of any other workshop**. All you have to do is:

1. Visit <http://DeborahAnnDavis.com/shop>
2. Choose and purchase the workshop of your choice (which, as of today's workshop, qualifies for the Early Bird Discount)
3. Email me at info@DeborahAnnDavis.com with the following message:

"Thank you for the free workshop offer. I have purchased [TITLE OF WORKSHOP], and I would like to register for the one-day workshop, [TITLE OF WORKSHOP] on [DATE OF WORKSHOP] for free."

This offer won't appear anywhere else. It's your reward for being thorough. ;-)

There will also be a **Free Alumni Session** the week of all 2022 workshops, where you'll get a chance to brag about your progress, and cheer on the others.

Get Your Ask In Gear

Everyone in this workshop is on a journey forward. And, they know that you are, too. Since nobody should have to do it alone, perhaps we can be each other’s resources. That means, if you need something, you’ll have to **ask** for it (one of the 7 Steps of Empowerment), because mind-readers are few and far between.

Take a moment to review the plan that’s budding from your new motivation, and take note of the things you’re going to need in order to move yourself forward, and/or, to stay on track.

What do you need? Support? Accountability? Ideas? Connections? What else?

The Essentials

If you want to achieve your dreams, and turn your goals into reality, you have to intentionally stack the deck in your favor. Here are a few essentials:

- Schedule fun first!
- Do important tasks in the morning while you are fresh.
- Get rid of distractions. Technology keeps us from reaching our goals.
- Pick a specific time to do daily tasks, like answering emails (3-5:00pm?).
- Add More Mama Movement into your day.
- Go outside when you feel tired and let nature energize you.

Celebrate Your Progress

It's time to reminisce.

Finish this sentence the way it makes you happiest:

I now am capable of _____

Something I'm good at now that I wasn't able to do 10 years ago:

I now am capable of _____

Something I'm good at now that I wasn't able to do 5 years ago:

I now am capable of _____

Something I'm good at now that I wasn't so good at 2 years ago:

I now am capable of _____

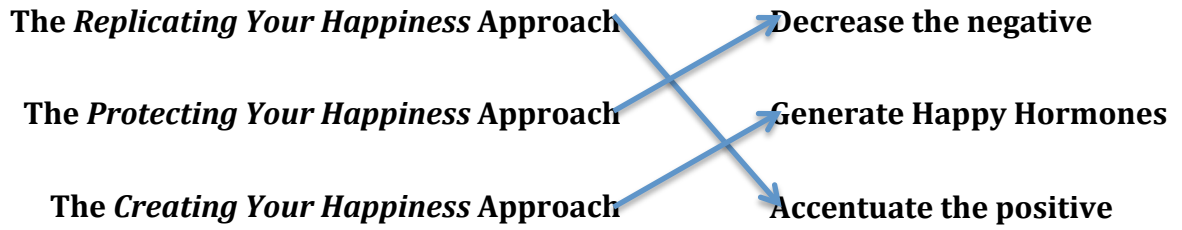
Something I'm good at now that I wasn't compared to last year:

I now am capable of _____

THE END (of the old adventure, but the beginning of your new one!)

May you look back on this year and say,
"This was the best year ever!" (so far...)

Answer Key



Resources

AMERICAN SCHOOL COUNSELOR ASSOCIATION (ASCA) STUDENT-TO-SCHOOL-COUNSELOR RATIO 2020-2021

<https://www.schoolcounselor.org/getmedia/238f136e-ec52-4bf2-94b6-f24c39447022/Ratios-20-21-Alpha.pdf>

EWG'S DIRTY DOZEN GUIDE TO FOOD CHEMICALS: THE TOP 12 TO AVOID

<https://www.ewg.org/consumer-guides/ewgs-dirty-dozen-guide-food-chemicals-top-12-avoid>

MEETUP

<https://www.meetup.com/>

MOVE YOUR LYMPH - BIG 6 LYMPH MOJO

<https://vimeo.com/472341428>

SHAME, SENSITIVITY TO PUNISHMENT AND PSYCHIATRIC DISORDERS

<https://www.verywellmind.com/what-is-shame-425328>

Guimón J, Las Hayas C, Guillén V, Boyra A, González-Pinto A. Shame, sensitivity to punishment and psychiatric disorders. *The European Journal of Psychiatry*. 2007 Jun;21(2):124-33.

SUNSCREEN DATA BASE

<https://www.ewg.org/sunscreen/>

THE CLEAN 15 - ENVIRONMENTAL WORKING GROUP

<https://www.ewg.org/foodnews/clean-fifteen.php>

THE DIRTY DOZEN - ENVIRONMENTAL WORKING GROUP

<https://www.ewg.org/foodnews/dirty-dozen.php>

THE STORY OF STUFF WITH ANNIE LEONARD

<https://www.storyofstuff.org/>

PHOTO CREDITS

<https://pixabay.com/vectors/gift-bag-shopping-retail-sale-312761/>

August 20, 2022

Mothers Day in August!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>

October 15, 2022

Mothers Day in October!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>

November 12, 2022

Mothers Day in November!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>

December 3, 2022

Mothers Day in December!

Live Virtual All-Day Interactive Retreat



For Moms About Moms By Moms

<https://DeborahAnnDavis.com>