

MY SUPER SECRET FORMULA

# How one super-mom can have it all

**WITHOUT SACRIFICING HERSELF**



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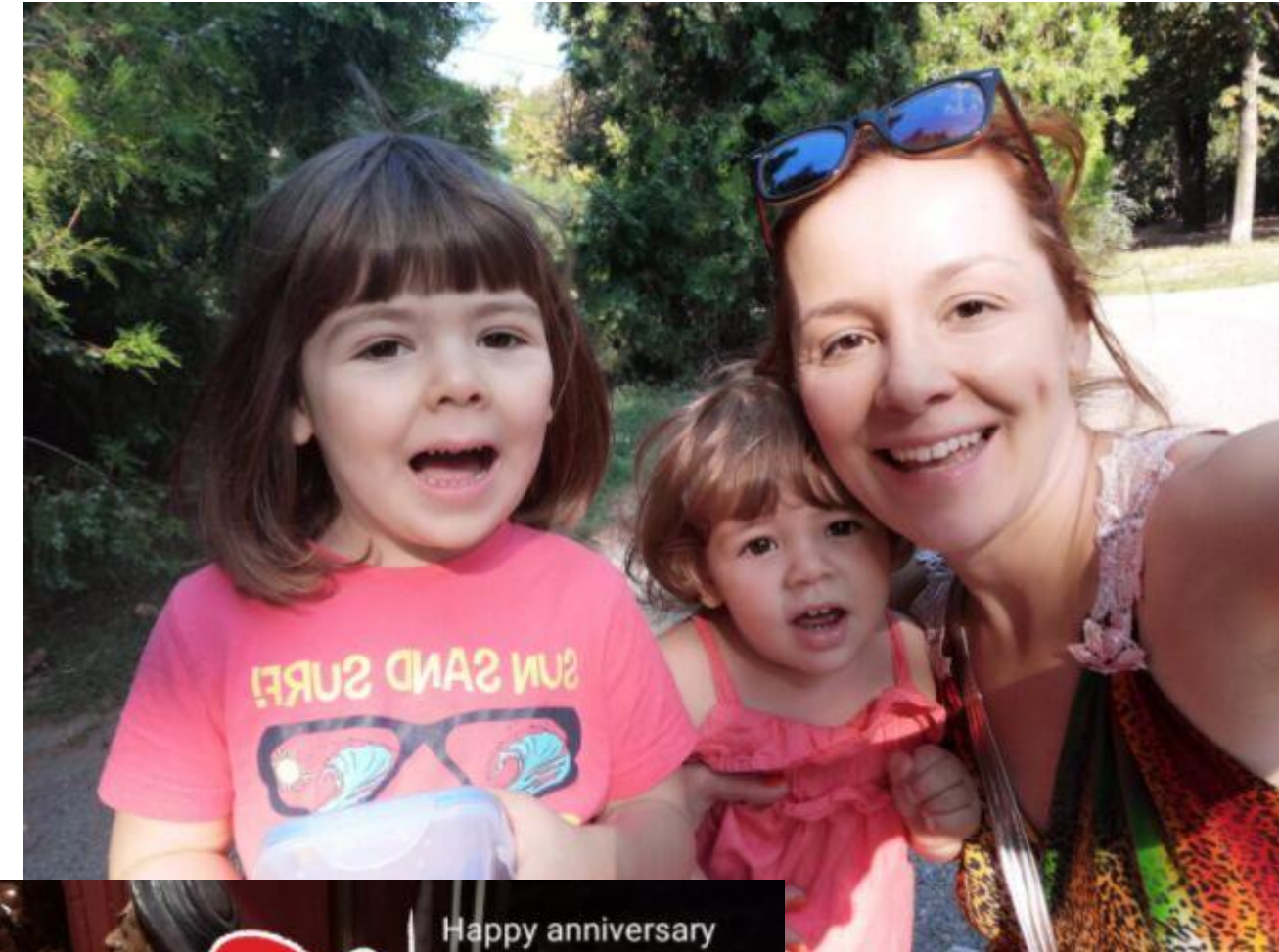
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[www.thecoachapproach.org](http://www.thecoachapproach.org)

**This is me...**

**Mom  
Wife  
Coach & Trainer**

**& since 4 years I've been  
having it all...**





# What happens?

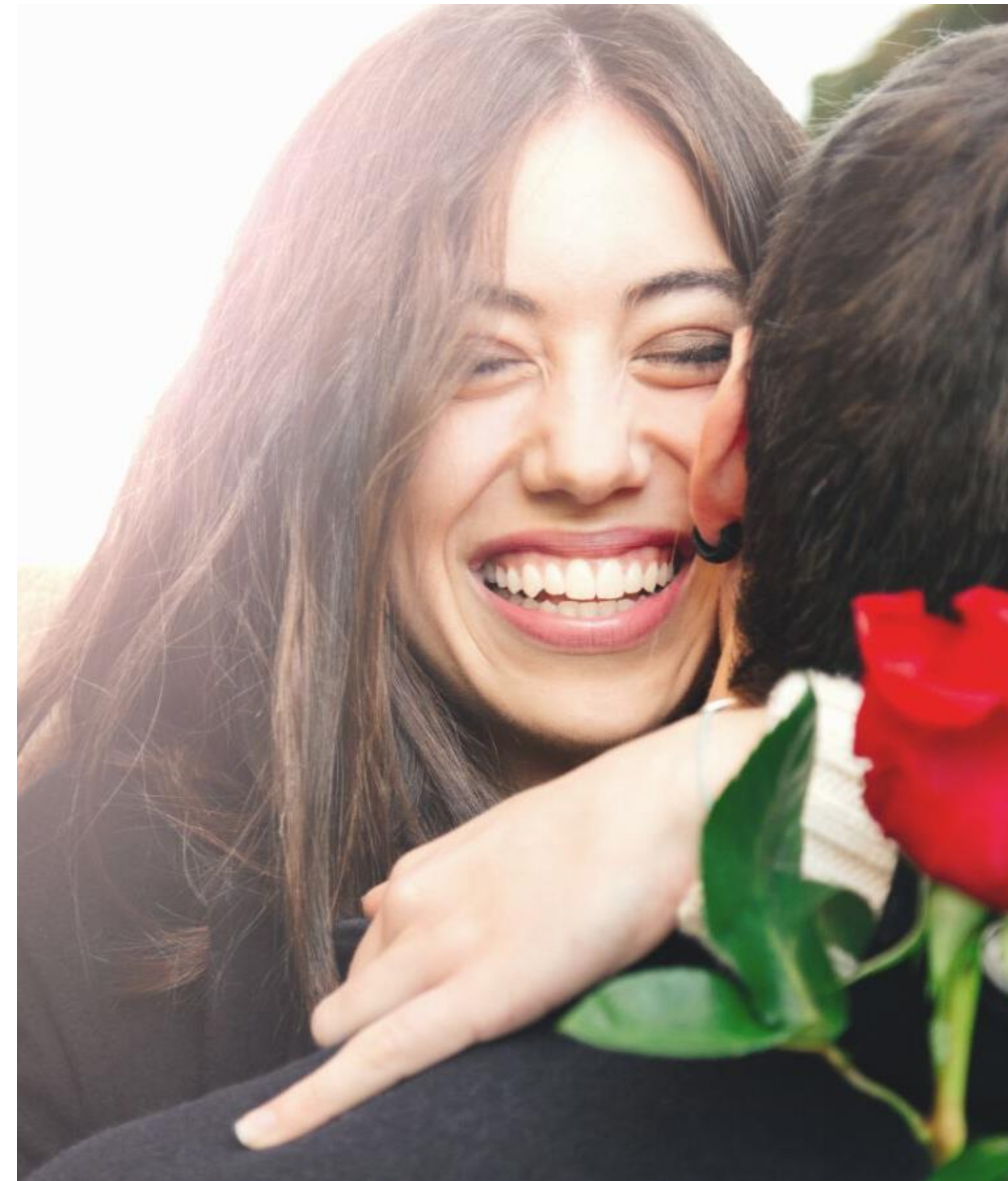
"When you become a parent,  
all your childhood drama  
bubbles up"

**...add Pressure you put on yourself  
+ Sacrifice idea  
= Hot Mess**

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**Ask yourself:**

Who are the **top 3** most  
important people in your  
life?



**In order to have  
it all, without  
sacrificing  
yourself or  
anyone else, **you  
need to put  
yourself first****

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**Go back to this:**

Who are the **top 3** most  
important people in your  
life?

**are you in this top 3?**





1. Fall in love  
with  
yourself.

**Tip question:**

**What does having it all mean to you?**

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2. Clarify what you  
really want & commit  
100% to it.

**Tip info:**

**Don't get obsessed with what you don't want  
but think about what you DO want**



The background features large, expressive brushstrokes in shades of orange and yellow, creating a textured, painterly effect. The colors transition from a deep orange on the left to a bright yellow on the right.

# 3. The Universe has your Back

The greatest gift you can give your kids and your loved ones  
is your wellness & wellbeing

**PUT YOURSELF  
FIRST**

**KNOW YOURSELF**

**GET CLEAR ON  
WHAT YOU WANT**

**My Super Secret Formula for having it all**