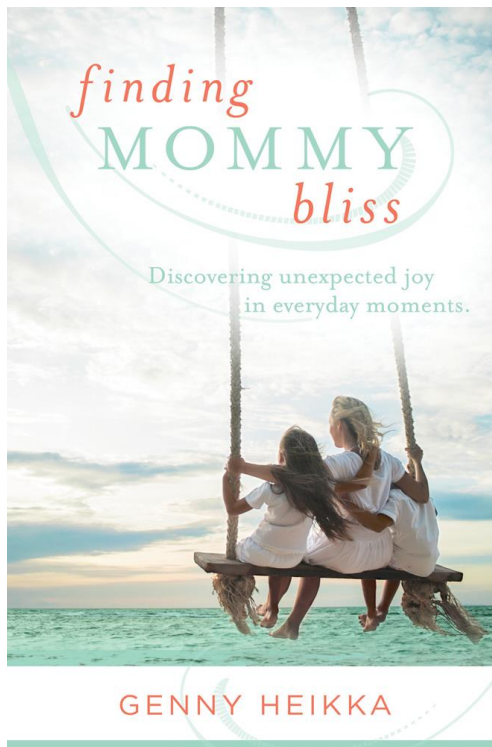


How blissful are you?



Finding Mommy Bliss, available wherever books are sold.

You have a special calling as a mom.

Even if you feel invisible and unappreciated sometimes, everything you do matters, not only to your kids, but to the world. So how do you keep the stresses and worries of motherhood from swallowing your joy and banishing your bliss? First, you need to understand where you are today.

In the same way you need to have a starting point when you're getting directions to somewhere, you need to know where you're at as a mom so you can identify what areas you might need to grow in, and what you might need to focus on.

On the next page is a questionnaire that can help. Take a few minutes and fill it out. I encourage you to be honest (you don't have to show it to anyone if you don't want to!). It is simply a tool for *you* that will be a point of reference as you read further. So go find a quiet corner, grab a cup of coffee or tea, and spend some time answering the questions . . .

WHERE AM I NOW?

Most of the time, I feel _____ about being a mom.

If I had to pick one word that describes my daily attitude, it would be:_____.

When it comes to parenting, I wish I was better at:_____.

When it comes to parenting, I know I am good at:_____.

I love _____ with my kids.

I don't like _____ with my kids.

I want to give my kids more _____.

I know I should give my kids less _____.

If I could _____ I would be more fulfilled and happy.

My greatest fear as a mom is _____.

The environment in my home is usually _____.

Something that holds me back from being happy is _____.

My kids would describe me as _____.

My bliss-rate as a mom is:

Miserable Blissful

1 2 3 4 5 6 7 8 9 10

To think about:

- Am I happy with my parenting or do I feel overwhelmed and as though I'm not doing a good job?
- Am I satisfied with my overall attitude and perspective toward motherhood or are there changes I need to make?

Reflections:

NOW WHAT? To learn how to find more mommy bliss, visit gennyheikka.com for free resources and tips (search Mommy Bliss), or read *Finding Mommy Bliss* available wherever books are sold to learn 20 tips to help you find more joy, right where you're at.