

# Inner Mama

## 3 Steps to Being the Kind of Mom You *Really* Want to Be



**Jenny Fenig, life + career coach; co-founder, Inner Mama Mastery Program**  
\* unleashing the peaceful power of women to create inspired lives \*

### STEP 1: RELAX

#### **The Power of Your Breath**

- Quality of your breath tells you about the quality of your mind
- Control the breath to control the mind

#### EXERCISE 1

- Energetic effect: Calming
- Use all parts of your lung/thoracic cavity
- Process
  - Inhale for 3 counts/heartbeats
  - Pause for 3
  - Exhale for 6

#### EXERCISE 2

- Energetic effect: Balancing
- Inhale (in this order): Belly, Mid-section, Upper Chest  
Exhale (in this order): Upper Chest, Mid-section, Belly  
\*Like pouring water in and out of a glass

#### EXERCISE 3

- Energetic effect: Cleansing
- Focus on your breath going out and coming in.
- Try and see how long your breath is. Measure it in heart beats. How long the out breath is. How long the in breath is. Try to equal them out. Have the same number of beats for the out breath as the in breath.
- Now try to increase the exhale by one beat and the inhale by one beat. Quiet your breath. Make it thin and long.
- If the mind is still try to add another beat on either side of the breath.
- Now go back to breathing normally. On every exhale, think of some negative quality. But still keep the same calm, thin, breath.
- With every inhale, think of some positive quality. Release negative qualities on the exhale.

## **Meditation & Centering**

- Takes time, but makes time
- Calmer and more focused mind
- Overcome stress and find inner peace and balance
- Transform your mind from negative to positive, disturbed to peaceful, unhappy to happy

RESOURCE: [How-to-meditate.org](http://How-to-meditate.org)

## **Mantras**

- Sound is able to affect the chemistry of the body and mind
- Clears away other thoughts, emotions and distractions that divert your energy

Let go	I open to what IS
So hum (I am that)	Be. Here. Now.
All is well	Serenity now
Faith over fear	

What's your mantra? \_\_\_\_\_

## **STEP 2: CONNECT**

### **Setting Intentions**

- Know where you're going and what type of energy you bring to the situation. Very useful when you begin your day, before important meetings and conversations, when replying to emails, at the start of projects, etc.
- Let your intention be for the greatest good of all
- Be clear about what you want
- Allow your vision to manifest

What kind of mom are you?

Are you:	
Patient	Balanced
Warm	Relaxed
Compassionate	Dedicated
Present	Loving
Engaged	Or something totally different?

Inhale, exhale, choose your word. I AM: \_\_\_\_\_

## **STEP 3: REFLECT**

Now, I'd like you to think of a challenging situation for you as a mother right now. Perhaps you are struggling with your child's sleep habits. Perhaps you're unsure of how to handle temper tantrums. Perhaps you need help balancing work with motherhood. Perhaps you feel isolated as a new mom. Perhaps you'd like to discover new family activities but aren't sure where to look. Perhaps your challenge is something completely different altogether.

Identify the challenging situation that you are struggling with. Breathe into this situation and stop resisting. Soften your edges. Tap into your intuition and allow the solution to emerge. What is the best approach to take? What are you willing to try? What feels right? Come from a place of compassion, confidence and clarity.

**Take a few moments to reflect and capture your thoughts on paper. Allow your intuition to flow onto the page. Embrace your wisdom.**

Very good. Allow that powerful feeling of confidence to guide you in taking action on overcoming your personal challenge. The action step is crucial. You can do it. You are strong, capable and powerful.

## **MOVING FORWARD: RESOURCES**

### **Inner Mama Mastery Program**

**Want to be more present, powerful and passionate as a mom?** You are invited to become a charter member of a groundbreaking virtual experience for modern moms who want to step into their power as women, experience more joy and less blah. This year-long support program is PERFECT for you if you're READY to:

- Take charge of your happiness and watch the trickle-down effect on your children, your partner, your health, and your peace of mind
- Nurture yourself so you can most effectively nurture your family
- Access that place of peaceful power and calm confidence
- Be the mother and woman you truly are...without the distractions and stresses of everyday life
- Step into your power and embrace the vital role you play in society

**A limited number of spots are available in our inaugural program.** We're looking for moms who are ready to challenge the status quo, rewrite the rules of modern mamahood, and start living life from the inside out. **Please visit [www.innermama.com](http://www.innermama.com) for membership and application details.**

## Daily Motivational E-mails

[www.mamagenas.com](http://www.mamagenas.com): Mama Gena's School of Womanly Arts – "Women are the greatest untapped natural resource in the world." –Mama Gena

[www.tut.com](http://www.tut.com): Tut's Adventurers Club – "Thoughts become things... choose the good ones!"

[www.yogajournal.com](http://www.yogajournal.com): Yoga Journal's newsletters about yoga, wisdom, eating well

## Let's Connect

There are a few ways we can stay in touch:

- Sign up for my newsletter - [www.jennyfenig.com/newsletter](http://www.jennyfenig.com/newsletter)
  - Newsletter subscribers receive a copy of the guide: 7 Simple Ways to Embrace Your Power ... NOW
- Subscribe to my blog Zen Jenny: embracing your peaceful power at work and play – [www.zenjenny.com](http://www.zenjenny.com)
- Friend me on Facebook – [www.facebook.com/jennyfenig](http://www.facebook.com/jennyfenig)
- Follow me on Twitter – [www.twitter.com/jennyfenig](http://www.twitter.com/jennyfenig)
- Let's work together - For the ultra-committed, give yourself the gift of a personal coach. What are the benefits of a coach?
  - Holds you accountable
  - Guides you in the process of creating the life you want
  - Inspires you to go after what you may think is out of reach
  - Acts as a thinking partner who helps you brainstorm solutions to challenges
  - Helps you achieve life-changing results

I work with a limited number of high-caliber moms who are ready to manifest what they want. **If you are ready to step into your power, I want to speak to you.** You can book your complimentary 30-minute consultation here:

[www.jennyfenig.com/consultation](http://www.jennyfenig.com/consultation)

As you move forward through life, know that you are a wise, wonderful woman. Your child is so lucky to have you! Know how important you are. You are beautiful. You are a mother.

Enjoy the ride!

## ABOUT JENNY



**Jenny Fenig**, a yoga-inspired life/career coach, is passionate about guiding women to unleash their peaceful power at work, play and in this fascinating journey called life. She loves offering her unique brand of insight and inspiration through [one-on-one coaching](#), [live moms support groups in partnership with babybites](#), the [Inner Mama Mastery Program](#), and her [blog Zen Jenny](#). Jenny believes that women (moms especially!) are the greatest untapped natural resource in the world and it is her mission to clear the way for the next female revolution where moms are making the rules and families come first. A true mompreneur, she has built her business around her biggest priority: her fantastic family.