





Welcome!

HERE'S YOUR MOMPREENEUR
BRAIN HACKS WORKBOOK

About Me

Hi I'm Mo! I'm a homeschooling mom of 7 currently living in the Midwest. I help moms with multiple children overcome the unique challenges of running a busy household while building a business so they can FINALLY stop battling the mom-guilt and find simple solutions that allow them to effectively manage their household while joyfully growing their business!

My clients are able to fully step into this new way of showing up because they've changed their operating patterns through key mindset shifts, created decision-making filters, gained clarity around what they offer, and identified family and business priorities.

- They might feel that running their business is taking away from their family
- Believe that they can only be successful in business or family, not both
- Are afraid to grow their business too big because it might deplete them of more time and energy, which they feel they barely have enough to do it all.

So that's why I got certified as a Christian Life Coach based in Cognitive Behavior Therapy techniques. I now use science and scripture to help you tackle the solutions to grow a healthy business and home.

*Side note, on weekends you can find me sipping some Kombucha while reading subtitles on foreign films.

~ Mo Spell

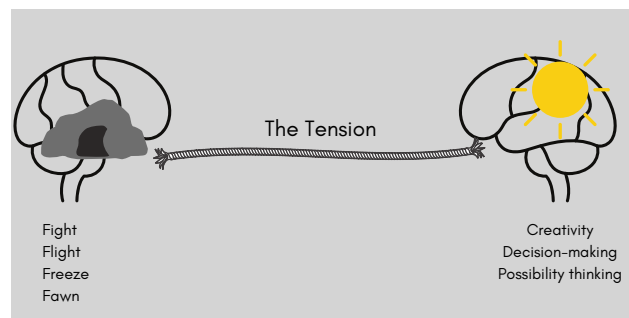
Calm the Cave Brain

Your brain is wired for your survival, not your success

When your brain comes up to new things or the unknown, its job is to protect you. And it usually comes up with all the ways this might not work. It wants to know the final result before starting in order to feel like this is a "safe" choice. This is the role of what I call our "Cave Brain" --- to bring us back to safety.

So if you know this is the brain's natural bias and it collects evidence to prove itself right, you can overwrite it by:

- "Thanks brain for keeping me safe. I'm ok."
- Reminding yourself of evidence of how new things worked well in the past
- Using Powerful Questions (see next page)
- All I need to do is take the one next best step.



Cave Brain:

- Why do I always do that?
- I don't know what to do.
- I can't do this.
- Numbing for immediate release from anxiety.

Sunshine Brain:

- What is possible?
- How do I resolve this?
- What do I get to do? (versus have to do)
- Who do I need to be to get this need met?

Calm the Cave Brain

Questions to Ask When Anxious or Overwhelmed

- Is that 100% true?
- Is there anywhere I'm being dishonest with myself?
- What would it be like if I let go of that?
- What am I pretending to like that I don't?
- What am I focused on that I don't want?
- So what? or Why not?
- What do my emotions in this situation reveal about what's going on in the inner me?

Question to Ask When Things Feel Hard

- What if it gets to be easy?
- What one next step could I take?
- What choice will I be glad I made tomorrow?
- What would I choose if I knew this was going to be the best day of my life?
- What will help me exhale?
- What would the ideal me choose in this moment?
- What characteristic of God can I hold on to today?

"I don't know" type answers

- What if I did know?
- What if I felt like I had a choice, what would it be?
- What if I couldn't mess it up?
- What if I could have a win here?
- What's one step I could take right now?
- What could I do about this?
- Who could help me?
- What have I done in the past in similar situations?
- What's exciting about this new opportunity?
- Do I feel like I'm operating in a "should"?

When I Am Feeling Drained

- What are three little annoyances in my life right now that are stealing my energy or robbing me of joy?
- What am I tolerating that maybe I didn't realize could be changed?
- What worries are cluttering my mind and heart?
- What difference in my life would it make if these worries or energy drains were gone?
- What one step could I take today that would bring me most peace?
- In the midst of my current circumstances, what attitude or response could I have that would allow me to function at my best?
- What are five things that feed my soul? How can I add more of these things into my schedule?



L Limiting Beliefs

A limiting belief is a thought you hold true that limits you in some way. It keeps you stuck and from growing. "I'm not a patient mom" or "I'm not good at writing so I can't teach it." Many of our limiting beliefs come from our own past performances, family beliefs, and past experiences.

E Expectations

You can spot expectations you are holding for yourself and others when you catch yourself saying or thinking "I should" or "they should..." As coaches, we like to say, "Quit shoulding yourself!" These unspoken expectations we hold can cause resentment, anger and defeat.

A Awareness

Awareness of our thoughts is the first step towards change. Over 90% of our thoughts in a day happen on a subconscious level. It takes intentionality to stop and think about our thinking. Once we are aware, we can choose to keep the thought or replace it.

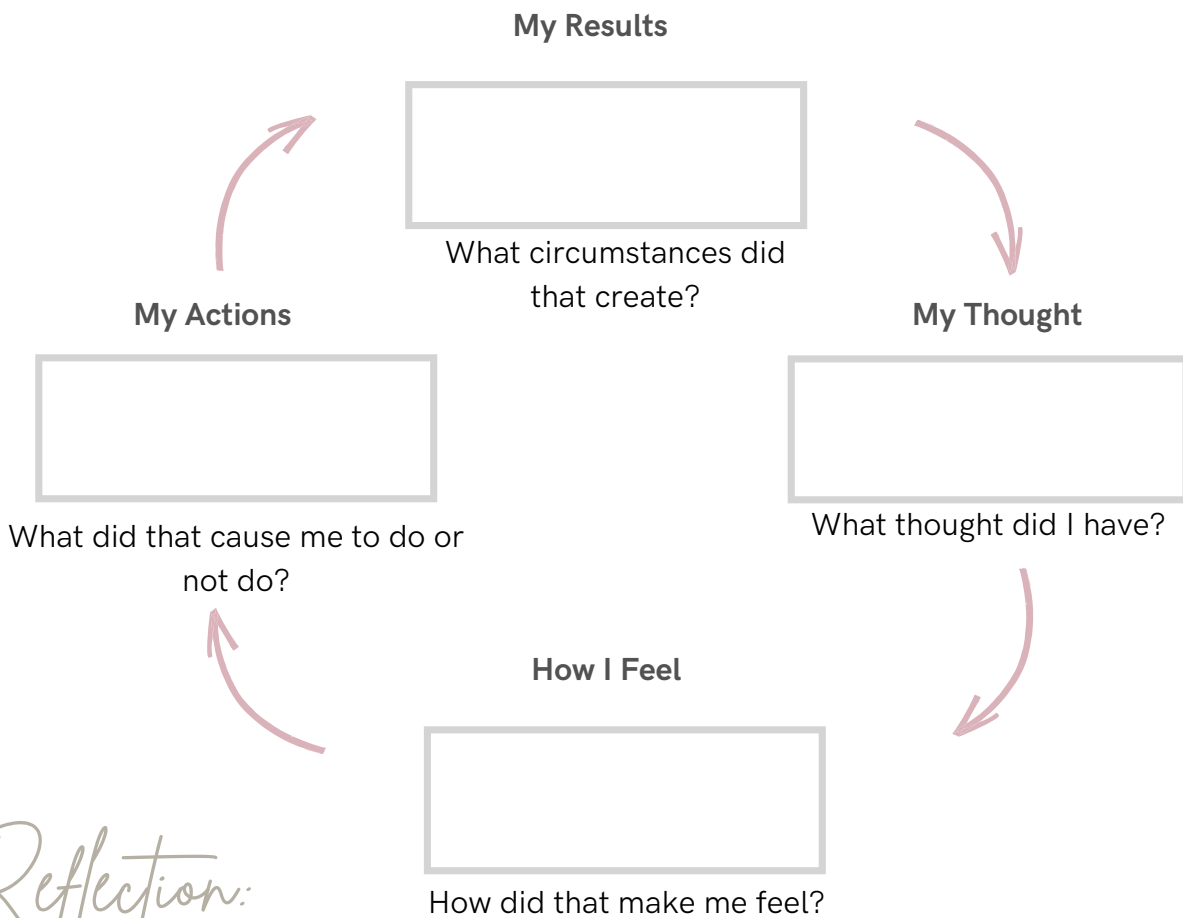
R Renew Your Mind

How do you know what you are thinking? I like to use my feelings as a check-engine-light. When I notice I'm feeling some big feelings I like to ask myself, "What was I thinking right before I noticed that?" Then I use the Mind Map tool below to help me renew my mind.

N New thoughts, feelings & actions

We usually want to figure out what to do to change our circumstances, but that's not the first question to ask! The first thing is "what am I thinking?" Your feelings come from your thoughts, and you act or don't act based on your feelings.

Mind Map



Reflection:

- Is this thought 100% true?
- How is this thought/belief working for me?
- Does this thought line up with God's word?
- What could I choose to think instead?
- Is this new thought something I think I "should" be thinking or is it a thought I can truly hold?

What new thought can I hold instead? Write it down as a declaration.

Reflection

How do I want my business to feel?

Ideally, how would I like our home and family to function?

What am I telling myself about being a mom and running a business? Be honest. The goal is to see your thoughts. Awareness is the beginning of change.

Reflection

Using your thought brain-dump from the previous page, pick one of them to put through the Mind Map.

Old thought:

New thought:

Can I really hold this thought?

 Y N

Is it a "should" thought? Is it the extreme opposite of my original thought? If so, you might want to revamp the thought to be something you could actually believe, mind and heart. Sometimes you might have to come up with a neutral thought first and practice that thought for awhile before believing something different.

If no, then what thought could I hold instead?

Now the work begins, which is the exciting part! Write your new thought down on a post-it note and put where you will see it. Write the new thought down 1x a day. Speak it into your voice recorder and listen. You are telling your brain that this is what you are focusing on. Then when the old thought pops up again (which it will) you can now choose to overwrite it with the new thought! The more you do this process the quicker a new brain pathway is built. Then before you know it, this new thought has become your subconscious thought.

Invitation

I'd like to invite you to be a part of the Grace Based Business Community.

We believe that God is raising up mompreneurs to greatly impact their homes and communities for His glory. The tool He's using is our businesses!

We believe that if God has called and equipped us then we are able to successfully (whatever your definition of success is) operate our business and our homes simultaneously. No life-sucking hustle, grind, burn-out or mom-guilt allowed!

We understand how motherhood and entrepreneurship can feel lonely at times, which is why this community exists in order to help connect, encourage and equip women in business.





Do you get laser focused on one thing at home, and quit working on your business? Then working on your business feels like everything falls apart?

Have you hit a point where you're trying to build a business and you really need to figure out some balance?

Have you been trying to jerry-rig your business for too long?

Let's Build a Solid Foundation Together!

Nettie Rivera 🙌 · 0:03

Mo today was incredible ❤️

My ahas

Understanding the mom Brain with different eyes and a different heart today.

Linda McDonnell 🙌 · 40:21

#replay I'm catching up. You become confident by doing what you're avoiding. I relate to most of these obstacles. 😊 I acknowledge that I'm aware of them and doing my best to take action. This was such a blessing to me! Thank you Mo! ❤️

Love Reply 1d

Anna Morris · 0:00

This was so good! I am going to have to watch it again!

Love Reply 1w

what they did to you? What happens if the situation that was out of your control has no one to apologize to you about it? I've already listened to that portion three times and it's even better each time I process the way you explained it. Loved this mornings video, Mo. ❤️

The Momprenneur Mindset

<https://maureenspell.com/momprenneurmind/>