

*Meg Tilton Coaching*



Rewriting  
~~~~~  
YOUR  
MOTHERHOOD  
STORY

# Meg Tilton Coaching

## Step #1: Getting Honest With Your Current Motherhood Story.

Hello and welcome. I'm so glad you are here and that you are ready to get honest with your current motherhood story. Wherever you go, you are surrounded by stories. Fictional stories on TV shows, in movies, and in books. True life stories on the news, in magazines, and on social media. Intimate and personal stories inside our own minds. Everything is a narrative in some form or another.

Being a member, woman, and a mother in The Church of Jesus Christ of Latter-Day Saints is an area that most likely shapes your personal narrative about God and your relationship to Him, your place as a woman in His kingdom, and your role as a mother to His children. It's a narrative that can be beautiful, empowering, and life altering but for many, it can also be overwhelming, fraught with guilt, and limiting to so many of His daughters.

One of the most misunderstood narratives, and one that seems to cause the most stress for women in The Church, is the narrative around being a mom and how one's motherhood should look. Growing up in The Church you may have been told the narrative of being a good mom looked something like the following:

*"You are to develop yourself and your talents throughout your young women years so that you can use them to serve your family later in life. After you go to high school you can either go to college or some vocational school or get married, but above everything, getting married and having children should be your top priority. Once you have children they will fill you with so much joy and all your days will be happy and fun filled. If you desire to do anything outside of your motherhood, you should suppress that and remember that your main focus and only true joy comes from your children and your role in raising them. In fact, if you do anything for yourself or pursue anything outside of motherhood, the likelihood of having it negatively affect your children is high. The guilt you will feel when your children don't turnout the way Heavenly Father intended them to will cause you eternal sorrow and everything else you have pursued in your life will not matter. So, make sure that all your time, energy, and focus is solely on your children and their well-being."*

Whatever level of this narrative you relate to (or one that is some version of it) is why you are here today. The narrative isn't working for you and you are miserable and you are hoping there's a way you can feel better. Well, I've got you sister and we are going to get you there. But first we have to know exactly where you are before we can determine where you want to end up. So what I want you to do now is copy off the worksheets below where I have written some questions so that you can write down and get really clear on what your current motherhood narrative is. This is something I don't want you to race through. Take your time and don't censor what you write. This is an opportunity for you to be honest and real with yourself. The more honest you are, the easier it will be to move forward and rewrite your motherhood story as we go through this process.

# WORKSHEET #1

1. What do you believe your motherhood should look like so that you are a good mom?

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2. What role are your children supposed to play in your happiness as a mother?

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3. Do you enjoy being with your kids? How do you feel about the answer to that question?

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4. What thoughts do you have about pursuing something outside of your motherhood - solely for your growth and benefit?

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5. If you did develop yourself in ways that would take you away from your kids, what ways do you perceive it could impact them?

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6. How much do other's opinions of motherhood and what it should look like shape what you do in your motherhood. What are those opinions?

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## Part #2: Questioning Your Current Motherhood Narrative.

When we see motherhood narratives that are true for others, we often assimilate them into our own lives and believe they should be our motherhood narrative too. But not being really clear about your personal motherhood narrative when there are endless narratives presented to you almost daily, can lead to confusion, overwhelm, and feeling trapped living a life you were never meant to live because it's not your life and how you would choose to live it. Even in the church, you can see one mother doing something in her motherhood one way and another doing the total opposite. How is it possible for the same thing to work for one mother and yet it doesn't work for another? That's actually a really easy question, because they are two totally different people, with different strengths and weaknesses, different life experiences, and different children. Here is a rarely realized truth, There are as many ways to do motherhood as there are mothers. No two motherhoods will ever - nor should ever - look exactly the same.

A question I don't think we ask ourselves enough is "why" we believe the things we do. In many ways, we are afraid of what the answer might be and so we avoid it and just keep living our life the way we always have or think we are supposed to because to question it will cause us to have to get uncomfortable and real with ourselves. Well, I'm here to push you to get a little uncomfortable because the real way to be a good mom, to have the motherhood you want, is to make sure you are being real and authentic with yourself and being honest with ourselves about what we really want and don't want can often be the hardest conversation we will ever have.

Below you will see a link for another worksheet. I want you to copy that off and then answer the "Why" to the seven questions you answered from the first worksheet. There may be several reasons for each one. Write as many as you come up with. Then come back and we will move onto the next step.







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## Part #3: Is it True?

On average your brain has 60k-80k thoughts a day. That's about 2500-3300 thoughts an hour which works out to be about a thought every second. That is a lot of lines in your daily narrative of life and there is no way that you are consciously going to be aware of all of them. In fact, some are so ingrained and habitual that you can't be aware of the harm they are causing because they have just become part of the scenery of your brain. If you want to change your motherhood you have to start questioning your current daily thoughts that add to your collective narrative and ask yourself if your thoughts are really true and if you like the narrative they are getting you.

So what I want you to do now is go through all the "why" replies and really think about if they are true or not. Just write a simple "T" for true and "F" for false next to them. When you are done come on back and we will keep going.

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## Part #4: The New Truth.

Because we are such unconscious thinkers and don't really take our thinking to be something that we have control over, we can often resign the way our life is to be "just how it's supposed to be". But now I've given you a little taste of how to call your brain out and really question what it thinks. You are totally allowed to do that and I encourage you to do it often.

Now it's time to move to our final step - the most fun step of all. It's time to decide what you really want to think on purpose when it comes to your motherhood. This is where you are going to take the original seven questions you worked on earlier and really figure out what you want the answers to be. The key to this exercise is to answer the question from a place of having no restrictions. I want you to answer the questions as if you had all the time, energy, resources, and support you would need to make your motherhood look exactly how you want it to. This is supposed to be fun and a place to really let your brain dream big and grand. Again, I have created worksheets for you to do this. Once you are done come back and we will wrap it all up.

# WORKSHEET #1 REPEAT DREAM VERSION

1. What do you believe your motherhood should look like so that you are a good mom?

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2. What role are your children supposed to play in your happiness as a mother?

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5. If you did develop yourself in ways that would take you away from your kids, what ways do you perceive it could impact them?

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## Part #5: Owning Your Motherhood.

I love the quote by Marianne Williamson that says, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. WE ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you." When it comes to your motherhood, your playing small does not serve or enlighten you or your children. To be the mother you want to be, you must lean into and become the mother God has always intended you to be. You have to be willing to think outside the box, to pave your own way, to perhaps do some things that are a bit unconventional, but are still things you are meant to do.

The end of Marianne Williamson's quote is my favorite because it shows you where you can go, what you are capable of, what God has always intended for you. She says, "We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

You were meant to shine in your motherhood. I can't think of a better role to truly "manifest the glory of God" than in your motherhood. But I guarantee you that if you have stuck with me all the way to this point, you aren't doing it. You are miserable, tired, frustrated, and perhaps a little hopeless. But it's not meant to be that way. Your motherhood is not meant to make you feel trapped, small, or inadequate. It is a role for you to uniquely define and fulfill, and when you stop doing what you think is the "right" thing, and stop trying to live up to an expectation made by other women and men, and start doing what you are meant to do and pave your own path, that is when you will stop feeling trapped and instead start feeling in control of your motherhood and what it looks like.

Are you ready to take that step? It can be a little daunting and overwhelming to take that journey on your own and so that is why I want to invite you to come and let me help you do it. I want to help you shed your current story about motherhood that is making you feel terrible, trapped, overwhelmed and exhausted, and instead help you adopt a new story that will support you so that you can feel in control and progressive in this role you have been asked to take on.

God does not need mothers who are puppets in someone else's play. He needs mothers who are stepping into their own unique and beautiful motherhoods. He especially needs that from His daughters in His church. If you are ready to do this then I want you to click on the button below that will take you to a page where you can sign up to come and chat with me and where we will explore this possibility for you. The call is free, all you have to do is sign up and reserve the time on your calendar. I will take it from there.

If you are hesitant I want you to ask yourself, "What do I have to lose?" Well, I'll tell you. What you have to lose is a story about your motherhood that isn't currently working for you. You get to lose all the painful emotions that go along with that story. You get to lose trying to live up to someone else's version of what your motherhood should look like. The more important question is, "What do I have to gain?" You get to gain freedom in your motherhood, peace in how that motherhood looks, and the knowledge that you are doing it how you should and how you want to.

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Are you ready to lose the motherhood narrative that is causing you pain and holding you back and instead gain a narrative that allows you to be the mother you have always wanted and were intended to be? Then come join me on a free discovery call where I will show you how that can happen. Click the button below to book your call today.

Or go to:

<https://coachingwithmegtilton.as.me/discoverycall>

♥ Meg

[Click Here](#)