

M.O.M.

Modern Occupational Mindfulness

Taking Care of M.O.M.



UNIVERSITY OF
BALTIMORE

Career and Internship
Center

Wellness Wheel

How balanced are you? On a scale of 1 – 5 rate your balance in each domain of the Wellness Wheel.



- 5 = Perfectly Balanced in this area
- 4 = Well balanced with room to grow
- 3 = A little off balance but maintaining
- 2 = Off balance and going down fast
- 1 = Off balance – Help!

_____	Financial	_____	Social
_____	Intellectual	_____	Creative
_____	Physical	_____	Spiritual
_____	Emotional	_____	Environmental
_____	Academic or Career		

My Bucket List

Parents spend a lot of time making other people's goals and dreams come true. What are your bucket list items that you once dreamed of or have put to the side? Write them down and then pick one to complete in the next 12 months.



My Career Goals

My personal mission statement: What do I want to do and be?

My Career Goal:

Turn your Career Goal into a SMART Goal



Specific	Is your career goal specific?	YES	NO
Measureable	How will you know you have reached your goal?	YES	NO
Attainable	Can you complete this goal?	YES	NO
Relevant	Is this goal connected to your personal mission and long-term goals?	YES	NO
Timely	Is the best time to pursue this goal?	YES	NO

Inspiration for Working Mothers

“The obligation for working mothers is a very precise one: the feeling that one ought to work as if one did not have children, while raising one’s children as if one did not have a job”

--Annabel Crabb

“If I am pursuing my goals, my kids are seeing me at my best. I am filled up, I am happy, I am not feeling empty, depleted, and therefore resentful about the fact that I’m missing out. I don’t want them to feel that burden. I always remember that a happy working woman is a happy mother.”

--Shonda Rhimes

“We throw around this word balance like it’s attainable. But the truth is we can only give 100% to one area at a time. The goal is to prioritize and get done what is essentially necessary every day. Ultimately, that’s what it means to balance life.”

--Arian T. Moore, Publisher *Bibs & Business Magazine*

“Making changes in our careers and lives is just that – change. It doesn’t mean throwing anything away.”

--Becca Carnahan

“Trying to do it all and expecting that it can be done exactly right is a recipe for disappointment. Perfection is the enemy.”

--Sheryl Sandberg

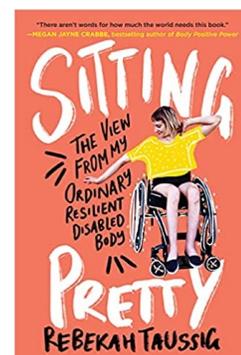
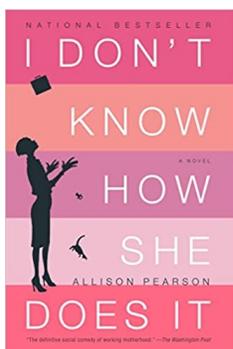
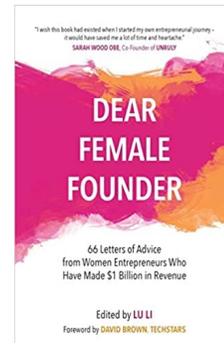
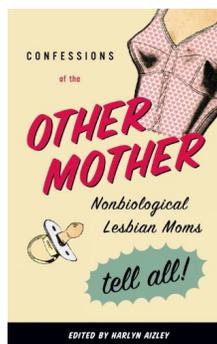
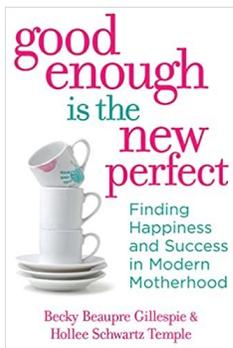
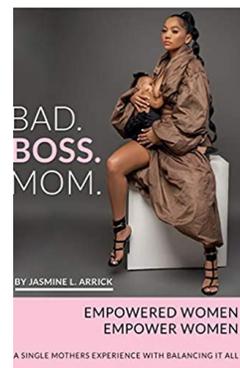
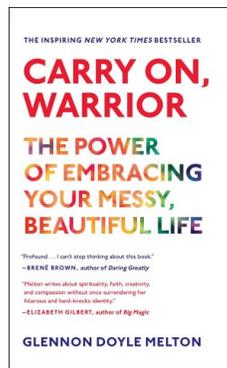
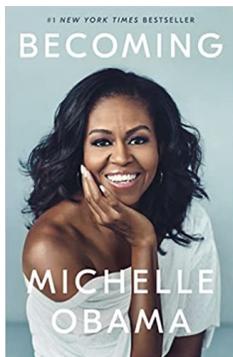
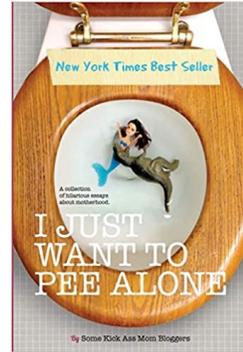
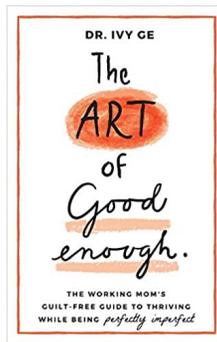
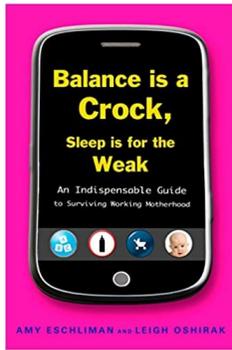
“I think every working mom probably feels the same thing. You go through big chunks of time where you’re just thinking, ‘This is impossible, oh, this is impossible.’ And then you just keep going and keep going, and you sort of do the impossible.”

--Tina Fey

“For me, being a mother made me a better professional, because coming home every night to my girls reminded me what I was working for. And being a professional made me a better mother, because by pursuing my dreams, I was modeling for my girls how to pursue their dreams.

--Michelle Obama

Inspirational Reading for Working Mothers



YOUR MOM STORY: PAST, PRESENT, FUTURE

EVERY MOM HAS A STORY. IT IS IMPORTANT TO LOOK AT YOUR OWN STORY AND REFLECT ON WHERE YOU WERE, WHERE YOU ARE, AND WHERE YOU WILL GO.

Use this guide to write your Mom Story. There should be 3 sections, Past, Present, and Future.

Past: If you're **a new mom**, reflect on who you were before you became a mom. **Think about the goals you wanted to accomplish.** If you're **a seasoned mom**, reflect on the early years of becoming a mom. **What have you learned?**

Present: What are you **most proud** of during this season of life? **Think about all aspects of your life**, health, parenting, work, relationships, education, etc.

Future: What are your **goals** for the next 5 years? 10 years? What will you do to **ensure the goals are met?**

Embracing Motherhood: A gratitude Journal

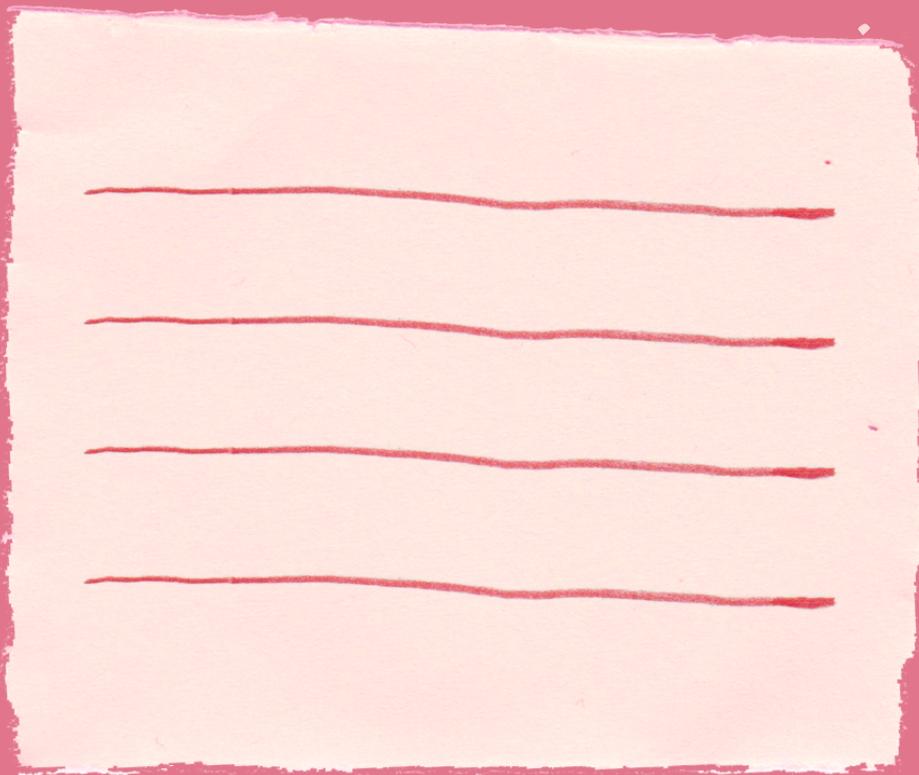
Date:

ONE THING I WANT TO REMEMBER ABOUT TODAY

TODAY I FELT...

TODAY I'M GREATFUL FOR

WHAT I LOVE ABOUT BEING A MOM.

A white rectangular area with four horizontal lines, intended for writing. The lines are evenly spaced and run across the width of the rectangle. The edges of the white area are slightly irregular, giving it a torn paper appearance.

Vision Board Activity

Use this vision board worksheet to create a reminder of all you want to do as a mom!

Page 2 of this packet is a rough draft to jot down notes, and the subsequent pages are there for you to draw/paste/copy-paste pictures of what you envision each of your goals will look like.

Don't forget that this activity is meant to be fun and motivating!

I can and I will



health

family

spiritual

career

personal



my vision board

I can and I will



health



my vision board

I can and I will



family



my vision board

I can and I will



spiritual



my vision board

I can and I will



career



my vision board

I can and I will



personal



my vision board