



STEPMOMS *on the Edge of Evolution*

8 WEEK GROUP PROGRAM

Week 1: Where are you now & what's really happening?

Part I - Inventory

- 1) What is working well in your life as a stepmom? What areas of your life do you feel fulfilled and satisfied, and what does that look like for you right now?



2) What isn't working well (i.e., what are you struggling with, what is causing you stress, resentment, anger etc.)?

3) What's the recurring theme, underlying problem, or biggest problem from the list above that you want to tackle in this course? Share this issue with me via email anna@annadeacosta.com so that I can incorporate these challenges in this round of course content.

Part II – Being Present and Noticing

- Start a mindfulness practice (either meditation or activity-based, see video for more details). If you find yourself forgetting to do this, put a reminder alarm in your phone to 'take a mindful moment', wherever you are, whatever you're doing.
- Start to notice the motivations behind your everyday actions. Where are you reacting with fear? Catch yourself, and observe the patterns.

Where have you noticed that you're showing up or reacting with fear? List 5 areas where you've noticed that you react with fear:

-
-
-
-
-