

THE BUSY MUM RESET PLAN

5 Steps to Confidence & Balance

By Dina Careddu – Mumpreneur Coach



WELCOME, MAMA

WELCOME

If you're reading this guide, you're likely feeling overwhelmed. With school runs, work deadlines, and the daily chaos of life, it can seem like there's no time left for you. Perhaps your self-esteem has taken a hit, or you feel guilty for not doing "enough." Maybe you've been going through the motions and secretly wondering, "Is this all I can manage?"

Here's the truth: You are capable of more than just surviving. You deserve to feel confident, organized, and calm – not just for your family, but for yourself. That's why I created the Busy Mum Reset Plan.



HELLO!

Hi, I'm Dina – a mum, former teacher, and now a Mum Coach. I know what it's like to feel overwhelmed, lose confidence, and struggle to stay organised. That's why I created the Busy Mum Reset Plan – to help other mums rebuild self-esteem, find balance, and feel like themselves again.

Dina Careddu

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WHAT THIS RESET WILL DO FOR YOU

WHAT YOU'LL GET INSIDE



QUICK CONFIDENCE-BOOSTING PRACTICES



SIMPLE ORGANISATION TIPS THAT WORK



DAILY RESET RITUALS (10 MINUTES OR LESS)



BALANCE STRATEGIES FOR WORK + FAMILY



A STEP-BY-STEP RESET PLAN YOU CAN
START TODAY

You don't need a life overhaul.



You just need a reset.

STEP 1:

RECLAIM YOUR MORNING

Start your day with you in mind. Choose one ritual (journaling, stretching, affirmations, or coffee in silence). Even 10 minutes shifts your mindset.

💡 Tip: No need for 5AM wake-ups. Just a moment for you.



STEP 2:

REBUILD YOUR SELF-TALK

Replace “I can’t handle this” with “I’m doing my best right now.”
Confidence grows when your words support you.

💡 Tip: Write your phrase on a sticky note where you’ll see it daily.

STEP 3:

ORGANISE THE CHAOS

Choose one corner to reset (a drawer, your bag). End your day by writing your Top 3 priorities for tomorrow. Small wins build momentum.



STEP 4:

PROTECT YOUR ENERGY

Say “no” to one thing that drains you. Say “yes” to something that fills you up – a walk, music, or a friend chat.



STEP 5:

CELEBRATE SMALL WINS

At the end of the day, write 3 things you did well. This rewires your brain to see yourself as capable.

MONTHLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND IDEA

Confidence isn't about being perfect



it's about trusting yourself enough to begin again

YOUR THOUGHTS

DAILY JOURNAL

DATES :

MOOD :

GOAL

-
-
-
-
-
-

TO DO LIST

-
-
-
-
-
-

BUSY MUM RESET DAILY CHECKLIST

- Morning ritual (what I chose: _____)
- Positive phrase I repeated today: _____
- Organised one small space
- Wrote my Top 3 priorities for tomorrow
- Said “no” to a drain / “yes” to a joy (what was it? _____)
- Listed 3 wins for today:

1. _____
2. _____
3. _____

WEEKLY REFLECTION:

 This week I'm proud of: _____

 One thing I'll improve next week: _____

 My self-care rating (1-10): _____

YOU'VE STARTED YOUR RESET

Remember – it's not about doing everything at once. It's about small, consistent resets that rebuild your confidence and bring calm back into your life.

- ✦ Start with one step today.
- ✦ Celebrate your progress.
- ✦ And know that you're not behind – you're resetting.

READY FOR YOUR NEXT STEP?

You've taken the first step toward balance with The Busy Mum Reset Plan. But here's the truth: most mums stop here and slip back into old patterns.

If you're ready to finally claim guilt-free time for yourself – without the stress or mum guilt – the next step is simple:

The Guilt-Free Time Bundle

Inside, you'll get:

- ✓ Scripts & templates to set boundaries with confidence
- ✓ Journaling pages to release guilt and reset your mindset
- ✓ A guided audio reset to help you recharge in minutes
- ✓ Printable planners to protect your time each week

Because you deserve time for YOU – without the guilt.



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