

DOMESTIC BLISS

BOOTCAMP

Your Roadmap For Domestic Bliss

Step 1: Create a Vision

Knowing what you want is the key to getting it. You will identify the why behind the why. At the end of this step, you will have a clear vision of your desired outcome.

If you were to say that you want to be more healthy that would be a great goal. It's also an incomplete picture of the outcome you're striving for. Your vision might be – "I will be healthy and strong enough to ride bikes and hike when my grandkids are teenagers. I can enjoy my life as I age because I am free from the ailments of obesity and diabetes that impact so many of my family members."

In this step, you will create a clear and compelling vision of what Domestic Bliss means to you and how your life will be different when you achieve it.

Step 2: Erase Toxic Messages

Creating a belief system that supports your vision starts with recognizing and re-framing the toxic messages that you have inherited throughout your life. Women are no strangers to the barrage of messages telling us how we should exist in the world.

At the end of this step, you will know how to recognize how your self-talk limits or enables your desired outcomes. As you recognize and re-frame toxic messages you will be able to align your actions with your desired outcome.

Step 3: Create and Enforce Boundaries

Boundaries are the key to having a healthy relationship with ourselves and our family members. When you struggle to enforce healthy boundaries with family members, you often will exhaust yourself meeting the needs of others and have little left to meet your own needs.

In this step, you will assess where you need to reinforce your boundaries so that taking care of your needs becomes just as easy and natural as taking care of your family members.

Step 4: Work Collaboratively with Your Partner

Are you and your partner on the same team with your family responsibilities? In this step, you will learn to make the shift from conflict to collaboration. This is where the rubber meets the road and all of the work you have done in the previous 3 steps is put into action to create a fair and balanced division of labor in the home.