mommish
you deserve it

Remember Her?

The Mommish guide to feeling like yourself again.



5 PROMPTS · 1 SMALL PLAN

You didn't disappear.

When I became a mom, I didn't realize how easy it would be to lose little pieces of myself along the way. Between the routines, responsibilities, and constantly being needed, I sometimes feel like I'm still figuring it all out. It's our first time living life too, and somehow we created one... or a few!

I started Mommish because I craved something more. I loved being a mom, but I missed being me. I wanted real friendships, conversations beyond our kids, new experiences, and honestly, a reason to get dressed up and leave the house.

And I've learned that so many of us feel the same way. That's why we're building Mommish into a space where moms can connect, discover, and do more for themselves.

This guide isn't about becoming a better mom. You've got that handled! It's about **YOU**.

Because you can love your kids more than anything and still want more for yourself. And I hope you do.

Love,

Christa

FOUNDER, MOMMISH

Motherhood might be the best thing that ever happened to you. But you were someone first. Let's go find her.

Start with her.

What are three things you love about yourself? (Yes, your great ass counts.)

1

2

3

What's something you *want* to love about yourself?

01

Get curious.

If you could pick up a random hobby tomorrow, what would it be? Circle one or write your own.

- ☐ Pottery
- ☐ Pickleball
- ☐ Gardening
- ☐ DIY projects
- ☐ Making content
- ☐ Painting
- ☐ A dance class
- ☐ Reading
- ☐ Learning a language
- ☐ Something else: _____

Why that one? What does it say about what you're craving right now?

02

The things you never decided to stop.

What's something you loved before kids that you never actually decided to stop? Life just got busy.

What would it take to bring a little of it back?

03

The daydream.

If money were no object and the kids were safe and happy with someone you trust, how would you spend a whole free day?

Which piece of that could you make real this month, even a smaller version?

04

Now give it a real shape.

Look back at prompts 2, 3 and 4. Which one made you a little excited? That's your thing. Make it official.

IN 6 MONTHS I WANT TO

MY FIRST SMALL STEP

IT GOES ON THE CALENDAR ON

WHO I'M TELLING, SO IT ACTUALLY HAPPENS

05

One small yes a week.

Your plan is the big thing. These are the small things that keep you feeling like you while you get there. Small counts. Small is the point.

- Order the takeout. Dinner is handled.
- Coffee with a friend, kids not invited.
- A do-not-disturb bath or shower with candles and eucalyptus.
- A treat for yourself, $20 or less. It's not therapy, but the dopamine is real.
- Move your body in a way that actually feels good.

☐ **Week 1** _____ ☐ **Week 2** _____

☐ **Week 3** _____ ☐ **Week 4** _____

Make it stick: 2 minutes on your phone

1. Set a weekly reminder

iPhone: open Reminders, add "My small yes this week," tap the (i), turn on Date and Time, then set Repeat to Weekly.

Android: open Google Calendar, tap +, add the same title, and change "Does not repeat" to Weekly.

Pick a time you're usually free, like Sunday night or nap time.

2. Start a "Little Wins" note

Open your Notes app and create a note called "Little Wins." Pin it to the top so it's one tap away.

Every time you do your small yes, add the date and what you did.

On a hard day, read it back. That's proof she's still in there.

When it's more than a funk.

If you've felt low, anxious, numb or just not like yourself for more than two weeks, that's not a personal failing, and you don't have to push through it alone. Talking to someone helps.

National Maternal Mental Health Hotline
Call or text 1-833-TLC-MAMA (1-833-852-6262). Free, confidential, 24/7.

Postpartum Support International HelpLine
Call or text 1-800-944-4773 (English and Spanish), or find a therapist at postpartum.net.

In crisis?
Call or text 988.

Hormones are real.
Postpartum shifts and perimenopause can change your mood, sleep, energy and libido. If something feels off, ask your doctor to check your hormones.

Reviewed by [Expert Name, Credentials]. This guide is for reflection and is not medical advice.



COME FIND YOUR PEOPLE

We've got you.

Our mission is simple: to look out for you. Not just the mom, the woman. Mommish is where moms get to be themselves, with the people, perks and real talk that make life feel like yours again.

Your people

The Mommish app and member chat: real conversations with women who get it, wherever you live.

Made for your stage

Workouts and recipes curated for every stage of motherhood, from newborn fog to teen years.

Savings, just for you

Exclusive discounts from 100+ brands we actually love.

Giveaways + real talk

Member giveaways and content about everything motherhood touches, not just the kids.

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