Momma Chill™

Mapping the Messy Middle

A field guide to the in-between



Motherhood changes everything: identity, ambition, relationships, capacity.

This guide helps you name the tension between your past, present, and emerging self.

The space between who you were & who you are becoming.

Save this map for the next time you wonder if it's just you.

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The Seasons:

These seasons don’t arrive in order. You might be in two at once, or circle back to one you thought you’d left.

The Fog

Where survival is the main operating system.

The Return

Stepping back into work, routines, or public life, but the old rhythm doesn't quite fit the new reality.

The Reckoning

"I cannot keep doing it this way."

The Rebuild

New rhythms, boundaries, supports, and confidence begin taking shape.

The Reemergence

When something more integrated starts coming online: identity, ambition, leadership, creativity, work, selfhood. Not the old you. Not a completely new you. A more honest you.

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Reflection Prompts

What season am I in right now?

What has changed in me, around me, or in the conditions of my life?

What feels hard to say out loud?

What would it look like to give myself permission to be in this season?

Ready to share where you're at? Join a Circle, book a 1:1, or come to a gathering at mommachill.com.

Momma Chill is a coaching and community space, not therapy or medical care. If you're struggling, you deserve support now: call or text the National Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262), free and 24/7, or call 988.

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