Five Questions to Rethink Motherhood, Work and the Life You Want

Free Reflection Guide

by Florinda Bierling

Take a few quiet minutes to reflect on the questions below.
Answer simply and honestly, in a way that feels true to your life.

1. What feels hardest right now when it comes to balancing motherhood, work, and your own ambitions?

→ Where do you feel the biggest tension at the moment?

2. Is there a decision about work or family life that you've been circling around?

→ What makes this decision feel difficult right now?

3. What do you want more of in this next chapter of life?

→ Think about time, identity, freedom, support, income, or calm.

4. What kind of support would make the biggest difference for you right now?

→ Childcare, emotional support, practical help, structure, money, or clarity?

5. If life felt more aligned six months from now, what would be different?

→ What would everyday life look and feel like?

If this guide resonated with you, I'd love to stay in touch.
You're warmly invited to join the interest list for Motherhood on Your Own Terms
and be the first to hear when the programme takes shape.

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