



THE WORKING MOM RESET RITUAL

5 CALM RITUALS FOR WORKING MOMS TO THRIVE

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ABOUT THE AUTHOR



Risha Sheikh is an Early Childhood Bonding Neuro Coach, certified in Montessori education. Helping working mothers build strong emotional connections with their children, she blends science-backed techniques with real-life parenting wisdom. As a mother herself & homeschooling-working parent, Risha brings both heart and expertise to her work—guiding parents to raise emotionally secure, confident, and happy children & parents in today's fast-paced world.





PREFACE



Motherhood is beautiful—but let's be honest, it's also overwhelming. Between work, parenting, and daily responsibilities, it can feel like there's no time left for you.

This eBook is a practical guide for busy, working moms who are tired of just surviving. Inside, you'll find simple rituals, mindset shifts, and tools to bring more calm, structure, and joy into your everyday life—starting today.





RITUAL 1: MICRO-MINDFULNESS MOMENTS



Even 2 minutes of silence can shift your day.

How-To:

- Sit quietly before the chaos starts.
- Inhale slowly, hold, then exhale longer.
- Observe your body, breath, and thoughts.

Why it matters: You don't have to meditate for hours.

Just this small pause calms your nervous system and reminds you—you are here, and you are enough.

Your daily truth: "Today, I choose one win for my family and myself. That's more than enough."



RITUAL 2: SELF-INCANTATION FOR THE WORKING MOM



Speak words that heal. Your self-talk sets the emotional temperature of your day.

Example Mantras:

- "I am enough."
- "I do not need to do it all to be a good mom."
- "My calm is my superpower."
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How-To:

Say it in the mirror. Say it when overwhelmed. Say it until it sinks in.

Why it works: Repetition rewires your mindset.

Affirmations become anchors.





RITUAL 3: 5 MINUTES OF TALK TIME WITH YOUR CHILD



Not instructions. Not scolding. Just presence.

How-To:

- Sit beside them. Ask questions like: "What made you laugh today?"
- Give full attention. No phones. No chores.

Why it matters: You don't need hours to connect. Five focused minutes builds lifelong trust.



RITUAL 4: 5 MINUTES OF LISTENING-ONLY MODE



You're always responding, guiding, fixing. But sometimes, healing happens in silence.

How-To:

- Choose one moment each day to just listen.
- Let your child, spouse, or colleague speak freely.
- Reflect back, but don't interrupt.

Why it matters: Emotional connection deepens when people feel heard. It also models emotional intelligence to your child.

Your reminder: "When I'm calm, my child feels safe.

That's my superpower."



RITUAL 5: THE EVENING SLOWDOWN & SELF-CHECK



Before sleep, reflect gently.

Ask Yourself:

- What is one thing I did well today?
- What is one thing I want to do better tomorrow?

Why it matters: This closes your day with self-compassion instead of guilt.

Bonus Insight: Involve your child in small parts of your work. Let them feel your rhythm, not your absence.

"My child is growing by watching me grow. And that's beautiful."



FINAL WORDS

Dear Mama, paradise is not just a dream. It lives in the small moments—a breath, a pause, a smile. This life is for women like you. You don't need to do more. You just need to do it differently. When you transform, your child learns not from perfection, but from your presence.

Let this guide be your gentle start.

“You are enough. Always.”

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IT TO NEXT LEVEL,

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