

SEPT
2020

MASTER MOM[®] COACHING

How to *move up* while your kids *move on*

NEXT NEST



MOM
MASTERY
UNIVERSITY

NEXT NEST

As your kids move on and move out, a new chapter opens up in your life - learn how to make it abundant and joyful!

Next Nest

It's the age-old question of motherhood: how in the world do the minutes creep by, but the years seem to fly? Before you know it, the kids who you were trying to keep from coloring on the walls are now drafting college essays. And then comes the inevitable - a car trip crammed full of boxes and bags, and then an empty room. It's hard not to wonder ...

"Who am I, now?"

You did a great job, Mom. You raised that kid right, and you worked yourself out of a job. But if it's so right, then why does it often feel so bad?

As our children move out of the home, we often enter a period of transition that can feel confusing and painful.

Questions come up regarding our purpose, and grief and loneliness can sneak its way in. That, my friend, is when the real work begins.

"Is it possible this could be one of the greatest chapters of your life?"

You'll never know until you dive in and truly examine it. And that's exactly what we're doing - together!

Hannah

Last month in MMU...



Joani and her daughter had their nails done!



Alesha received her first Master Track charm!



Jenni made some yummy cupcakes!

NEXT NEST

How to Move UP While Your Kids Move ON

PART 1

The NEXT Phase

Is the nest "empty" or is it just what's "N-E-X-T?" Learn how to realign with your real purpose!

PART 2

Transition Stress

This type of stress is very specific, so you need to conquer it in a very targeted way - with the 5R Model!

PART 3

Warning Signals

There are seven warning signals you need to be aware of, arm yourself for complete success.

"You will show me the path of life; in Your presence is fullness of joy, at Your right hand there are pleasures forevermore."

Psalm 16:11

The NEXT Phase

"You will show me the path of life; in Your presence is fullness of joy, at Your right hand there are pleasures forevermore." Psalm 16:11

N Not Terminal

The purpose of your NEST is to create a _____ home.

"And God blessed them and said to them, Be fruitful and multiply, and fill the earth, and subdue it [using all its vast resources in the service of God and man]." Genesis 1:28

"Terminal" feels like an _____.

"Transition" feels like a _____.

E Evolving

What if this stage is just a _____ of your nest?

"And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything he does shall prosper [and come to maturity]." Psalm 1:3

The NEXT Phase

Part 1

X eXciting!

FEELINGS

THOUGHTS

T Transitional

Our identity is integrated with our _____.

The impending autonomy goes _____ ways.

Transition brings thoughts of _____ which are felt as _____.

Homework from "NEXT NEST" Part 1:

Make sure you complete your "feelings/thoughts" activity. Also, spend some time meditating on the idea of purpose - the purpose of your life, your home, your position. Get excited about what is to come!

NEXT NEST

notes

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Transition Stress

This transition can often feel like you have entered into _____ territory.

The 5R Model

R ROUTINES

"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

- John Maxwell

Routines give us a sense of _____ and _____.

R REACTIONS

You have the power to turn a reaction into a _____.

Re (Latin - again) + Spondere (Latin - to pledge)

"[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One)."

2 Corinthians 10:5

ROLES

Don't look at the _____ to determine your role.

Look at the _____.

RELATIONSHIPS

"Just as iron sharpens iron, friends sharpen the minds of each other."

Proverbs 27:17 (CEV)

Don't confuse your _____ with your _____.

REFLECTIONS

Do your mental reflections have to feel like grief?

Or can they feel like _____?

It's important to practice _____ reflection.

Homework from "NEXT NEST" Part 2:

Spend some time coming up with some new and exciting routines you can add to your MAP. Also, what "reactions" do you typically experience. How can you turn these into "responses?"

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The Warning Signals



Subconscious Distancing

Stress can cause a protective response that surfaces as

_____.

Ask yourself the GOLDEN question:



Guilt

Guilt can be a way to _____ loss.

But is it necessary?



Confusion

What if confusion was an _____ emotion?



Obligatory Happiness

Can you _____ loss without drowning in it?

Can you trust your _____ to lead you back?



Worry

When you cannot protect your children _____, there is a tendency to transfer that energy to trying to protect them _____.



Hasty Transition

Hasty transitions are a subconscious way to exert _____ when you feel we have lost it.

Managing our _____ is easier than managing our _____.



Buffering Activities

When we are in periods of transition, we need to be hyper aware of activities that will _____ or _____ us from the process.

Homework from "NEXT NEST Part 3:

Make sure you plan some luxurious self-care this month as you make this transition! Download the supplement, "bible verses to pray over your college student" and use it. And keep asking that golden question.

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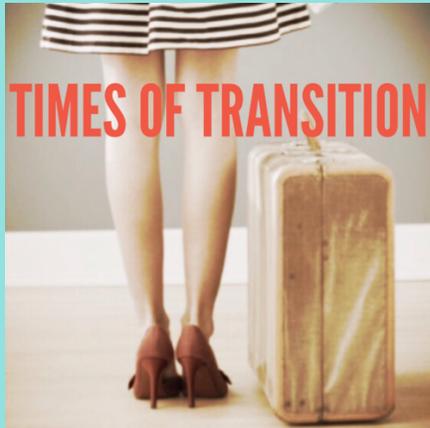
NEXT NEST

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NEXT NEST

taking it further...



How to handle getting from here to there - powerfully!



Help your kids make the transition into adulthood.

Want to study more about your next nest? Check out these awesome trainings and coaching sessions.



You can't neglect self-care, especially during this phase.



No need to add stress to this transition!



Excellent training on developing routines!



How to move UP when your kids move ON.