

Quick Start Guide

The Aligned Mother Course

Welcome! You've taken the first step toward parenting with confidence instead of fear. This guide will help you navigate the course and get the most value from every module.

1 Course Structure

Module 1

Understanding Overwhelm

Learn why you feel overwhelmed and how to break the cycle

Module 2

Your Family Values

Define what matters most to guide your parenting decisions

Module 3

Technology & Boundaries

Navigate screens, social media, and digital challenges

Module 4

Building Resilience

Help your daughter handle stress and bounce back stronger

Module 5

Sustaining Alignment

Create systems to stay aligned long-term

2 How to Use This Course

- ✓ **Go at your own pace.** There's no rush. Each module builds on the last, but you can revisit any lesson anytime.
- ✓ **Download the worksheets.** Every module includes printable PDFs—use them! They're designed to help you apply what you learn.
- ✓ **Complete the exercises.** The interactive tools (like the Values Audit) are where the real transformation happens.
- ✓ **Track your progress.** Check your dashboard to see which modules you've completed and which resources you've downloaded.

Bonus Resources Included

- Quick Wins Cheat Sheet
- Guided Meditation Script
- Values Reminder Bookmarks
- Emergency Toolkit
- Conversation Starters Cards
- 5 Troubleshooting Guides

3 Getting Started

Start with Module 1 to understand why you're feeling overwhelmed. Then download the **Cognitive Load Tracker** to identify what's draining your energy. This foundation makes everything else easier.