

_____’S VISION MATRIX

G.R.A.C.E

Give the story
you tell yourself
a hard edit

Release mom
guilt

Accomplish, not
overwhelm

Challenge social
expectations

Establish positive
feedback loops

What I need to
stop saying

How I will do it

What will
remind me to
do it

What I will say
NOW

Reading
Material

Vision Board

GIVE the story you tell yourself a hard edit		RELEASE mom guilt	
ACCOMPLISH, not overwhelm	CHALLENGE social expectations	ESTABLISH positive feedback loops	
NOTES			