

The Mamafesto Mindset Reset



Ditch the self-doubt. Rewrite the story. Show up like the badass you already are.

by Vanessa Moyers

So What Is a Limiting Belief Anyway?

Let's cut the fluff: a limiting belief is that crappy little voice in your head that acts like a know-it-all cousin at Thanksgiving—loud, rude, and completely full of it.

It's the internal script that whispers things like:

- "I'm not patient enough."
- "I can't do this."
- "Other moms have it more together."
- "I'm probably screwing everything up."

Here's the truth bomb: those thoughts aren't facts. They're old stories—stuff we picked up from childhood, society, or one too many Pinterest-perfect posts. Your brain has just gotten really good at repeating them until they feel real.

But real doesn't mean true.

Limiting beliefs are fear in disguise. Fear of not being enough. Fear of messing it all up. Fear of being seen as anything less than supermom. We're not here for that.

We're here to smash those beliefs into glittery dust and write new ones that actually serve you.



Smash & Replace

Time to call out those limiting beliefs and replace them with something stronger. Something that actually reflects your strength and your truth.

<u>Limiting Belief</u>	<u>Reality Check</u>	<u>New Truth (aka Your Reframe)</u>
I'm not doing enough	I'm juggling more than most humans could handle	I'm doing the best I can, and that's powerful.
I'm not qualified to advocate	I've been showing up for my kid every day	I am the expert on my child. Period.
I should be more patient	I'm running on fumes and love	I'm human, and I'm learning right alongside them.
I'm falling behind	Life isn't a race—and we're writing our own path	I'm exactly where I need to be today.
I don't know what I'm doing	None of us do, we're just winging it in style	I'm figuring it out one brave step at a time.

Your turn. What belief do you need to evict today?

- Belief:

- Reality Check:

- New Truth:

Repeat it. Write it on your mirror. Say it when you're brushing your teeth. Tattoo it on your brain.



Mindset Reset on the Daily

This is your no-pressure, 5-minute reset when life feels like too much. Print it. Post it. Use it daily. Or hourly. You're the boss.

- One thought I'm done believing today:

- One truth I want to believe instead:

- Today, I will show up for myself by:

- Power mantra of the day:

- ☒ "I don't have to do it all to be enough."
- ☒ "Messy doesn't mean broken."
- ☒ "Progress over perfection—always."
- ☒ "This moment doesn't define me."
- ☒ Write your own:

Check in with yourself: ☒ I said something kind to myself today.

If not? Start now. Because your inner voice should hype you up, not hold you down.



Emergency Reframe Kit

For those days where everything hits at once and you need a fast mental reset. Keep this one handy, because meltdown season never really ends.

WHEN YOU THINK: "I can't handle this."

TRY: "I've handled every hard day so far. I can do hard things
—even this."

WHEN YOU THINK: "Everyone else has it together."

TRY: "Everyone is struggling. I'm just brave enough to say it
out loud."

WHEN YOU THINK: "I'm failing my kid."

TRY: "I'm showing up when it's hard. That's not failure—that's fierce love."

WHEN YOU THINK: "I'll never figure this out."

TRY: "It's okay to still be learning. I don't need to know everything right now."

WHEN YOU THINK: "I'm too much."

TRY: "I'm exactly enough for the people who matter—including me."

Tape this somewhere obvious. Because sometimes, a reframe is the rescue mission.



Coffee-Stained Confidence Boosts

Cut these out. Stick them on your fridge, in your car, on your mirror, or in your bra. (You know it's basically a mobile storage unit.)

"This badass mama is emotionally exhausted, wildly capable, and still out here doing the damn thing."

"Messy bun. Meltdown survived. Still standing."

"I'm not 'too much'—I'm just the exact amount of badass this family needs."

"Self-doubt doesn't get a vote anymore."

"Some days I whisper, some days I roar. Either way, I'm a force."

"I am a whole damn person, not just a support system."

"This moment is hard. I am not a failure."

You're not here to shrink, mama. You're here to smash.
Let's rewrite the story together.



Meet Vanessa — an unfiltered empowerment coach for gaslit ND mamas raising outside-the-box kids. Around here, we ditch the guilt, drop the apologies, and build the confidence you need to advocate like a badass and raise your legend with zero fear.



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You've got **this**, Mama!! I've got **you!**

XO Vanessa XO

