

UNBROKEN WITH YAY

*You aren't broken.
You're just in the middle of a rebuild.*

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WORKSHEET 01: HEARTBREAK HAS NOWHERE TO GO



THE REALITY CHECK:

Pros Play Hurt

In sports, the "Pros" don't sit out just because they're sore. As mums, we do the same. Whether it's driving to school with a potty on the front seat during a bout of gastro or making school lunches while your heart is breaking from a toxic text—we show up!

Reflect: What is one "Pro" moment you've had this week? (A time you put your feelings on ice to show up for your kids).

THE STRATEGY:

Strategic Compartmentalisation

Compartmentalisation isn't about "faking it"—it's a superpower. It is the ability to say: *"I am a grieving woman AND I am a kick-ass mum, and those two people can take turns."*

The Tool: The 9PM Pivot

Hold it together during the "Mum Shift," then give yourself a dedicated "Woman Shift" to fall apart, process, and rebuild.

My Scheduled Pivot Time: _____
(e.g., 9:00 PM, my lunch break, the drive home).

My Mantra: When you feel the "leak" starting during the day, snap an elastic band on your wrist or take a breath and say your anchor phrase to stay focused until your pivot time.

Example: "Pros play hurt." / "Not yet." / "Hold the line."

My Mantra: _____



THE MENU:

How will you spend your Pivot?

Choose a high-impact way to release the pressure. Check off 2-3 you want to try this week:

- The 60-Second Shower Reset:** Let the water hit your face. Sob, scream, let the "woman's grief" wash down the drain. Step out as the Mum.
- The "Future Memoir" Writing:** Write about where you are going, encourage your future self.
- The AI Songwriter:** Write your angry/sad poetry and put it into an AI music generator to hear your feelings turned into art.
- The Brain Dump:** Write a list of everything bothering you, then circle only what you can control right now.
- Sweat it Out:** 10 minutes of intense movement or a walk in the fresh air to move the cortisol out of your body.

Weekly Goal

One thing I will do for "The Woman" (not the Mum) this week is:

BONUS TOOL: THE FUTURE MEMOIR

The Story of the Woman Who Didn't Break

The Concept: The "Future Memoir" forces you to look five years ahead. You aren't just a mum surviving; you are a woman writing a legacy.

Prompt 1: The Scene Change

Imagine it is five years from today. You are sitting in a space that feels entirely yours. You are calm, safe, and proud.

Where are you sitting? What does the air feel like? What is the "vibe" of your home now that the storm has passed?

Write the scene: _____

Prompt 2: The "Pro" Perspective

Look back at the woman you are today (the one hiding in the bathroom or driving with the potty on the front seat).

What would your 5-year-old self say to her right now? What "Pro" move are you making today that she is most grateful for?

The Message: _____

Prompt 3: The Plot Twist

In every great memoir, there's a moment where the lead character stops being a victim of her circumstances and starts being the hero of her life.

What is one boundary you are setting today that changes the ending of your story? (e.g., "I stopped replying to toxic texts instantly," or "I started honoring my 9 PM Pivot.")

The Shift: _____

Prompt 4: The Soundtrack of the Rebuild

If this chapter of your life—the hard, gritty, "playing hurt" chapter—was turned into a song, what would the chorus say?

Tip: Take these lines and put them into an AI music generator (like Suno or Udio) to hear your own strength set to music.

My Lyrics: _____

