

UNBROKEN WITH YAY

PODCAST EPISODE 11: CELEBRATING THE BORING MUM WINS

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WORKSHEET 11: CELEBRATING THE BORING WINS

Disclaimer: The information provided in this worksheet and the associated podcast is of a general nature only. It has been prepared without taking into account your individual objectives, legal circumstances, or personal needs. While this content is based on extensive learned experience and peer-informed strategy, it does not constitute professional advice. You should consider the appropriateness of this information and seek independent professional advice tailored to your specific situation before taking any action.





CONSISTENCY IS THE
HIGHEST FORM OF
LOVE. DOING THE
ADMIN AND THE
LAUNDRY WHILE YOUR
HEART IS BREAKING IS
A VICTORY.

THE INVISIBLE

Marathon

When you were married or in a partnership, there was (theoretically) someone to notice the effort. Now, you are the cook, the chauffeur, the breadwinner, and the emotional anchor. Because no one sees the work, it's easy to feel like it doesn't count.

If you wait for the world to give you a trophy, you'll be waiting forever. You have to start awarding them to yourself.

THE SUNDAY NIGHT *Win-List*

Every Sunday, before the chaos of the new week begins, you are going to document your "Boring Wins." These aren't "got a promotion" wins—these are "held it together" wins.

Record 3 Invisible Victories from this week:

1. **The Physical Win:** (e.g., I cleared the sink every night even when I was exhausted.)

1. **The Emotional Win:** (e.g., I didn't take the bait when the ex sent that text.)

1. **The Parenting Win:** (e.g., I sat on the floor and listened to a 20-minute story about Minecraft.)

The "CEO" Bonus SELF-REWARD

A good boss rewards their best employee. Since you are the CEO of your life, what is your "performance bonus" for getting through this week?

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A 20-MINUTE UNINTERRUPTED BATH

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BUYING THAT BOOK I'VE BEEN EYEING

☐

30 MINUTES OF GUILT-FREE "TRASH" TV

☐

MY CHOICE:

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DAILY AFFIRMATION



*"I am doing the work of
two people with the heart
of one. My consistency is
my power, and I am*