



the inner minx Part 1

In the intersecting circles, map out what your life looked like before kids, what it looks like after kids and the things that have stayed constant.

You can write or draw what you did and do, what you believe in, now and then, what your passions are and what your dreams have become. Include the positive and the negative.

What are you happy to let go? What do you want to bring back into your life?

What passions do you want to share with your kids?

