



the inner minx
P a r t 2

You have mapped out your Before Kids and After Kids.

Are there things in your Before Kids circle that you would like to move over to After Kids?

How might you do that?

Think about the **essence** of those things. Partying featured on our Before Kids circle. We might not be able to drink and dance all night but we still love to catch up with friends over a glass of wine.



What are three areas you would like to bring from Before Kids back into After Kids?

- 1.....
- 2.....
- 3.....

What is stopping you?

.....

.....

.....

What alternatives, suitable to your new lifestyle, could you arrange that would allow you to enjoy those things again?

(for example, a regular Friday night drink with friends could be replaced by a monthly Saturday lunch with your girls. Spontaneous movie & dinner dates with your partner could be replaced by a DVD and take-out night. You might not take your kids camping at Splendor but a day at Woodford Folk might work.)

.....

.....

.....

.....