



The

MOM BRAIN SURVIVAL GUIDE



*The 7-step guide
to stop stress and get
control over your life
(and your brain)*



Hey There, Mama!

You did it. You took a bold, faith-filled step and said, "Enough is enough. I'm not staying stuck in the overwhelm." That decision alone makes you powerful beyond words.

Yes, life may feel like a whirlwind right now—schedules pulling at you, emotions running high, clutter in your home and in your head. But guess what? God sees you. He sees the tears behind your smile, the strength behind your sigh, and the fierce love that keeps you showing up day after day.

You are not just a mom in survival mode. You are a daughter of the King, and He has equipped you with everything you need to rise above the chaos.

The same God who calms the storm is working within you to bring peace to your mind, order to your life, and joy back into your heart.

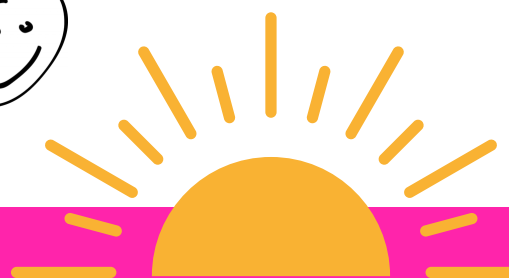
The Mom Brain Survival Guide is not just a tool—it's a turning point. It's a divine appointment. And every step you take from here is covered in grace and guided by purpose.

So lift your head, Mama. Shake off the guilt, the weariness, and the lie that says you're not enough. You are chosen, called, and more than capable. And you're about to discover just how powerful peace can be when it's partnered with faith.

You're not just going to survive this season... You're going to rise.

And I am so honored and grateful to be part of this journey!

Hannah Keeley ☺



HOW TO USE THIS GUIDE



STEP 1

Do you have Mom Brain? In this step you will discover if you have Mom Brain, as well as the 4 stress responses of moms.

STEP 2

Use the Faith Formula. In this step, you're going to discover the Faith Formula and learn how to take your thoughts captive.

STEP 3

Create your AM Routine. Your routines are your bookends. In this step, you're going to create the best routine to start your day.

STEP 4

Create your PM Routine. In this step, you're going to create a brilliant routine to end your day so you can have restorative sleep.

STEP 5

Hack your Brain. Hannah has a ton of Mom Brain Hacks. In this step, you're going to practice the most powerful one - *The Hold Up!*

STEP 6

Get your support team. In this step, you're going to establish a powerful network of other positive, faith-filled moms to have your back.

STEP 7

Join Mom Boot Camp. Each Monday, we kick off a brand-new Mom Boot Camp - 5 days of coaching to get you out of stress, for good.

go here!



MomBootCamp
.com



Step #1: Do You Have Mom Brain?

Take the quiz below:

1. Do you often feel overstimulate? Like just too many sights and sounds bombarding you? YES NO
2. Are you highly distracted? Do you start projects and not get them done because other things that come up? YES NO
3. Do you have trouble focusing--on conversations, projects, even entertainment? (do you have a hard time watching shows or listening to music all the way to the end?) YES NO
4. Do you often feel free-floating anxiety? Stress symptoms without any obvious thing to be stressed about? YES NO
5. Do you experience random anger? Feeling mad but not really knowing what you're mad about? YES NO
6. Do you ever feel unexplainable fatigue? Being tired, even though you didn't do anything strenuous or got enough sleep? YES NO
7. Do you ever experience mom guilt? Especially in the evenings? Feeling like you're "not enough" and no matter what you just can't seem to catch up? YES NO
8. The big one - do you ever feel like something is just "wrong with you?" Like you should be able to handle motherhood, and everyone else seems to be able to do it, but not you? YES NO

Did you answer "YES" to 7 or more? Read on...





So... What is Mom Brain?



Hey Mama! Let's talk about that foggy, frazzled, where-did-I-put-my-phone-oh-wait-it's-in-my-hand feeling we all know too well. Yep—MOM BRAIN.

Now before you start beating yourself up for forgetting your grocery list (and your keys, and your sunglasses), let me go ahead and set you free: Mom brain is real. It's not a weakness—it's a rewiring.

Science time (but don't worry, I'll keep it short and sweet): When you become a mom, your brain literally changes. Not just figuratively. Literally. Studies show there's a decrease in gray matter in certain areas of the brain—specifically the ones responsible for social cognition and decision-making.

And here's the kicker: That's not a bad thing. It's your brain becoming more efficient at what matters most—connecting with and protecting your babies.

Less gray matter doesn't mean you're losing intelligence—it means your brain is pruning away the extras so you can laser-focus on your kids' needs. You're not going crazy, you're just in full-blown guardian angel mode.

But that's not all. Your brain also shifts how it processes the environment. You become hyper-aware of every little sound, every possible danger, every emotional vibe in the room. Why? Because God designed your brain to be on alert—to keep your kids alive, thriving, and safe.

But here's the trade-off:

That same heightened awareness? It makes it harder to focus. You're trying to cook dinner while answering math homework, planning doctor appointments, and wondering why the dog looks guilty—all at the same time. Your filter gets weaker,

because your brain's trying to process everything at once.

And you wonder why you feel overwhelmed? Girl, you're basically running NASA on 3 hours of sleep and half a protein bar. But here's the good news—and I want you to tattoo this on your heart:

God knew exactly what He was doing when He gave you that mom brain.

It's not broken. It's beautifully adapted for the calling you've been given. You're not losing it—you're becoming someone new. Stronger. Sharper in all the ways that count.

Yes, you'll forget where you parked the car. Yes, you'll put your shirt on inside out. But you'll also know exactly when your child's heart is hurting, and what to say when the world feels scary, and how to keep loving through the chaos.

Now listen, Mama—mom brain can either run you into the ground... or it can raise you up. It can leave you scattered, stressed, and second-guessing yourself, or it can become your greatest advantage—if you learn how to work with it instead of fighting against it.

That's exactly why you're here. That's why you downloaded the Mom Brain Survival Guide—because deep down, you know you were never meant to just survive motherhood... you were made to thrive in it.

This is your time to stop blaming your brain and start training it, so you can live with more clarity, energy, peace, and joy. You're not broken—you're being rebuilt for something powerful. And this guide is your first step. Let's do this, together.

What are the 4 ways that moms respond to Mom Brain Stress?

Oh! Yeah! It's a good thing that you asked!



The Bull is one way that moms respond to stress, and it is attack mode. This is often the most dangerous response. It typically happens when moms feel overstimulated, unsupported, or like they just can't do enough. When they feel stressed, it's like they "see red." This is the mom who blames everyone for her problems, and may even vent by yelling at her kids, husband, or even herself.

The Ostrich is another way moms respond to stress, and it is escape mode. It's a bit better than the bull, but still unproductive. This often happens when moms feel confused or overwhelmed. They often freeze as a response to the stress and distract themselves to buffer from the pain. This can look like scrolling on the phone, or getting in the car to escape from the stress.



The Tiger is another way that moms respond to stress, and it is hunt mode. This is more productive than the Bull and the Ostrich, but it is still not ultimately successful. This happens when a mom says "enough is enough," and begins hunting out solutions. She begins by changing her behavior. She may start a diet, budget, or a new day planner. But, ultimately, Mom Brain kicks in and she's often back where she started.

The Eagle is the most successful way a mom responds to stress, and it is transform mode. This happens when a mom has reached a level of desperation or inspiration that finally has her saying, "I need to transform myself. It's not a behavioral change. It's an internal transformation that will always lead to working with the Mom Brain and establishing lifelong success.



Which one of the first 3 stress responses (bull, ostrich, tigt) do you see show up most often in your life?
What does this look like?

A large, empty, light pink rounded rectangular area intended for the user to write their response to the first question.

When this happens, what are the results? What damage is done?
Who is most often hurt by this behavior and how do you repair it?

A large, empty, light pink rounded rectangular area intended for the user to write their response to the second question.

Step #2: Use the Faith Formula

Here at Mom Mastery University, we have a core Bible verse that defines everything we do. You may have seen the reference on the cover of this Survival Guide. It's Romans 12:2, and it says this:

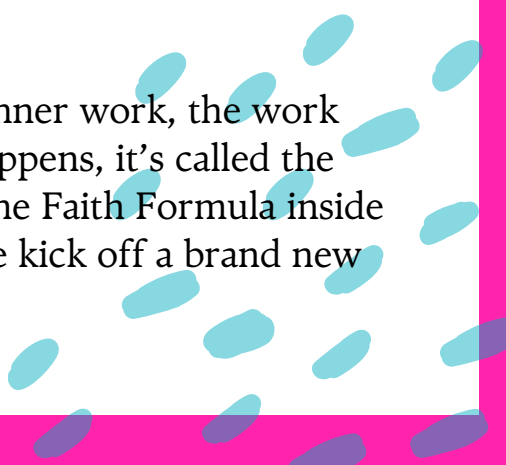


"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

This is the ultimate Eagle response to stress. The eagle doesn't conform, it transforms. When an eagle senses turbulence or forces out of its control. It doesn't work harder and fight against the current. It works HIGHER and makes those forces work for it.

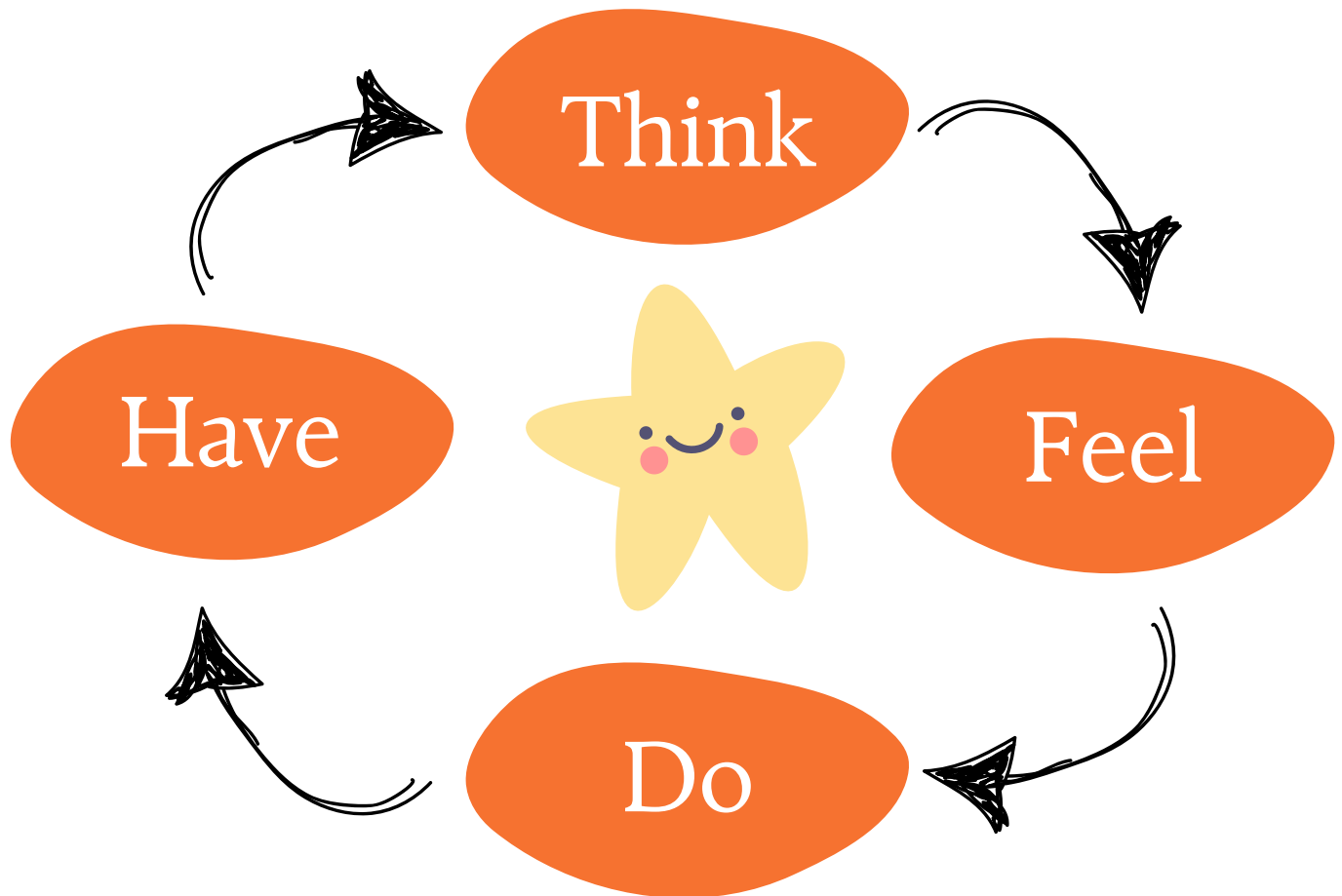
I believe you are here because God has led you here. You're done battling the opposition and working harder. You are going to learn how to leverage your Mom Brain and work HIGHER. That's why Romans 12:2 is our core verse. We don't achieve success the way the world does. That's hard work. And hard work doesn't make you successful. It just makes you tired.

We work higher. We are transformed by doing the inner work, the work with our thoughts. And if you're wondering how that happens, it's called the Faith Formula. Now we spend a whole day working on the Faith Formula inside Mom Boot Camp (btw, make sure you register for it. We kick off a brand new one each Monday!). The Faith Formula looks like this...



Introducing...

The Faith Formula



In short, it looks like this:

I think something.

This thought makes me feel something.

This feeling makes me do something.

When I do something, I'm going to have something.

Then we can start it all over again... when we have something in our life, it will cause us to think something. So let's break that down, Mama...

So how does this work?

You've got a lot going on in that beautiful brain of yours—laundry, lunchboxes, late-night worries, and maybe a few goldfish crackers smashed into the carpet. (Hey, we've all been there.) So let's break this down super simply, because this could change everything.

It's called the Faith Formula—and it goes like this:

👉 THINK → FEEL → DO → HAVE
Let's walk through it, mom style.

1. THINK

Everything starts in your mind. What you think about—whether it's hope or fear, peace or chaos—creates the lens you live through.

If you keep thinking, "I'm failing. I can't handle this. I'm a mess," your brain will believe it and start looking for proof of it everywhere.

But when you shift your thoughts—"God is with me. I'm growing. I've got grace for this moment."—you create a new path forward.

Romans 12:2 – "Be transformed by the renewing of your mind."

2. FEEL

Your thoughts create your emotions.

When you think faith-filled thoughts, you feel hope, peace, strength—even in the messiest moments.

But if you're constantly thinking stress and defeat, you'll feel anxious, frustrated, and stuck.

You don't have to chase your feelings. You change them by changing your thinking.

3. DO

Your feelings drive your actions.

When you feel empowered, you show up with more patience, more intention, more confidence. You hug your kid instead of yelling. You take a breath instead of breaking down.

One tiny shift in what you think can create major change in how you show up.

4. HAVE

And finally—what you do creates what you have.

Want more peace in your home? More connection? More energy? It doesn't start by trying harder.

It starts by thinking differently—God's way, not the world's.

So Mama, if you're feeling overwhelmed, forgetful, or frazzled, don't beat yourself up. Your mom brain is not broken—it's just been hijacked by survival mode.

But now you know the formula:

Think the truth → Feel the strength → Do the work → Have the breakthrough.

You don't have to have it all together. You just have to take your thoughts captive and let faith lead.

2 Corinthians 10:5 – "We take captive every thought to make it obedient to Christ."

You've got this. And you're not doing it alone.

Let's retrain that mom brain together with God's Word as our foundation, and formula as our guide.

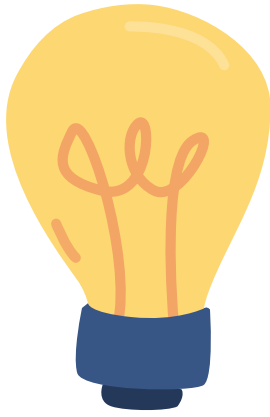
So let's do the work!

What are some of my dominant thoughts?

How do these thoughts make me feel?

When I have these feelings, what do I do?

When I do this, what do I have as results?



Ready to Start Training Your Mom Brain? Here's How.

Mama, if you're feeling overwhelmed, forgetful, scattered, or stuck in negative thoughts—you're not broken. You're just in the middle of a battle. And the battleground is your mind. But here's the good news:

You don't have to be ruled by fear, frustration, or fatigue. You can train your brain to think new thoughts—thoughts rooted in truth, peace, and power.

“We take captive every thought to make it obedient to Christ.” – 2 Corinthians 10:5

That's why we included a set of Proclamation Cards in your Mom Brain Survival Guide. These aren't just cute little quotes. These are faith-filled declarations designed to help you rewire your thoughts, one truth at a time.

✦ Here's How to Use Your Proclamation Cards:

- **Print Them Out.** The cards are on the next page in your guide. Go ahead and print them. (Color is fun, but black-and-white works just fine!)
- **Post Them Where You'll See Them.** Tape them to your bathroom mirror, stick them on the fridge, the dashboard, above the changing table—wherever your eyes tend to land during your busy day.
- **Speak Them Out Loud—Daily.** Don't just read them—declare them. Out loud. Every day. Even if you don't feel it yet. Even if your toddler's throwing Goldfish and someone just spilled a smoothie. Speak the truth anyway.
- **Let Them Become Your New Default Thoughts.** The more you repeat these truths, the more your brain rewires to believe them. Over time, these declarations will become your new default thoughts. Instead of, “I can't handle this,” you'll start thinking, “God's grace is enough for me today.”

Remember: You're Not Just Surviving—You're Rewiring.

This is how we renew our minds. This is how we break free from the mental clutter and create space for peace, power, and purpose.

One thought at a time.

One truth at a time.

One proclamation at a time.

So go ahead, Mama—start speaking life. Your brain is listening. And transformation is already on its way.

I am equipped by God to
be the exact mom my
children need.

"I can do all things through Christ who
strengthens me." — Philippians 4:13

I give myself grace
because God does.

"My grace is sufficient for you, for My
power is made perfect in weakness."
—2 Corinthians 12:9

I am not alone—God is
with me in every moment
of motherhood.

"Do not be afraid or discouraged. For the
Lord your God is with you wherever you
go." — Joshua 1:9

Peace is mine because
God gives it freely.

"Peace I leave with you; my peace I give
you... Do not let your hearts be troubled and
do not be afraid." — John 14:27

I am doing holy work, even
in the messy moments.

"Whatever you do, work at it with all your
heart, as working for the Lord, not for
human masters." — Colossians 3:23

I parent with joy, not
pressure.

"You will keep in perfect peace those whose
minds are steadfast." — Isaiah 26:3

God fills in the gaps when
I feel like I fall short.

"He gently leads those that have young."
— Isaiah 40:11

Each day is a new chance
to grow in love, patience,
and joy.

"Because of the Lord's great love we are not
consumed, for his compassions never fail.
They are new every morning
— Lamentations 3:22-23

Step #3: Create Your AM Routine

Don't try to "seize the day," that's way too much pressure for the Mom Brain. Instead, make sure you "seize the morning." If you can start the day well, you've already made it a success.

You've probably noticed—your mornings set the tone for your entire day. When the day starts in chaos, it usually stays there. But when it starts with calm, clarity, and connection—even just a few minutes—it creates momentum that can carry you through the laundry piles, the tantrums, and the mental load. That's why one of the most powerful tools for training your mom brain is a solid AM routine.

Here's the Science-y Truth:

Your mom brain has been rewired to constantly scan for problems, multitask a dozen things at once, and stay on high alert—especially in the morning when the day feels unpredictable. That's not a flaw. That's your brain trying to keep everyone alive.

But here's the kicker: your brain craves structure.

Routines help your brain shift from reactive mode into responsive mode. When you create a predictable morning rhythm—even if it's just 10 minutes—you're calming your nervous system, strengthening your focus, and building mental margin for the rest of the day.

And Here's the Faith-Filled Truth:

"In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly." – Psalm 5:3

When you start your day by aligning your heart and mind with God, you're not just checking off a to-do list—you're building a spiritual foundation that can withstand anything motherhood throws at you. A day that starts well is going to automatically put you in a posture of success. So anything that comes at you (and there will be a lot that comes at you), you will already be in a powerful position to handle it.

Your AM Routine Doesn't Have to Be Complicated
This isn't about perfection. It's about intentionality. Here's a simple blueprint you can customize:



- **PRAY** – Even just a whispered “Help me, Lord” counts.
- **PROCLAIM** – Speak a truth from your proclamation cards.
- **PLAN** – Take 2 minutes to jot down 3 priorities.
- **PREP** – Do one small thing to make the day smoother (make the bed, drink water, take a deep breath).

That’s it. 5–10 minutes. And it will make a massive difference.

Remember This:

Your mom brain isn’t the enemy. It just needs a little help waking up and focusing on what matters most. A simple AM routine is like a reset button for your mind, your mood, and your mission.

So don’t skip it. Start small. Show up.

And let your mornings be a sacred space where peace meets purpose and God meets you right in the middle of the mess.

Inside the **Master Mom Certification Program**, you do one small habit a week. This is a process that works with the Mom Brain called “habit stacking,” and it is so effective. We also practice 5 habits each day inside Mom Boot Camp, so if you haven’t enrolled, go ahead and do that now. A new Mom Boot Camp kicks off each Monday.

YOUR NEXT STEP: Let’s go ahead and put your AM Routine in place. Use the space below to write down 3 habits you can start doing in the morning that will help you kick off a pattern of success. Keep it simple, like *make my bed, drink a Mom Brain Smoothie, do one load of laundry*



- 1.
- 2.
- 3.

Step #4: Create Your PM Routine

Let's be honest, Mama—by the end of the day, your brain feels like scrambled eggs. You've answered 672 questions, broken up 15 sibling fights, reheated your coffee 3 times, and tried to remember where you left your phone... while holding it. 😞

This is exactly why an evening routine (PM Routine) isn't a luxury—it's a lifeline.

Let's Talk About the Mom Brain at Night

Here's what's going on under the hood: Your mom brain is wired to stay on high alert all day—multitasking, problem-solving, anticipating needs. But if you don't give it a clear “off-ramp” at night, it stays in overdrive. That's why you can feel exhausted and wired at the same time. It's also why your brain replays the day's failures, worries about tomorrow, and refuses to shut down.

But the truth is: your brain needs a wind-down rhythm just as much as your kids do. And Here's the Faith-Filled Invitation:

“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” – Psalm 4:8

Your evening is sacred space—a time to release the pressure, reflect on God's goodness, and reset your mind before tomorrow begins. A simple PM routine helps you hand the day over to God and remind your brain that it's safe to rest.

A Simple, Soul-Calming PM Routine:

This doesn't have to take forever or look Pinterest-perfect. Here's a framework you can tailor to your life:

- **RELEASE** – Take one minute to give your stress, guilt, or anxiety to God. Pray it out or journal it down.
- **REFLECT** – Think of one moment from the day where you saw God show up—even in the smallest way.
- **RESET** – Prep one thing for tomorrow (set out clothes, jot your top 3 priorities, tidy one space).
- **RESTORE** – Do something kind for your body and mind (wash your face, read a verse, stretch, breathe deep).



Even 10 minutes of intentional calm can signal to your nervous system: "We're safe. We can rest now."

Why It Matters:

You're not just ending the day—you're training your brain to enter rest and receive restoration.

You're setting yourself up for more clarity, more energy, and more grace tomorrow. Mama, this isn't about doing more. It's about letting go.

When you create a rhythm of release and reflection each night, you're partnering with God to rewire your mind and refresh your spirit. So tonight, don't just collapse into bed. Enter rest on purpose.

Your brain, your body, and your calling will thank you.

So, let's get started with the most powerful part of your PM Routine, RELEASE. Use the space below to journal out a prayer of release to God, letting go of any guilt and receiving all the grace and mercy He has for you. Remember, God can do more in your sleep than you can do when you're awake. You rest, let Him work.

A pink journal page with a vertical red margin line on the left and four circular punch holes. The page contains horizontal lines for writing.

Step #5: Hack Your Brain

Let's just get real for a second...

You're juggling kids, schedules, meals, errands, appointments, emotions (yours and everyone else's), and somehow still expected to look like you've got it all together. No wonder your brain feels like it's on overload!

This isn't just exhaustion—it's mom brain. And while it might feel like your brain is glitching out on you, what's actually happening is something way more powerful. Your brain has physically and functionally changed to help you care for and protect your children.

But here's the kicker: those changes—while miraculous—can also make things harder when you don't know how to work with them.



Why the “Normal” Stuff Doesn’t Always Work

Remember how your brain loses grey matter after you have kids? That's not a loss—it's actually a refinement. Your brain is getting rid of distractions so you can better tune into your child's needs and detect risk. It also becomes hyper-responsive to your environment, which helps you stay alert for your kids... but it can also make you more

emotionally reactive, more easily distracted, and way more likely to burn out. So when people tell you to “just focus,” or “try harder,” or “get more organized”—it's not that simple. You don't need more pressure. You need better strategies.

Enter: Mom Brain Hacks

Mom Brain Hacks are simple, sneaky, super-effective techniques designed to work with the way your brain is wired right now—not against it.

Think of them like holy backdoor shortcuts. They're not about doing more—they're about doing it smarter, calmer, and with more joy.

They're based on how your mom brain processes stress, emotion, and attention. These hacks gently guide your nervous system, shift your focus, interrupt overwhelm, and create forward motion—without triggering shutdown mode.

God designed your brain to respond to rhythm, repetition, and revelation. These hacks help you train your thoughts and reclaim your peace—not by striving, but by surrendering with strategy.

You Don't Have to Stay Stuck

You're not failing, Mama. You're not scattered. You're not broken. You're operating a brilliantly rewired brain in one of the most demanding seasons of your life. You just need the right tools.

That's why you're here. That's why you downloaded the Mom Brain Survival Guide. And that's why these Mom Brain Hacks are going to become your new best friends. You don't have to power through—you get to partner with God, apply these tools, and show up with more clarity, more calm, and way more joy.



Mom Brain Hack #1 The Hold Up!

Let's Master the Mom Brain Hack - The Hold Up!

Okay Mama, let's set the scene: The kitchen's a disaster, someone just spilled milk again, the dog threw up on the rug, and your toddler is screaming like it's his full-time job.

Your brain is starting to boil. You feel the tension rising in your chest. You're about to snap...

STOP.

This is your cue to use one of the most powerful Mom Brain Hacks I've ever taught:

THE HOLD UP.

Here's exactly how to do it:

👉 **Step 1: Throw your hands up in the air and say, "HOLD UP!"**

This is your pattern break. You're telling your brain, "We're not going down that path." Literally put your hands in the air like you're being held at banana-point by a toddler with a snack demand. 😞 Say it strong: "HOLD UP!"

🧠 **What it does:**

This interrupts your emotional spiral. Your brain is expecting the next step in the chaos, but this move says, "Not today." It forces a micro-reset in your nervous system.

👉 **Step 2: Stick one finger up like the number one and say, "WAIT a minute..."**

Now you're pausing the momentum. That one finger? It's like a divine pause button. "Wait a minute..."

🧠 **What it does:**

This helps you gather your thoughts. Instead of reacting out of stress, you're inserting space for reason—and inviting God into that space.

👉 **Step 3: Fold your hands up by your shoulders and wiggle them side to side while saying, "Put a little super in it!"**


This is your favorite part. Do a little shimmy. Dance if you want. Smile (even if it's forced at first). "Put a little super in it!"

What it does:

This movement activates joy. Joy is a weapon, girl! You're anchoring your brain to fun instead of freakout. And when you infuse a little "super" (aka supernatural power), you're partnering with God in the middle of the mess.

Why This Works:

- It interrupts the stress loop before it takes over.
- It activates movement, which shifts your state instantly.
- It adds play and faith into the hardest moments.
- It gives you control back—without willpower or white-knuckling.

You're not just calming down. You're flipping the switch from flesh mode to faith mode. 

Try It Right Now:

Just for practice—go through it!

- Hands up: “HOLD UP!”
- Finger up: “Wait a minute...”
- Wiggle those hands: “Put a little super in it!”

Feels better already, doesn't it?

This is more than a silly dance move—this is neuroscience, faith, and joy rolled into one beautifully disruptive mom tool. Use it daily. Use it loud. Use it when you feel like losing it. Because your brain is wired for survival, but girl—you were designed for victory.



Step #6: Get Your Support Team

You Weren't Meant to Do This Alone

Mama, let's get real for a second—momming is not a solo sport. Your brain, your body, your heart... they all thrive in connection. God designed you for community. He knew you'd need people around you who “get it”—who've been there, who will pray for you, laugh with you, cry with you, and speak life over you when you forget how to do it for yourself. When your brain is constantly filtering chaos, juggling 500 tabs at once, and trying to keep tiny humans alive, you need a safe space to reset and refuel.

Why Community Matters for the Mom Brain:

- It reminds you that you're not crazy—just a mom.
- It reduces mental load by giving you encouragement and fresh ideas.
- It helps rewire negative thought patterns through connection and support.
- It combats isolation, which is one of the biggest triggers for anxiety and burnout.

You don't need more pressure. You need more peace. And that happens in community.

Join Our Free Support Group on Facebook!

If you haven't already, we want to invite you to the Mom Mastery University Support Group on Facebook. It's a safe, positive, faith-based space where you can get support, encouragement, and real talk from other moms who are on the same journey. There's no judgment here. Just Jesus, joy, and the kind of support your mom brain actually craves.

Search “Mom Mastery University” on Facebook and request to join today—it's totally free.



“Two are better than one... if either of them falls down, one can help the other up.” – Ecclesiastes 4:9-10



Step #7: Join Mom Boot Camp

Ready to Kick Mom Brain to the Curb?

You've got the Mom Brain Survival Kit in your hands (yes, girl!)— Now it's time to put it into motion. And the best way to do that?

🔥 Join Mom Boot Camp! 🔥

This is not your average “mom advice” class. This is a 5-day virtual experience that jumpstarts your mind, your faith, and your momentum. It's where overwhelmed moms turn into unstoppable warriors—one day at a time.

👉 What You'll Get:

- Simple faith-based strategies to take control of your thoughts
- Powerful daily trainings to flip the script on stress and chaos
- Real talk from Hannah Keeley (yes—your brain coach in your pocket!)
- Community support so you don't feel alone
- Tangible wins—right away (we're talking laundry folded, goals crushed, peace restored)

🕒 Kicks Off Every Monday!

No need to rearrange your life. This is 100% virtual and 100% doable—even in the middle of a messy house and screaming toddlers. You'll go at your pace, on your time. And the best part? **It's only \$5.**

That's it.

Five dollars to renew your mind, reclaim your peace, and remember who you are in Christ. (Let's be real—you've spent more than that on cold coffee and half-eaten drive-thru fries.)

🎉 Mama, this is your wake-up call.

You've already made the first step by grabbing this guide—Now take the next one and join hundreds of other moms who are trading survival mode for supernatural strength.

You're not broken. You're not alone.

You're just one week away from breakthrough.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2