

The Overwhelmed Moms Guide Lead Magnet

CTA Script to add to show notes:

Motherhood can leave you feeling overwhelmed and disconnected from who you are.

If you've ever thought, "I don't even feel like myself anymore,"—you're not alone.

That's exactly why I created The Overwhelmed Mom's Guide: 10 Small Changes to Start Feeling Like You Again.

It's a free, practical resource with doable shifts that help you reconnect with yourself without adding more to your to-do list.

Click the link to download it and start taking your life back today.

Link:

<https://jenaburris.kit.com/ecc29b3801>