



Roadmap Towards Intentional Living for Mums

Your first steps toward a calmer, more connected motherhood.

Salam mama,
I'm so glad you're here.

It takes courage to admit that what you've been doing isn't working — and even more courage to seek support.

So first, I want you to take a deep breath and feel proud of yourself.

This guide is your gentle nudge forward — your personal roadmap toward a life of intention, calm, and joy in your motherhood journey.

Let's move from just surviving ...
To thrive with purpose.

Before the Routine: The Mindset Shift That Changed Everything

Mama, before we dive into routines or schedules, you need to know this — mindset is **everything**.

Did you know that 98% of today's thoughts are recycled from the day before?

That means if yesterday was full of stress, negativity, and overwhelm... there's a high chance you'll repeat it again today — **unless** you interrupt the cycle.

That's why your mindset work matters so deeply.

✨ Today, I want you to take out your journal and get radically honest with yourself:

1. What's currently not working in your home life?
2. What would a calm, joyful motherhood actually look like for you?
3. And are you willing to believe that it's possible?

This is where true change begins. Not in a planner — but in your heart and mind.

Step 1: Establish Solid Routines

Routines are your secret weapon. When your home runs on rhythm (not chaos), everyone benefits — especially you.

Here's how to get started:

1. Identify Your Most Stressful Time of Day

Ask yourself:

- Is it the rushed, chaotic mornings?
- The cranky after-school stretch?
- Or bedtime when patience runs low?

Pinpoint where the stress is peaking — and that's where your first routine belongs.

2. Build a Simple Routine Around That Time

Let's say mornings are rough. You could:

Pre-plan breakfast the night before

Wake up 30–60 mins earlier for quiet time to work on your own personal/ spiritual goals.

Lay out school clothes and prep bags in the evening

Small tweaks = massive difference.

Step 2: Block Schedule for Peace of Mind

Time can either overwhelm you or work for you.

When you use block scheduling, you're giving every task a place — which means less mental clutter and more emotional capacity.

Start with 3–4 broad blocks:

- Morning Routine
- Productive Hours (work/tasks)
- Afternoons with Kids
- Evening Wind-Down

Block Scheduling helps reduce decision fatigue and creates more flow in your home.

Bonus: You'll get better at spotting where your time is leaking... and take it back.

Step 3: Onboard Your Family

You don't have to do this alone.

Once routines and systems are in place, gently bring your family on board.

- Assign age-appropriate tasks to your kids.
- Let your spouse or support system know where they can help.

This not only eases your load — it builds teamwork in your home.

Step 4: Set Intentional Family & Personal Goals

When your home is flowing, your vision gets clearer.

Ask yourself:

- What memories do I want to create with my kids this year?
- What kind of relationship do I want with my spouse?
- What personal goals am I ready to chase (hobbies, health, spirituality)?

Ideas to start with:

- Monthly family outings or picnics
- Weekly halaqah or connection night
- Biweekly date nights
- Planning a family vacation
- Journaling, movement, or Qur'an goals for you

Need Support Creating This Shift?

Mama, I know how it feels to want change — but not know where to begin.

That's why I created this one-off coaching experience to help you build simple, supportive systems that work for you — so you can lead your family with confidence, show up with presence, and finally live with the purpose your heart's been craving.

If you're tired of figuring it all out on your own, this session is your shortcut.

Let's work together to tailor these steps to your life — so you can see real change, fast.

Book your session [HERE](#)

I can't wait to support you, lovely.
You don't have to do this alone.

**Lots of love,
Fawzia**