



Pick Your Fight Kit

For the mom who's tired of holding it all together.

If you've been thinking...

"Why am I like this?"

"I'm so tired of repeating myself."

"I don't want to be the mom who snaps."

"I'm doing everything and still feel behind."

You're not broken. You're in a fight.

And the fastest way out isn't a big plan. It's one clear decision and one small step you actually do.

Why This Exists

I recently gifted my book to someone for their feedback. We met about a week later and I was surprised by what he said. He was in Chapter 6 and shared that he was stuck on his PhD dissertation. He hated writing. He got frustrated. He quit.

He was six chapters into the book when he said something simple:

“Everyone struggles.”

That flipped the whole situation for him.

He didn't need motivation. He needed one decision and one next step.

That's what this kit does.

Pick your fight. Finish today.

What This Is + How to Use It (5 Minutes)

This is the **Pick Your Fight Kit**. It's short on purpose. Because you don't need more "stuff." You need something that works when you're tired.

It will help you:

- Stop the cycle of snapping and feeling guilty
- Get your kids to listen the first time
- Finish what you start (without burning out)

How to use it (do it in this order):

- **Pick Your Fight** (3 minutes)
- Fill out the **One-Fight Decision Page** (2 minutes)
- Pick one line from the **Script Pack** to use today

That's it. No homework. No perfect morning routine. Just one step that makes you feel like you again.

Pick Your Fight (3-Minute Assessment)

Instructions

Score each statement 0–3: **How true is this for you right now?**

Circle one:

- 0 = Not me
- 1 = Sometimes
- 2 = Often
- 3 = This is my life right now

A) Fighting Yourself (internal fight)

- I break promises to myself (start strong – fade out). 0 1 2 3
- I avoid the thing that matters, then feel guilty and stuck. 0 1 2 3
- I overthink and stall until I "feel ready." 0 1 2 3

Subtotal (Yourself): ____ / 9

B) Fighting At Home (parenting + family fight)

- I repeat myself too much and I'm tired of negotiating. 0 1 2 3
- I go from calm to snapped faster than I want to admit. 0 1 2 3
- Our home feels tense... and I hate that this might be what my kids remember. 0 1 2 3

Subtotal (Home): ____ / 9

C) Fighting With Your Future (life + money + goals fight)

- I'm behind on something important and it's weighing on me daily. 0 1 2 3
- I feel capable... but inconsistent. I can't get traction. 0 1 2 3
- I keep "starting over," and I'm scared this becomes my pattern. 0 1 2 3

Subtotal (Future): ____ / 9

Your Result

Circle your highest score: Yourself / Home / Future

If you tied, pick the one costing you the most this week.

If HOME is highest: You're fighting at home

What it looks like: Power struggles, repeating yourself, snapping then feeling guilty

Start with: Script Pack

If YOURSELF is highest: You're fighting yourself

What it looks like:
Procrastination, starting strong then fading, breaking promises to yourself

Start with: Decide script

If FUTURE is highest: You're fighting with your future

What it looks like: Stalled goals, money stress, capable but inconsistent

Start with: Act Anyway script

[Click here to learn more about your results](#)

The One-Fight Decision Page

My One Fight (Next 30 Days)

1) My fight (pick one):

☐ With Myself ☐ At Home ☐ With My Future

2) The fight I'm finishing is: _____

3) The cost of not finishing this (real talk): _____

4) In 30 days, I want this result: _____

5) The standard I'm setting:

"I am the kind of person who _____."

6) My daily finish line (small + non-negotiable):

(Example: 10 minutes of calm correction, 15 minutes writing, one hard conversation.)

7) When I want to quit, I will say this:

"Nothing is wrong with me. This is the fight. I finish today." (or write yours)

8) Proof it's working (what will change): _____

9) Accountability (who/what keeps me honest):

Name: _____

Check-in plan: _____

10) My 30-day deadline date: _____

Signature: _____

Reaction → Response Script Pack

How to use:

Pick **ONE** line before the moment. Short phrases win.

Quick Switch (for me)

- "Pause. I'm responding, not reacting."
- "Nothing is wrong with me. I'm just triggered."
- "I can be firm without being loud."
- "Finish today. That's the job."

Listening + Follow-through

- "Say it back to me so I know you understand."
- "Good. Now show me."
- "Do it the first time — that's leadership."
- "I'm not repeating myself. You've got this."

Disrespect / Backtalk

- "Try that again with respect."
- "You're allowed to be mad. You're not allowed to be rude."
- "I'll listen when your voice is calm."
- "Dial it down, then we'll solve it."

Power Struggles

- "We're not fighting. We're making a choice."
- "I'm done negotiating. Here are the choices."
- "I hear you. The answer is still no."
- "You never have to like it. You do have to do it."

Repair (after you snapped) I'm sorry...

- "I didn't handle that like a leader. Let me try this again."
- "You didn't deserve my tone. Here's what I meant."
- "That is not what I meant. Let me try now that I am calm and clear."

3 Micro-Scripts (60–90 Seconds Each)

DECIDE

Take a breath.

Right now your brain wants to make this personal — like you're broken or failing.

You're not broken. You're in a fight.

Fights don't get finished with motivation. They get finished with a decision.

Here's the decision: I finish today. Not the whole year. Not the whole life. Today.

Say it out loud: "Nothing is wrong with me. This is the fight. I finish today."

Now pick one next action so small you can't negotiate with it. One message. One boundary. One page. One calm correction.

Breathe. Decide. Finish.

[Click Here for Audio:](#)

Decide

ACT ANYWAY

Take a breath.

Fear is not a stop sign. It's just information.

Your brain is trying to protect you from failing. But staying stuck is failing in slow motion.

Here's the truth: You don't need to feel ready. You need to act anyway.

Say it: "I don't have to feel ready. I just have to start."

Pick one small action. Not the whole plan. Just the next step.

Do it scared. Do it tired. Do it anyway.

[Click Here for Audio:](#)

Act

FINISH TODAY

Take a breath.

Every unfinished thing teaches your brain: 'I don't keep my word.' We're ending that pattern today.

Pick one thing you started — and close it. Not perfectly. Closed.

One email. One conversation. One page. One load of laundry folded and put away.

Say it: 'I finish what I start. Starting now.'

Then do it. Finish today.

[Click Here for Audio:](#)

Finish Today

Your next step depends on your fight.

You already did the hard part: you named the fight. Now choose what you want the next 30 days to look like.

If your fight is HOME

If you're stuck in repeating yourself, snapping, guilt, and "why am I like this?"—start here:

Structure + reps to change what your kids experience day-to-day.

If your fight is YOURSELF

If the real problem is broken self-trust—starting strong, falling off, restarting—pick your pace:

Self-paced structure + daily reps to rebuild follow-through.

One bad week doesn't get to decide your story. Pick one fight. Finish one thing. Build proof.

Identifying the fight is the pattern interrupter. But winning the fight requires reps.

Most moms stay stuck because they rely on promises ('Tomorrow I'll be better'). In the 30 Day Mom Authority Proof, we don't do promises. We do Evidence.

You'll get the Scorecard, the 'Plant the Flag' framework, and 30 days of tactical reps to rewire your nervous system. By Day 30, you won't 'hope' you're a better leader. You'll have the data to prove it.

Start lower pressure. Build proof first. Then go bigger.

[Start Your 30-Day Proof](#)

If your fight is FUTURE

If you're stalled on goals, money pressure, or consistency—and you're done playing small:

Finish the Fight 30-Day Sprint (\$497)

Move fast with accountability. Pick the finish line. Stay in the fight.

[Start Finish The Fight 30 Day Sprint](#)

You just made the decision. Now, go get the proof.