

THE MOTHERHOOD SYSTEMS AUDIT

*4 systems every ambitious mom
clarifies in order to thrive*

ALEX NABAVIAN

CONTENTS

Part 1: A **diagnostic** to spot where your systems are missing or misaligned.

Part 2: Soulful **reflection** to explore what's no longer working and what you truly want.

Part 3: Real **examples** of Soul Systems from moms like you.

PART 1: THE DIAGNOSTIC

What Systems Are Running Your Life?

For each category below, jot down the current systems, patterns or “rules” you’re living by—spoken or unspoken. If nothing comes to mind, that’s data too.

SYSTEM TYPE	WHAT’S CURRENTLY IN PLACE	HOW’S IT WORKING RIGHT NOW?
Home System How routines, chores, meals, logistics run—or don’t		
Value System How your time, money and energy reflect your real priorities		
Belief System What you believe about being a “good mom”		
Support System Who helps you, how and what feels hard to receive		

PART 2: THE REFLECTION

Soulful Reflection Prompts

Use these prompts to reflect, realign and recommit.



HOME SYSTEM

CORE PROMPTS

What's running on autopilot that doesn't reflect your values or season of life?

What drains you at home—and what could be simplified, shared or stopped?

BONUS PROMPTS

What can your child(ren) contribute to or take over—now or eventually?

What are 3 things you're okay doing at a B-?

What's one task you'd gladly pay for or trade to be done at an A+?



VALUE SYSTEM

CORE PROMPTS

What matters deeply that isn't getting your time, attention or care?

If someone looked at your calendar and spending, what would they say your top 3 values are?

BONUS PROMPTS

What have you been postponing that actually matters to your soul?

What values did you inherit that no longer fit your current life?

PART 2: THE REFLECTION

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BELIEF SYSTEM

CORE PROMPTS

What do you believe a “good mom” should be, do or sacrifice?

Who taught you that—and do you still want to live by it?

What do you want your kids to believe about motherhood?

BONUS PROMPTS

Which beliefs are helping you right now? Which ones are quietly hurting you?

What’s one “truth” you’d like to break up with—even if it feels scary?



SUPPORT SYSTEM

CORE PROMPTS

Where are you doing it all, even when you don’t want to be?

What’s one area where you could start receiving more support?

What kind of help feels hard to accept—and why?

BONUS PROMPTS

What kind of support do you wish existed—even just occasionally?

If you gave yourself permission to need, what would you ask for?

PART 3: THE EXAMPLES

Soul Systems in Real Life: Examples from Moms Just Like You



Home system

“We set up a Sunday night family reset: everyone pitches in for 20 minutes to clean up, prep lunches, and review the calendar. I stopped carrying the logistics alone—and it shifted the entire tone of our week.”



Value system

“I blocked my mornings for focus work and moved workouts into my work calendar. I finally stopped cramming the things that mattered to me into leftover time.”



Belief System

“I let go of the belief that being a good mom means constant sacrifice. Now I believe a good mom honors her needs and her kids—and models what self-respect looks like.”



Support System

“We hired a college student to do pickup and start dinner three nights a week. It felt indulgent at first, but I realized receiving support is what makes me a better leader, not a weaker one.”

You've taken the audit.
You see what's working and
what's missing.

*Now it's time to commit to
something new.*

✨ Want more support?

Join us in **Soul Systems**: a program
for ambitious moms who are ready to
install systems that let them breathe,
lead and live with alignment.

Want to chat with Alex? Find time [here](#).

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