

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



THE BASICS

Welcome to week three

CREATING INTENTIONAL MODELS



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Shaping Your Thoughts to Shape Your Life

You're doing amazing, and I'm so proud of you! You've made it halfway through your first month of thoughtwork.

I hesitate to call five minutes of journaling “thoughtwork” because, let's be honest, the last thing any doctor mom needs is more work on her plate. But this practice—the simple act of cleaning out your mental closet—lays the foundation for real change. Now that you've built consistency with your journaling, it's time to go a step further. This week, we're introducing Intentional Models—a way to actively shape your thoughts to create the results you want in your life.

What Are Intentional Models?

Intentional models are a tool to help you align your thoughts, emotions, and actions with the results you want. Instead of letting old, automatic thoughts drive your day, you'll begin choosing intentional ones that support your goals.

Maybe you want to:

- Go to bed earlier.
- Exercise more consistently.
- Spend less time on your phone.

Intentional models will help you bridge the gap between where you are and where you want to be—one small step at a time.

How to Use Intentional Models

1. Do Your Thought Closet Clean-Out
 - Start with your regular five-minute journaling session.
 - Identify the thoughts you want to keep for the day.
2. Identify a Goal
 - Pick one goal—something that would improve your well-being.
 - Example: Getting more sleep, exercising regularly, or being more present with your kids.
3. List Small Actions That Support Your Goal
 - Think tiny steps, not giant leaps.
 - Example: If your goal is to get in shape, possible small actions could be:
 - Stretch for five minutes.
 - Take the stairs instead of the elevator.
 - Go for a short walk after dinner.
4. Identify Thoughts That Inspire Action
 - What thoughts would naturally encourage you to take that action?
 - Example: Instead of “I have no time to work out,” try “Moving for five minutes is better than nothing.”

5. Write an Intentional Model

- Use the following framework:

Circumstance: Your goal or situation

Thought: A thought that supports it

Feeling: The emotion that thought creates

Action: The small action you'll take

Result: The outcome it leads to

Example: Becoming More Present with Your Kids

Circumstance: Spending time with my kids

Thought: My presence matters more than my productivity.

Feeling: Connected

Action: Make eye contact and listen fully at least once a day

Result: Stronger bond with my kids

Your Turn: Create Your Intentional Model

Step 1: Choose a goal you want to work on.

(Example: Getting more sleep, exercising, reducing stress, practicing mindfulness, etc.)

Step 2: Brainstorm small actions that would help you reach that goal.

Step 3: Write a thought that would inspire you to take one of those actions.

Step 4: Fill in the model below.

Circumstance:

Thought:

Feeling:

Action:

Result (what you want to create based on the action)

Final Thoughts: Small Steps, Big Shifts

The goal of intentional models isn't to force change overnight. It's to gently guide yourself toward the life you want—one thought at a time.

This week, commit to using an intentional model each day. Even if you only apply it once, that's progress. The more you practice, the more natural it becomes.

You don't need to be perfect. You just need to be intentional.

Let's get started!

Complete the Intentional Model:

Circumstance _____

Thought _____

Feeling _____

Action _____

Result _____



WEEK THREE

THE POWER OF SELF-COMPASSION

How do I usually speak to myself when I make a mistake or fall short of my expectations?

What would I say to a friend in the same situation? How can I offer that same kindness to myself?

What is one way I can practice self-compassion today?

When have I shown resilience in the past, and how can I honor that part of myself now?

What does it feel like to give myself grace, even when things don't go perfectly?