

5 WAYS IN 5 DAYS

TO IGNITE  
PASSION~PURPOSE~  
PRESENCE



Mumatherapy



Emma Grant

HELLO AND WELCOME  
I'M

*Emma Grant*



**I'm a Nutritional Therapist, Hypnotherapist, Parenting Coach and founder of Mumatherapy.**

**Over the past 25 years I've accumulated a wealth of knowledge in Nutrition, Professional Development and Personal Growth, that's backed with science and sprinkled with Spirituality.**

**I love helping mums like you, to uncover your true purpose beyond raising a family, and to build the self-belief and confidence you need, to create a life of joy and contentment.**

**I'm also creator of the ©PRESENTU Program, designed to help you ignite your Passion, Purpose and Presence.**

**For the past 19 years, I've been busy juggling family, two businesses, writing magazine and newspaper articles, as well as two bestselling, self-help, parenting books.**





# Follow Your Bliss!

Joseph Campbell

I love the Joseph Campbell quote – “Follow Your Bliss” but for years I was so busy tending to my marriage, starting a business and raising a family, that life got in the way of my buried dreams. I thought my passion for hypnotherapy and writing was just my hobby, if and when I had the time. Then gradually, that hobby turned into my side hustle before I honoured my true calling. It never went away though, it persisted until I listened.

Hypnotherapy and writing allowed me to find my purpose in life beyond parenting and to become the person I never thought possible. My passions have helped me to transform my old self-image, uncover my unconscious blocks, break and replace my bad habits with new healthier habits and build the self-belief and confidence I needed to set, achieve and smash all my goals.

And if I could do it coming from where I have, then you most certainly can too!

I believe in you because, I first learnt to believe in myself and finally realised anything I wanted was possible, if I only knew what that thing was that I most wanted.





# Who This Workbook is For?

The problem is, most of us don't actually know what it is we truly want from life. We fall into relationships, settle for a career, and let life and those around us direct us where ever the wind blows.

To prevent Parental Burnout you need to find your -  
**Purpose, Passion and Presence, then you'll have a life you love!**

If that's you already then no need to read on, go you!

**But this Workbook is for you if ..**

- You're on the verge of Burnout and need to prevent it and find you and your purpose again.
  - You're suffering Burnout Syndrome and don't know what to do to overcome it.
  - You're feeling bored, frustrated and dissatisfied with your current reality.
  - You're at a crossroads in your life and are not sure which direction to take.
  - You want to build self -belief to start something new, such as returning to the work place or a change in career.
  - You're looking to create a new self -image (no more mumsywumtsy).
  - You know there's a better life waiting for you, if only you could just find a passion or a purpose again to get you motivated.
  - You're feeling stuck, empty or purposeless.
  - You're feeling too tired and overwhelmed to chase your dreams.
- 





# Who This Workbook is For?

But this Workbook is for you if ..

- You're not parenting at your best right now.
- You're doing a job you hate.
- You're having an identity crisis.
- You feel like just a mum.
- You have dreams but no goals or plans to make them a reality
- You have no dreams or goals.
- You're worried where you will end up and with whom.
- You engage in self-sabotaging habits and behaviours such as excessive cleaning, drinking alcohol, smoking or eating.
- You have more fear than fun in your daily life.
- You're having a mid-life crisis.
- You feel like time is running out or it's too late to pursue what you want.
- You just don't care anymore. Everything seems pointless.

You'll find a 5 Step Process outlined in this workbook to help you rediscover your passions, uncover your purpose and overcome self-limiting beliefs, so you can find that joy in life again.





# Who This Workbook is For?

And there's no time like the present and no present like time, so let's not waste anymore of our precious lives dreaming and let's start doing.

This work book isn't a one and done type of work book though. I find myself revisiting the exercises whenever I'm at a crossroads in life and something is either coming to end or a new chapter of my life unfolds.

It's stood the test of time, as its guided me from my twenties when starting out, to now. What I'll share with you here in this workbook, are the very things that prevented me from burnout and stopped me from feeling empty nest syndrome when my whole identity, for almost two decades, revolved around being a Mum.

If your nest is currently full and you're finding there's no time left for you, or you're trying to fill your empty nest with fun, then this workbook will help you to create a new self-image, find a new purpose in life, and help you to boost your self-belief, self-esteem and self-confidence. So, don't wait until the kids have grown up and flown the nest to start living, start this workbook and create a life of joy now.

Ready?

Let's see how you can uncover your true purpose other than being a mum and build the self-belief and confidence to step out of your comfort zone with confidence and prevent burnout taking hold.

**Because self care, self love and U Time are essential  
to preventing or overcoming parental burnout.**





# You Were Born Ready!

Working through this work book will help you to uncover your true purpose and find that thing you love in life that will bring your zing back!

Having a passion will give you a readymade purpose, all you then have to do is follow that passion where it leads. Considering doing more when you're already feeling exhausted and overwhelmed may sound counterproductive but I promise you, energy creates energy and passion creates motivation and when combined, no matter how tired you are, you'll want to jump out of bed in the morning and get going on your dreams.

**Forfilled dreams are not reserved for the few, they are everyone's birthright. Yes that includes YOU!**

But they do require some self-belief, self-esteem and self-confidence, but I got you :-)

You see, you were born ready. You've likely danced with your destiny at some point or flirted with a fantasy. You've just either forgotten what you loved or been afraid to entertain it as you're too busy or feel its out of your reach.

**But there is more to life than what you're currently experiencing, you do have time, and nothing is out of your reach.**

**Dreams do come true, and they are possible for you!**

One of my past clients recently messaged to thank me for helping her to realize her dreams. She went from being disabled with severe back pain and crippled with fear, to creating a 7-figure business she never even thought possible, after a few sessions of hypnotherapy and using the tools and techniques I've included in this workbook for you.





# You Were Born Ready!

But results are not guaranteed, you get out of this what you put in and the beliefs you hold true for you. Every person is unique and will have unique experiences.

This workbook is a free gift from me, to you with love but it does hold great value, so you need to treat it and yourself as valuable by giving it all you got.

This means doing the 5 exercises, over 5 days, preferably in a row, not just speed reading through and mentally answering them in your head.

There's real power in a pen and writing things down helps you to process at a much deeper level, while research has proven that those who write their goals down meaningfully increase their chances of success in achieving those goals by 30% and keeping track along the way, helps you to increase your chances of success by a whopping 60%!!!!

Ready?

Quick test to begin!

So, how bad do you want to ignite your Passion, find your Purpose and express your Presence now, on a scale of 1 to 10, 10 being I'm on it already and have started thinking about my goals, to 1 can't be bothered? Write your number on the dotted line .....

I'm hoping that's a 10 you wrote then?  
If so lets start the process?



## 5 STEP

# PROCESS



01

### STEP ONE

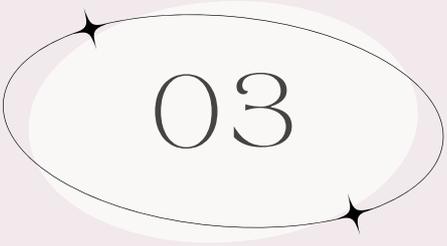
IN STEP 1 YOUR UNIVERSAL GODMOTHER WILL BE REMINDING YOU OF EVERYTHING YOU'VE ACHIEVED SO FAR, AND WHY THAT'S HELPED IN MAKING YOU THE PERSON YOU ARE TODAY? BUT WHAT HAS SHE SEEN SO FAR .....?



02

### STEP TWO

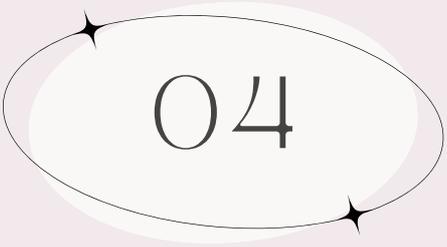
STEP 2 YOU'LL FILL IN YOUR PRESENTU BOX AND SEE WHAT'S ACTUALLY MISSING FROM YOUR LIFE RIGHT NOW & SET SOME NEW GOALS & INTENTIONS.



03

### STEP THREE

STEP 3 IS PLAYTIME, WHERE YOU'LL UNCOVER YOUR PASSIONS AND DREAM REALLY BIG, AS YOU CREATE YOUR WISH LIST!



04

### STEP FOUR

STEP 4 YOU'LL CALL IN YOUR PURPOSE, SO YOU CAN FEEL CONFIDENT TO ILLUMINATE YOUR PRESENCE IN THE WORLD. GET READY TO HONOUR THAT CALLING.

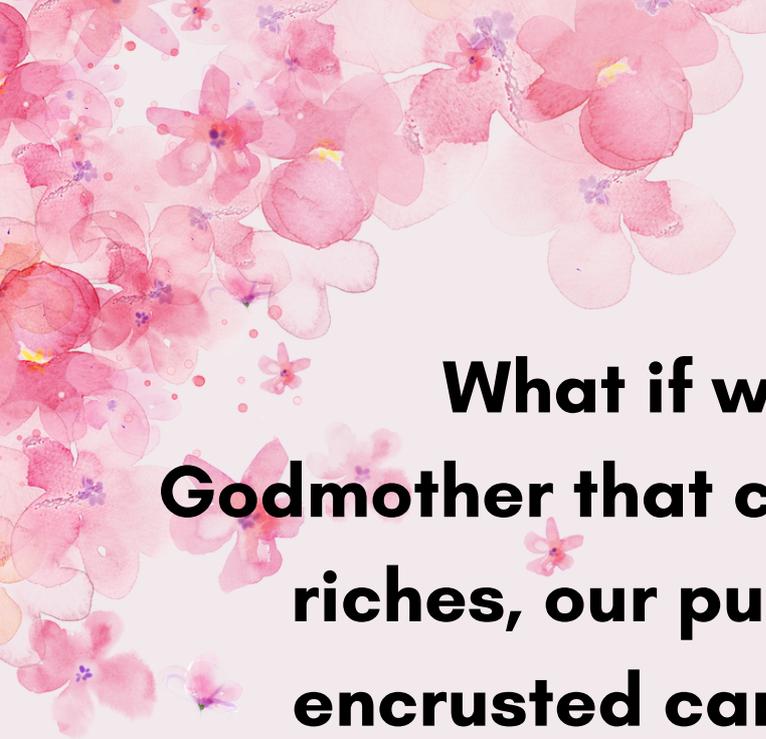


05

### STEP FIVE

STEP 5 YOU'RE GOING TO REWRITE YOUR STORY THE WAY ITS MEANT TO BE TO CREATE YOUR BEST FUTURE SELF AND JOYFILLED LIFE.





# STEP ONE

**What if we all had a Universal Godmother that could turn our rags to riches, our pumpkins to Swarovski encrusted carriages, our worn-out shoes to glass slippers and frogs into Prince Charming?**

**Well, what if she exists?**

What if all we need to experience love and see magic and miracles is to value our greatest gifts and use our childlike imagination to create the destiny we deserve, not the one we feel we've been dealt?

**And what would she tell you as a child to help give you hope and excitement for what lay ahead?**



# STEP ONE-LOVE LETTERS

In step one, you're going to write a real love letter to yourself from your Universal Godmother, reminding you of everything you've achieved so far, and why that's helped making you the person you are today?

Like any loving Mother, she only see's the best in you and her words encourage you to keep moving forward and keep going for your biggest, wildest dreams.

She knows you can do it. She's seen the future you.  
But what has she seen so far .....

I'll start the letter off for you below, followed on the next page with my story, then its over to you!

*Dear Child*

I still remember the day you were born. I knew then how special you were and what transformations lay ahead.

So, I wrote this letter to keep you going in the direction of your dreams and to show you how far you've come already!

# Dear Emma

You'll have a challenging childhood, offering the skills you need to help your future therapy clients.

As a teen you'll backpack around Europe, explore Africa, riding camels across the Sahara Desert. Working hard and getting your heart broken.

But... You'll own a 4-bedroom house, on your own, by the time you're 20.

Then you'll meet the man of your dreams (the one you manifested in a

List a week before!) Fall in love at first sight and get married in the West Indies in a whirlwind romance.

KODAK PORTA 400



KODAK PORTA 400



# Dear Emma

You'll feel the highs and the lows,  
lose people you love and who love  
and understand you.

You will have to get courageous  
and take some risks.

Because ....

You'll run two successful  
businesses while raising a family,  
writing for magazines and  
newspapers and authoring two  
bestselling books.

Although parted from your Mum  
age 6 years, you'll go onto discover  
a gift she has passed on down to  
you and reconnect to your  
Spirituality and true purpose.

Your children will grow up and  
move on and then .... You'll discover  
there's no barriers to anything you  
want.

KODAK PORTA 400



KODAK PORTA 400

KODAK PORTA 400



*Love and blessings bright, your  
Universal Godmother!*

5 WAYS IN 5 DAYS TO IGNITE  
PASSION~PURPOSE~PRESENCE  
WORKBOOK



# Your Story

Love and blessings  
bright your  
Universal  
Godmother!





# STEP TWO

## *The PRESENTU BOX*

No more keeping busy doing things you hate or to please others, it's time for YOU. Although you may feel overwhelmed with a list of daily To Do's already, let's try and fill your PRESENTU Box and see what's actually missing from your life right now.

My box looks full today but when I first did this exercise 23 years ago I had only 2 boxes filled in. You may have all 11 full or only one, it makes no difference. This is meant to show you the void in your present reality. Once you see what's missing from your life, you can take the steps to fill them with what you need, want and desire. And should one box leave your life, you've still got 11 others to keep your life full of joy!

See an example of mine to get you started on the next page.



# THE PRESENTU BOX

*My Box!*



## FAMILY

*My Husband  
Children  
Mum & Dad  
Siblings & In laws*

## WORK/CAREER

*My childcare business  
My Hypnocoaching  
My writing*

## FRIENDS

*My old friends and  
social media friends*

## HOBBIES

*Reading  
Writing  
Doing Courses*

## CONTRIBUTION

*Blogging  
My Books  
My Therapy*

ME

## TRAVEL

*Several Family holidays  
every year*

## SPIRITUALITY

*Spirituality - crystals  
/ cards  
meditation/service*

## EXERCISE

*Yoga  
Home Gym*

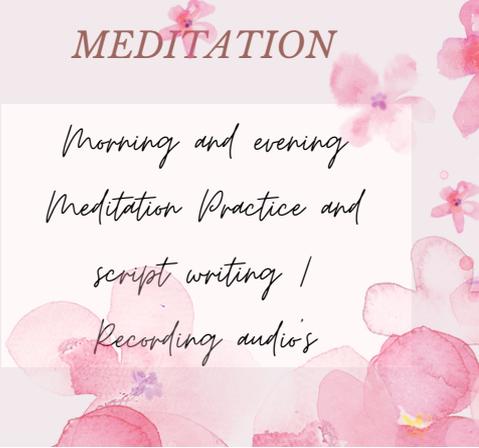
## NUTRITION

*Ambassador for  
The Health Sciences Academy  
Studying Nutrition Courses  
Cooking*

## PERSONAL DEVELOPMENT

*Investing in CPD Training /  
Supervision /  
Coaching & Mentoring  
Reading  
Studying*

## MEDITATION



*Morning and evening  
Meditation Practice and  
script writing /  
Recording audio's*



# THE PRESENTU BOX

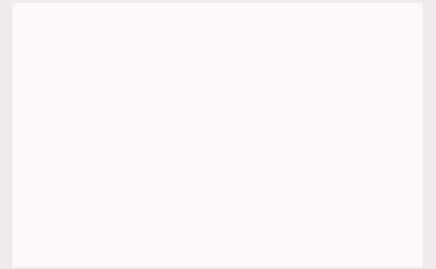
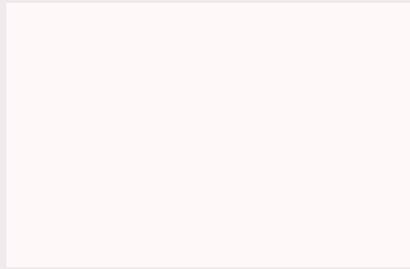
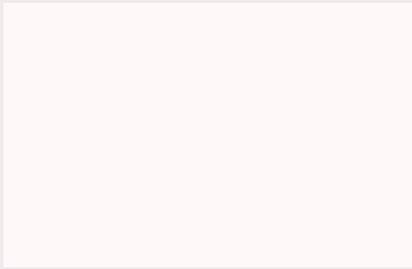
*Your turn!*



*FAMILY*

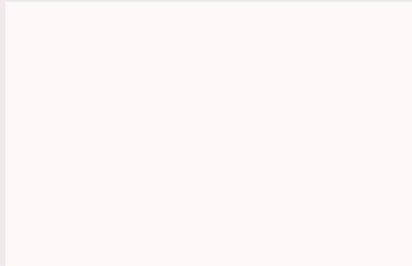
*WORK/CAREER*

*FRIENDS*



*HOBBIES*

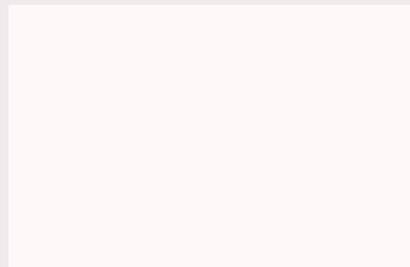
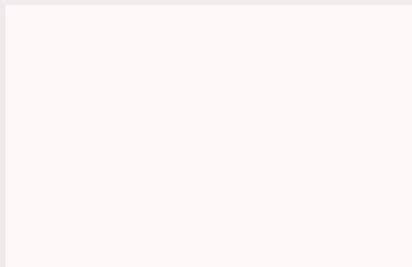
*CONTRIBUTION*



*TRAVEL*

*SPIRITUALITY*

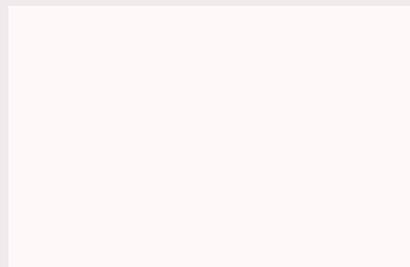
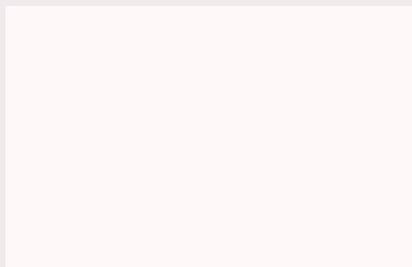
*EXERCISE*



*NUTRITION*

*PERSONAL  
DEVELOPMENT*

*MEDITATION*





# *LIFE* GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN YOUR OVER ALL GOAL, HOW YOU'LL DO IT AND WHY? TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	MY GOAL	WHY I WILL DO IT?	HOW I'LL DO IT
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ CAREER</i>			
<i>HOBBIES</i>			
<i>CONTRIBUTION</i>			
<i>SPIRITUALITY</i>			





# *LIFE* GOALS

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CATEGORY	MY GOAL	WHY I WILL DO IT?	HOW I'LL DO IT
TRAVEL			
EXERCISE			
NUTRITION			
PERSONAL DEVELOPMENT			
MEDITATION			
OTHER			





# You're Doing Amazingly!

You're doing amazingly; those previous two steps can be challenging. If for any reason you need some support, I'm here for you.

Reflecting on your past and what's missing in your current reality can open up some wounds that may need healing.

Hypnotherapy, Counselling and EFT can all help with this.

But now you know where you've been and what you've achieved so far, and uncovered what's currently missing from your life, it's time to fill in those empty boxes and discover your passion and purpose.

## This is the fun bit!





# STEP THREE

## Play Time!

Children instinctively know how to play. They understand the benefits and enjoyment it brings, it's their main priority in life.

It was once ours too, so why did we stop playing and having fun?

We're all capable and entitled to live a fun, joyous, and passionate, on purpose life, doing what we love.

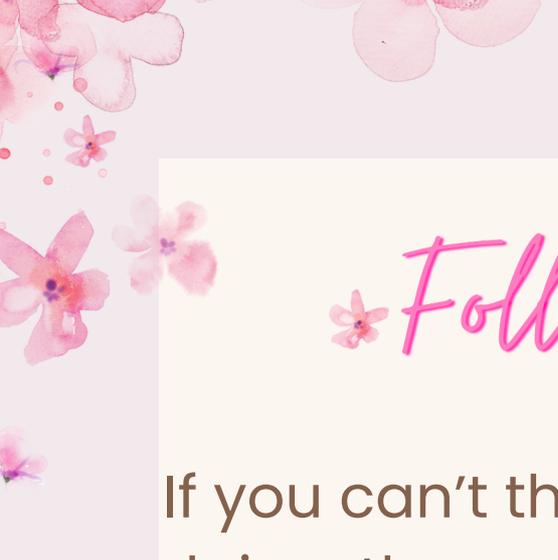
We just have to remember our passions, and our own childhoods usually hold the clues.

What did you once love to play or do, such as; playing a musical instrument, singing, painting, writing, crafts, tennis, martial arts, carpentry, or gardening?

List as many things as you can remember, that you you loved doing when you were younger on the next page now, on Your Playful Passions List.







# *Follow Your Bliss!*

If you can't think of what you once enjoyed doing, then, what did you used to dream of doing or becoming?

**Everyone has a dream.**

You're only limited by your imagination. If you could create anything in your life from today onwards, money was no object, health was no barrier and failure wasn't possible, what would you choose to do/be/have or buy?

What experiences would you desire?

Think BIG Dreams and Goals.  
Then think bigger again!





# Your Wish List!

THINK BIG DREAMS AND GOALS.  
THEN THINK BIGGER AGAIN!

	DREAMS AND GOALS	
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

NOW PUT THIS LIST AWAY SOMEWHERE SAFE, MAYBE A BED SIDE DRAWER. RE READ IT BEFORE BED EACH NIGHT AND EVERY MORNING, UNTIL YOU KNOW EVERY WISH ON THERE AND SOON YOU WON'T NEED TO READ IT, YOU'LL BE ONTO THE NEXT LIST, AND IT IS SO!





## STEP FOUR

# *Illuminate Your Presence*

Your time, love and energy has gone on nurturing others, so now's your time to shine.

Don't sit in the shadows of what was, step out into the light of what will be and illuminate your presence.

Whether you choose a fun, happy, healthy, rewarding rest of your life or choose to be sad, regretful and frustrated, is ultimately down to you.

Nothing in life stays the same (thank Goodness) how boring would that be?

Life is impermanent, and that's the only guarantee you can have. But it does keep moving, regardless if you do or not.

So, as you feel bogged down in the mundaneness of everyday reality, bored, exhausted and overwhelmed with chores, start to embrace the newness of stepping out of your comfort zone and creating a life you love.





# STEP FOUR

## *Calling in Your Purpose!*

You can't live your dreams or fears through your children.

But you do have your own purpose to fulfil. You're not growing older, you're growing wiser and growing into the real **YOU**, the **YOU** that you always wanted to be.

### **How can you honour that calling?**

There's a part of you that has the answer to this question.

Close your eyes and gently breathe in and out slowly a few times, until you start to feel relaxed, open and receptive, ....and listen. This may take several attempts, over several weeks but keeping asking until you hear the answer.





# STEP FIVE

## *Creating a New Story!*

Now you've uncovered your passions and discovered your purpose, its time to illuminate your presence and manifest what you want to have, who you want to be and what you want to do.

Don't cling to an old script.  
If you want more joy and excitement, you've got to do something different.

Time for you to write a New Story!



# STEP FIVE

## *Time for you to write a new Story!*

Write how you want the next 10 years of your life to look like in all areas of your life, as our mind can resist our dreams and desires when we say 'I am' if it doesn't believe a dream or goal possible.

Include ;

Relationships

Work / career

Hobbies

Travel

Health/Fitness

Nutrition

Appearance

Home

Car

Contribution

Finances

Friends

Spirituality

Personal Growth and Development

Similar to the Life Goals Exercise earlier, but not the same. Don't worry about how you'll do it or why? You don't need a reason here or a way, just go all out and be adventurous! This is how you'd like your life to be without any restrictions, your Dream Life! 





# STEP FIVE

*I want to.....*

This page is the 1st draft and outline for your  
best seller!





# STEP FIVE

*I'm in the  
process of.....*

Now you are clear on what you want, rewrite those out with 'I am in the process of...'  
Because wanting suggests lack and we want to be in the process of receiving, not noticing the lack of.



This page is the final edit for your best seller!



# STEP FIVE

Let's start the 1st chapter **today**.

Write a letter with today's date on detailing how you want your life to be **in 12 months'** time.

Use 'I am' and 'I have' not 'I'm going to' 'I want' or 'I will' and write down everything you want to achieve in the next year, based on your previous list of how you want the next **10 years** of your life to be but as if it has already happened.

Keep it positive and optimistic and make your goals **exciting**. Think **big** when you write your goals but keep them **possible** for you. So, no winning a million on the lottery, more, I've started my own Esty shop selling t-shirts etc....

Don't forget to sign your letter!

Now **email** it to me **today** at  
em@emmagrantaauthor.com

And I'll resend you that letter via email in 12 months' time and I bet this will be the most **powerful, soul shaking, love** letter you'll ever receive!





# STEP FIVE

# Your Letter

Date:

*With Love*





THE PRESENTU  
8 PILLARS OF SELF-  
BELIEF SUCCESS

*The PRESENTU Program*

**P** - Present Changes & Blocks to Presence

**R**- Relaxation /PMR / Hypnotherapy/Meditation/EFT

**E** - Emulate your Grace Guide - Release Your Alter Ego

**S** - Scary Self- Confidence - Step by Step Action

**E** - Empowering Evidence - Boosting Self Esteem

**N** - Nutrition -Strong and Healthy Inside and Out

**T** -Transform and Transcend into your Presence

**U** -You got this!- A home Self Care Package

YOUR TIME IS A GIFT,  
ENJOY THE PRESENT!



# STEPPING UP!

## *And Igniting Your Passion, Purpose & Presence in the Real World!*

Well done, beautiful lady.  
I'm so proud of you working through this workbook.

I know how hard personal growth and development can  
be.

It means looking inside ourselves at a deeper level and it  
can spark parts of the subconscious that we've safely  
buried over the years.

I believe in the **law of attraction** but you still gotta take  
some **action!**

So, what action will you take in the physical world to  
ignite your **Passion, Purpose and Presence NOW?**





# WHICH ONE ARE YOU?

1, 2 or 3?

There are 3 types of ladies in this world

1-Those who want to

2-Those who will do

3-Those who do

## Who are you?

If you're number 1, you may feel you want to make changes and progress in your life but don't know how to? I'm here for you. I'll guide you in the right direction to achieving your dreams and goals and banish that burnout.

If you're number 2, you'll do the exercises and with the best of intentions, just forget all about Purpose, Passion, and Presence in a few days. When the excitement of what's possible for you wears off, you'll get back to your busy, everyday life, feeling overwhelmed with despair and resignation, accepting things as they are.

If like me you're number 3, then you'll want to get started on your goals and dreams straight away. I'm here for you now, let's do this!

**HOW?**



# The PRESENTU Program w Igniting Passion, Purpose & Presence!

Thank you for taking part in this Workbook 5 ways in 5  
days to Igniting Your  
Passion, Purpose and Presence.

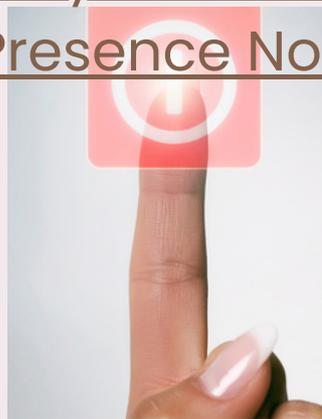
I'd love to hear how you've got on?

I know this is an exciting, fresh start for you, full of new possibilities ahead, so if you need further help in moving forward and are interested in the **12 - Week PRESENTU Program**, simply click the link below to arrange a time and date for an **alignment call**, where we can plan how I can help you now or email me

[em@emmagrantauthor.com](mailto:em@emmagrantauthor.com) for more information?

**Click here to book an Alignment Call,**  
**it's time to live your Passion Purpose &**  
**Presence Now!**

*click here!*



**If you are suffering from exhaustion and overwhelmed and need support in overcoming Parental Burnout Syndrome but want to help yourself, then you can enroll on Mumatherapy From Burnout to Being Meditation Course from April 2023 see website for details**

**Emma Grant Hypnotrition Alchemy ([emmagrantauthor.com](http://emmagrantauthor.com))**

*I look forward to co-creating with you,*