

Mom-dala

The Mom-dala contains all the pieces of your life. Assign a color to an area of your life, i.e. blue is laundry, then color a piece of the Mom-dala blue representing how much time you spend doing laundry. Continue adding things like work, cooking, exercise, time with family, friends, sleep and kid's activities. When you are done, which colors stand out? Which colors do you wish stood out more? What would have to shift to make these changes?



Momdala Key

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