

“Relax and Recharge  
so you can Balance  
Work and Family”

10 Breakthrough Mindsets  
to Feed Your Soul



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DEVORA GILA BERKOWITZ  
*Aligning you to Mind & Body, Heart & Soul*

If you're here because you're a busy mom who feels pulled in different directions, then you're in the right place. Maybe you feel like you're juggling everything you have to do, or are torn between work and family. Especially if you're running your own business and are used to putting pressure on yourself to achieve.

You notice that you give and give, putting others first, and often find that you have no time to recharge.

Maybe you've neglected your health by skipping meals, eating unhealthy food, staying up late or never getting around to exercising. So you feel run down much of the time – tired, dragging and depleted.

Perhaps you're on a rollercoaster of "to do" and in a routine chauffeuring your kids around, when you really wish you could have time together having dinner out or a family movie night.

If you're married, maybe your life is a revolving door where you're playing "Tag, you're it!" with your husband, and you just don't have energy for him at the end of the day.

And then there's the guilt. Maybe you feel guilty about taking time for yourself. Or you're feeling guilty for not keeping up and getting everything done. (Or secretly feeling guilty for not being satisfied for what you have – and wanting more!)

So you end up feeling overwhelmed, stuck or frustrated.

**What if you could have more time and energy to relax and recharge...?**

As a busy mom, you wish you had more open space in your day to take time off and have the freedom to do what you want, when you want. To find more time for yourself. Take care of yourself. You want to be happier, feel good, feel positive, stay “in the flow” and be less stressed and more relaxed.

What if you could feel that balance between family time and work time without sacrificing yourself? To integrate taking care of your family into your life and business the way you want, so you can enjoy your life and build a successful business? And most importantly, how would it feel to reconnect with yourself in alignment physically, emotionally, spiritually – so you can feel more fulfilled with every side of yourself?

And you know deep down that when you take care of yourself and eat healthy, exercise, have more fun and feed your soul, you’ll feel successful on multiple levels: you’ll stop feeling depleted and have more energy, you’ll be more present to have quality time with your family, and you’ll stay focused and accomplish your goals for your life and business.

I believe that as women, we have an inner voice that guides us towards our next steps. We can tune into this voice and allow ourselves to follow it. And learning to listen deeply within is the key to making the vital decisions that determine our happiness and success, for ourselves and the lives of our loved ones.

Mindsets can be a powerful tool to support and develop our inner listening. That’s why I created this gift for you.

## **How to use these mindsets**

First, identify the mindsets you resonate with. Then decide how often and when you will say or chant them. Alternatively, you can print them out and post them in your office, bedroom, kitchen or other space so they easily seen.

## How do I know if it's the right mindset for me?

When you say or slowly chant each mindset, observe yourself with non-judgmental “witness consciousness.”

Say it slowly three times, preferably with your eyes closed. Tune into your gut.

If you feel at peace with it, then it's an ideal mindset for you. It affirms an inner truth you acknowledge about what is possible for you.

And if you feel resistance, it's an indication that you don't resonate with the mindset yet. You can leave it aside or tweak it until you feel aligned with it. Try changing around a word or two. Feel free to insert help from your Higher Power if that will support you (such as “the Divine helps me to...”).

## What if I still feel resistance after tweaking it?

Mindset work is all about setting intentions to create your future reality by affirming what you want in the present and aligning to the energy behind it. With mindsets, you name what you want to actualize. Then it's a matter of time and taking action to manifest what you want. This paradox between what is evident now and what you want to create can cause resistance to come up. This will need your time and attention. Be present and notice what sensations, thoughts or emotions arise. When you do this, you'll be tuning into unconscious limited beliefs and blocked energy. With guidance, this space can become a gateway to healing, freedom, more internal energy and transformation.

For now, be present with yourself, breathing slowly through any resistance that you may sense in the mind and body. Be patient and loving toward yourself. Feel free to journal your thoughts.

## Don't make this mistake!

Many women make the mistake of repeating positive affirmations or trying to adopt new mindsets without the previous step of presence and acceptance of resistance that comes up. The problem: Limited beliefs and blocked energy will keep you stuck unless they are embraced and allowed to release. Have you ever held a crying child? The more you push them away, the more they cry. But if you hold them, they start to calm down and return to themselves.

So acknowledge yourself with compassion or unconditional love for having that limited belief, emotion or energy block. Only after taking this crucial step can you be free to get unstuck and move forward into your new mindset. You can imagine being wrapped in a warm blanket or embraced by your Higher Self. Sit quietly and breathe while you hold this imagery. Observe yourself. Take your time. When you feel calm, connected and peaceful, you're done. Repeat this process as much as needed, because we hold many layers of thought and emotion and each journey into your mindset work will invite a new experience. This is a sacred space where

your most profound transformational work can be revealed. If you need more assistance with this process, be sure to reach out for help.

### How mindset in action leads to results

Here's a short case study to illustrate how this work can help you find balance between work and family. One of my clients put pressure on herself in every area in her life, feeling overwhelmed about never having enough time to get everything done. She would be snappy with her family and often felt worn out. Also, when bringing her child to day care, she would have to spend time consoling him, as he would feel her stressful energy and start crying and clinging to her. This would frustrate her even more. Within a short time of working together, my client became more calm and at ease. She let go of her overwhelm and the extra work she had taken on, and with that freed-up time and energy, she could now enjoy time with her small child, take a nap, or just relax. Her home atmosphere improved and now day care drop-offs are a breeze!

### One last thing

I created these mindsets to inspire you toward your highest vision for your life and business, and my sincere wish is that they will help you to relax and recharge. Please be aware that these mindsets alone will not ultimately change your life. If you are truly committed to transforming your life, you will also need to take action with accountability. You'll need to decide which steps you want to take in order to actualize these mindsets into your life. If you choose this path, don't keep the mindsets as thoughts rolling around in your mind – make sure you create a plan that's suited to your life and family so you can bring them into fruition. And once you have that plan, get accountability so that your vision of having more time, energy and alignment can become your reality!

### My invitation

If you would like to dive deeper and get support to balance work and family while having more time for yourself to feed your soul, click here for a no-obligation [Relax and Recharge Strategy Session](#). I'll help you get clear on your vision for your life and business, see what obstacles are in the way, and give you resources or recommendations to help you create more time and energy. By the end of the session, you'll know what your next steps will be so you can be more aligned and fulfilled, happier and healthier!



"I'm a mom, and I'm an entrepreneur. What I appreciate most about Devora is her gentle reminder to align yourself with your Source. Her coaching transcends the typical, bringing celebration of all that I am into light. I walked away with much love for myself. And for that, I am eternally grateful. If you are a mother who puts herself last, do yourself a favor and talk to Devora Gila Berkowitz."

**Carol Williams, Productivity Coach**



"Devora Gila, so many of us are in need of real breakthroughs right now, and you have what it takes to facilitate that for people in very deep and meaningful ways. The energetic support you provided behind the scenes for my Quantum Healing webcasts helped to catalyze the experience that so many of my listeners had of being uplifted and awakened to new possibilities. May your light continue to shine and help facilitate quantum change for all of the people you are meant to serve!"

**Shifra Chana Hendrie, Kabbalah Teacher, Coach, Founder of The Gate of Unity**



I am aligned.



I give to myself.

I have fun growing my business.



I balance work  
and family  
while finding  
more time  
for me.

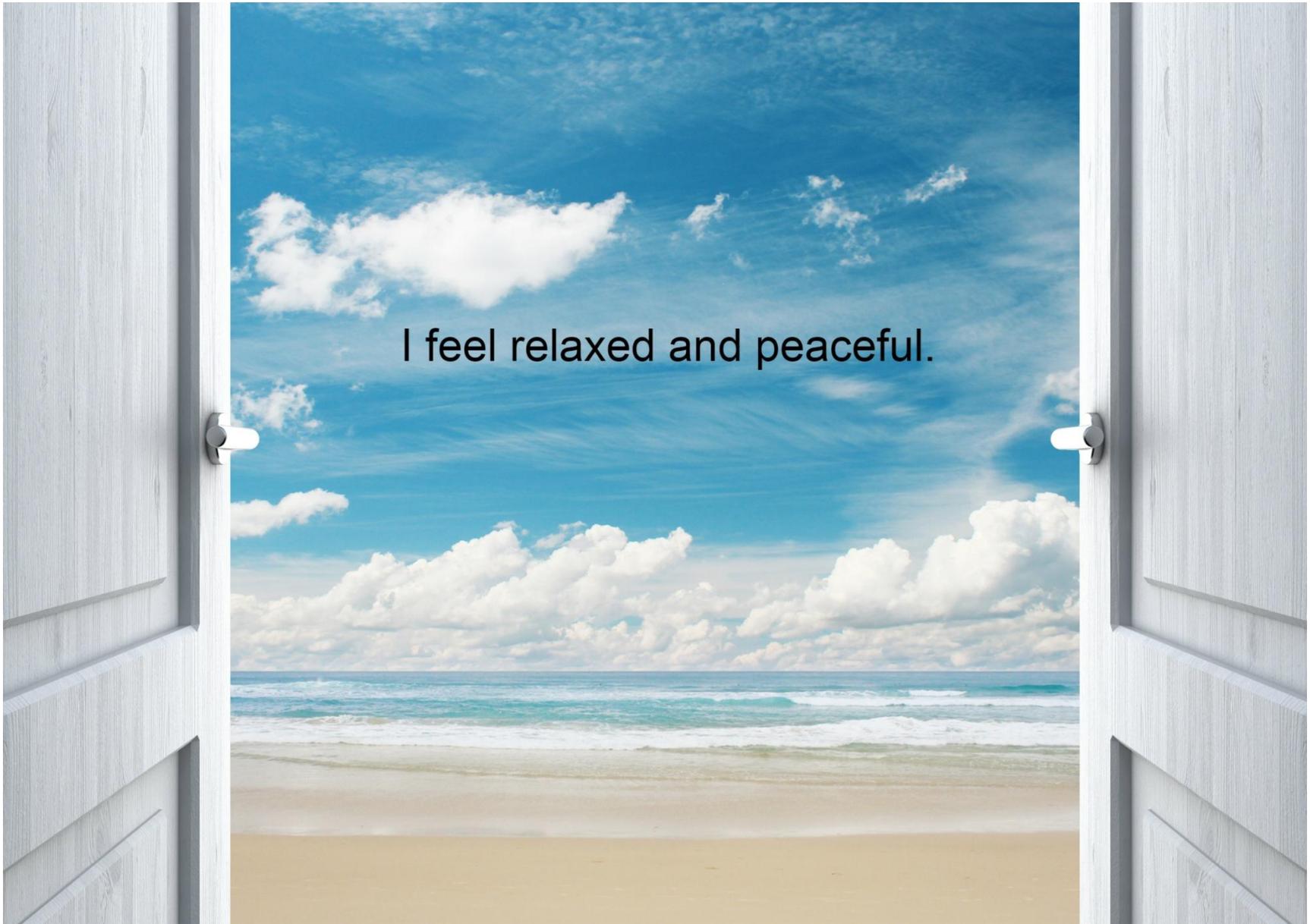




I am flexible and free.

I am becoming  
more grounded  
and balanced.





I feel relaxed and peaceful.

I go with the flow and accomplish my goals.





I create memories.





Devora Gila Berkowitz is a Transformation Coach, Healer, and Alignment Alchemist who helps entrepreneur moms to feed their soul, find more time and create more energy so they can be happier and healthier.

She believes that you can align yourself physically, emotionally and spiritually so you can enjoy your life and family while building a successful business.

Devora is certified in life coaching by Coaches Training Alliance and in business coaching by The Coaches Console. She is also a yoga teacher certified by the Kripalu Institute. Devora earned a BA in Linguistics from Harvard College and a Masters in Spanish from Middlebury College. She earned her Divine Connection from decades of personal growth work.

She has trained privately as a healer with Master Divine Energy Healer, Haya Baker, M.A., for over 12 years.

Outside her professional passions, Devora loves ethnic cooking, world music, belly dancing, starry nights, collecting shells at the seashore, and spending time with her four spirited, creative children and husband.