



ROOTED IN TRUTH  
*Life Coaching*

FREE GUIDE

# From Depleted to *Rooted*

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A guide for the married mother who has lost herself and feels  
it in her marriage too

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ROOTED IN TRUTH LIFE COACHING

BEFORE YOU READ ANOTHER WORD

# What you're feeling is *real*.

The exhaustion. The quiet ache. The sense that you've somehow disappeared inside a life you love. You are not broken, you are not ungrateful, and you are not alone. You are a woman who has given beautifully and generously and who needs to find her way back to herself.

This guide names four signs that you've drifted and offers a shift for each one. Small, intentional, and rooted in truth. You don't need to overhaul your life. You need to come back to yourself. Let's begin.

And when you're ready to go deeper, there's a community of women waiting for you.

*4 signs you've lost yourself in motherhood and it's showing up in  
your marriage too.*

# 01

## IDENTITY

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# You've Forgotten Who You Are *Outside of Your Roles*

*The woman who became "Mom" and somewhere lost her name.*

Ask a depleted mother to describe herself and she'll list what she does: wife, mom, chef, manager of everyone else's lives. Ask her who she is and you'll often get silence. Not because she's empty, but because she stopped tending to herself so long ago she's forgotten there was a self to tend to.

Your identity was never meant to be consumed by your roles. You were made in the image of God before you were a wife or a mother. That woman, her gifts, her longings, her voice, her purpose, she's still in there. She just needs someone to call her back out.

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

EPHESIANS 2:10

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### ◆ THE SHIFT

Stop defining yourself only by what you do for others. Begin asking: "Who am I when no one needs anything from me?" That question is not selfish. It is sacred.

# 02

## ENERGY

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# You're Running on Fumes *and Calling It Normal*

*The woman who can't remember the last time she felt truly rested.*

A woman who doesn't know who she is outside her roles has very little of herself left to bring to her husband.

There is a kind of tired that sleep doesn't fix. It's the tired that comes from pouring out endlessly with no rhythm of replenishment. You collapse into bed at night not because the day was full, but because there was nothing left of you by noon. And somewhere along the way, you started calling this "just motherhood."

But depletion is not a badge of honor, and "busy" is not the same as "fruitful." God designed you for rhythms, seasons of giving and seasons of being filled. When you ignore the need to be restored, you don't just suffer. Everyone who depends on you does too. Including your husband, who may be reaching for a version of you that's running on empty.

*"Come to me, all you who are weary and burdened, and I will give you rest."*

MATTHEW 11:28

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### ◆ THE SHIFT

Rest is not laziness. It is obedience. This week, identify one rhythm that fills you instead of drains you, and protect it like an appointment you cannot cancel.

# 03

## MARRIAGE

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# You and Your Husband Feel More Like *Roommates Than Partners*

*The woman who loves her husband but can't remember the last real conversation.*

It happened gradually. Not in one moment but in a hundred small ones. Dinners where everyone talked except the two of you. Evenings in the same room, both exhausted, both on your phones, both pretending that was fine. Now the connection you once had feels like a memory.

A strong marriage doesn't require grand gestures. It requires intention. Small, consistent acts of choosing each other. A rooted woman changes the atmosphere of her entire home.

*"Two are better than one, because they have a good return for their labor."*

ECCLESIASTES 4:9

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### ◆ THE SHIFT

Choose one intentional moment this week to be fully present with your husband. No phone, no agenda. Just connection. Five minutes of real presence is worth more than an hour of distracted togetherness.

# 04

## MOTHERHOOD

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# You Love Your Children But Feel *Invisible Inside Your Own Life*

*The woman who would give anything for her kids and has.*

Nobody tells you that you can love your children fiercely and still grieve the version of yourself that existed before them. That invisible ache isn't ingratitude. It's your soul telling you it was made for more than being needed.

The most powerful thing you can do for your children is become a woman they can watch. One who knows herself and lives with purpose. What they see in you, they carry forever.

*"She watches over the affairs of her household and does not eat the bread of idleness."*

PROVERBS 31:27

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### ◆ THE SHIFT

You are not just raising children. You are modeling womanhood. Ask yourself: what do I want them to see when they look at me? Let that answer shape how you care for yourself today.

IF YOU RECOGNIZED YOURSELF IN EVEN ONE OF THESE SIGNS

## You are exactly who *A Rooted Woman* was created for.

If these four shifts stirred something in you, that's not an accident. Real, lasting change doesn't come from reading one more guide. It comes from doing the work inside a community of women who truly get it, led by a coach who has lived it herself. That's exactly what A Rooted Woman was built for.

### A Rooted Woman

is a group coaching program for married mothers who are ready to stop going through the motions and start living from a place of wholeness. Together, we do the work inside a community of women who truly get it.

And your coach? She has been exactly where you are. Not just in theory, but in real life. Mori was that depleted, lost-in-motherhood woman who was grateful for the life God gave her and still felt invisible in it. She knows the weight of running on empty. She knows what it's like to put her marriage on the back burner, to love her husband and still let the distance grow because there was simply nothing left of her to give. She knows the ache of feeling like a stranger in her own story. She didn't study her way to wholeness. She lived her way there. And she built A Rooted Woman because she needed it first. Now she walks beside women who do too.

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*I truly believe God brought Mori into my life at exactly the right time. Her approach has been thoughtful, practical, and deeply supportive. Through her guidance, practices, and accountability, my life has changed in ways I never imagined. In just over a year, I quit smoking, found my dream home, started the best job I've ever had, strengthened my faith, improved my marriage, expanded my social life, and became a more present and motivated mother. I am so grateful God brought her into my life and I would recommend her to any woman who is ready to grow.*

— Morgan

Ready to go deeper?

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ROOTEDINTRUTHCOACHING.COM

A FINAL WORD

You were made to be *rooted.*

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*You were not made to lose yourself in the life you are building. You were made to be rooted within it.*

*You were made for more than surviving. Go live it.*

WITH LOVE,

*Mori*



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