Bloom

100 Lessons learned



By: Zoey Galletes

This book is 100 lessons I have personally learned since becoming a mother almost 4 years ago. I know that many women may struggle with worry, fear, insecurity, and motivation once becoming a mother. But I want to introduce you to a new reality. The reality of Christ that empowers you to live freely in who he has made you to be, make the best choices for your family, while doing it all by the simple truth that you are loved and there's nothing more you need to do to be Loved.

Love, Zoey ❤

Trust me... you aren't going to die.
Breathe and let go.


You aren't your feelings.

Ditch the lactation cookies... I mean they do taste pretty good though...

Been there and done that. I believe this just feeds into the fear and mistrust in the way God has designed our bodies.

If baby is pooping regularly and wetting a lot of diapers than baby is getting enough milk.

Just because not much milk comes out when pumping, it doesn't determine your actual milk supply.

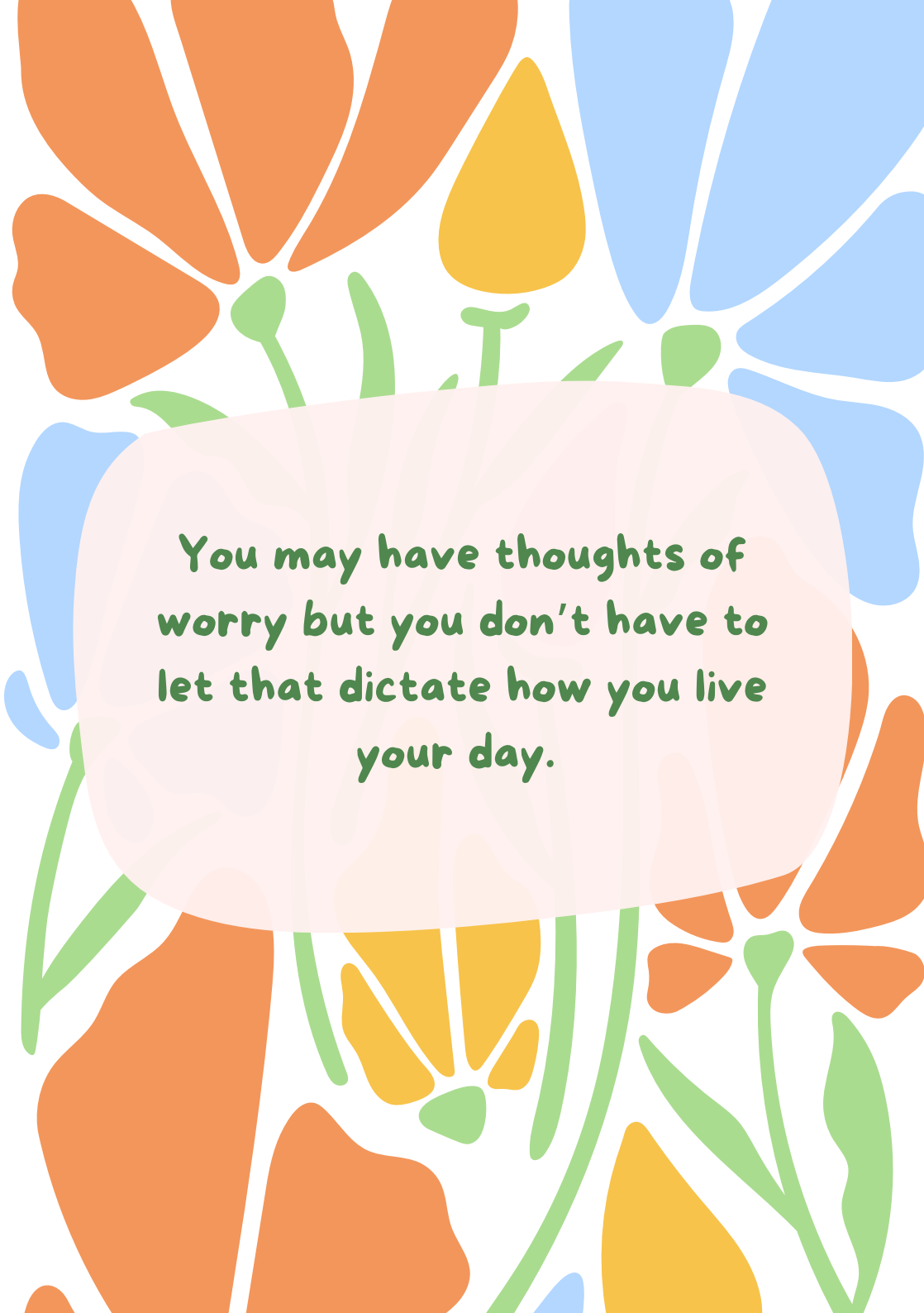
Do you Trust me, or man?

- God -

Stop obsessing about setting routines and listen to the new rhythm that is waiting for you to dance with.

Instead of running to google, books, your Dr. and yes even your other mom friends... run to God first. He is more real than all those things and holds the answer to everything.

Overconsumption and information has a huge impact with your thought life.


You may have thoughts of worry but you don't have to let that dictate how you live your day.

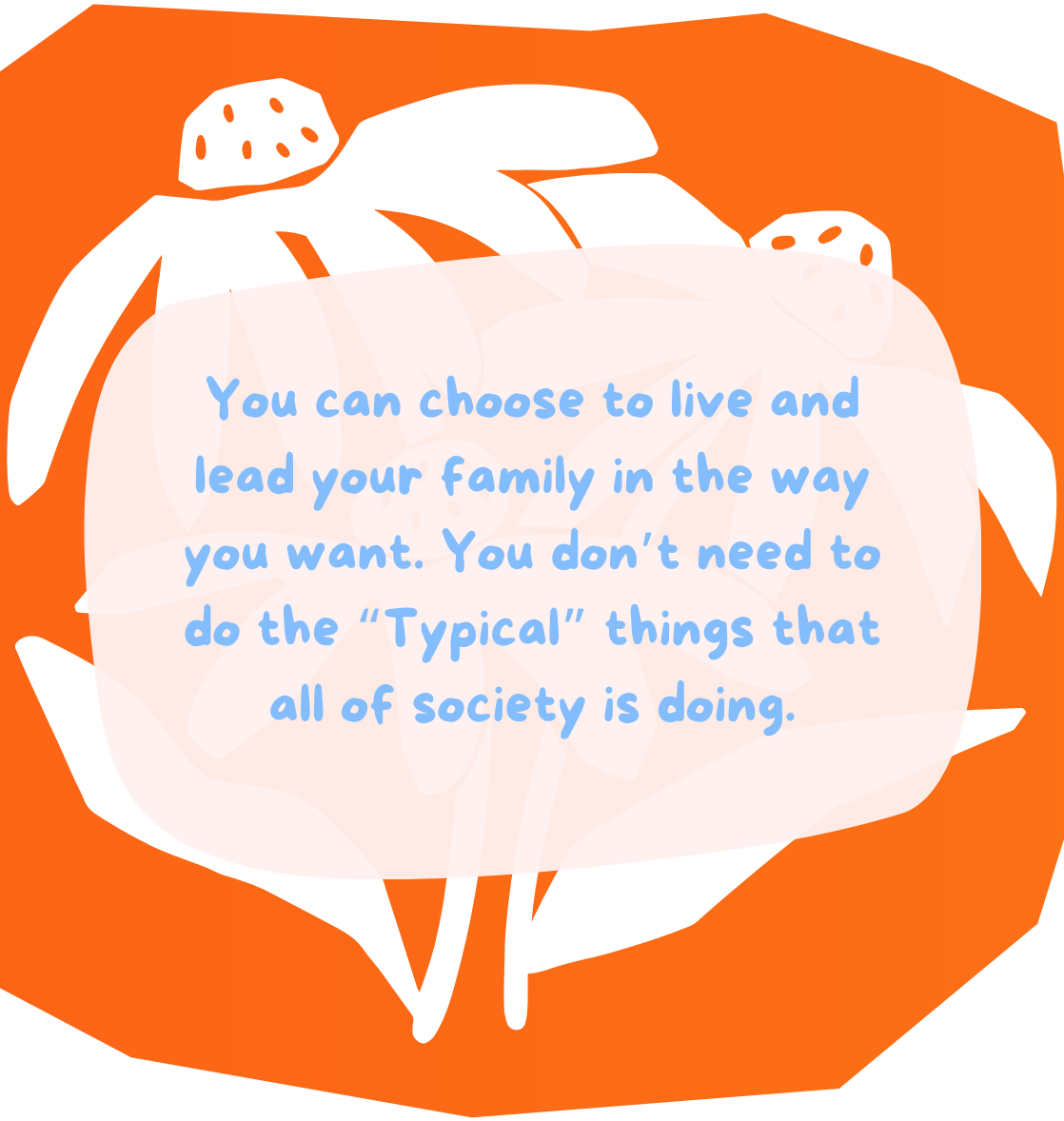
Most of the time you confuse fear with intuition...yes that instagram reel was not a "Sign" from God, that was fear.

You have nothing to prove, you are fully loved! Rest and enjoy.

Your baby won't ever care what toy and sensory activity you did or didn't do, simplicity is the best thing!

Ditch the baby food and just give your baby some meat! (Obviously when he/she is of eating age)

Why do you put your trust in a person with a white coat that wants to sell you on some drugs and vaccines that truly do not benefit the health of your precious baby?


You can choose to live and lead your family in the way you want. You don't need to do the "Typical" things that all of society is doing.

Stop obsessing about baby's weight... he/she will grow... trust and reduce all that stress.

You MUST care for yourself MAMA!

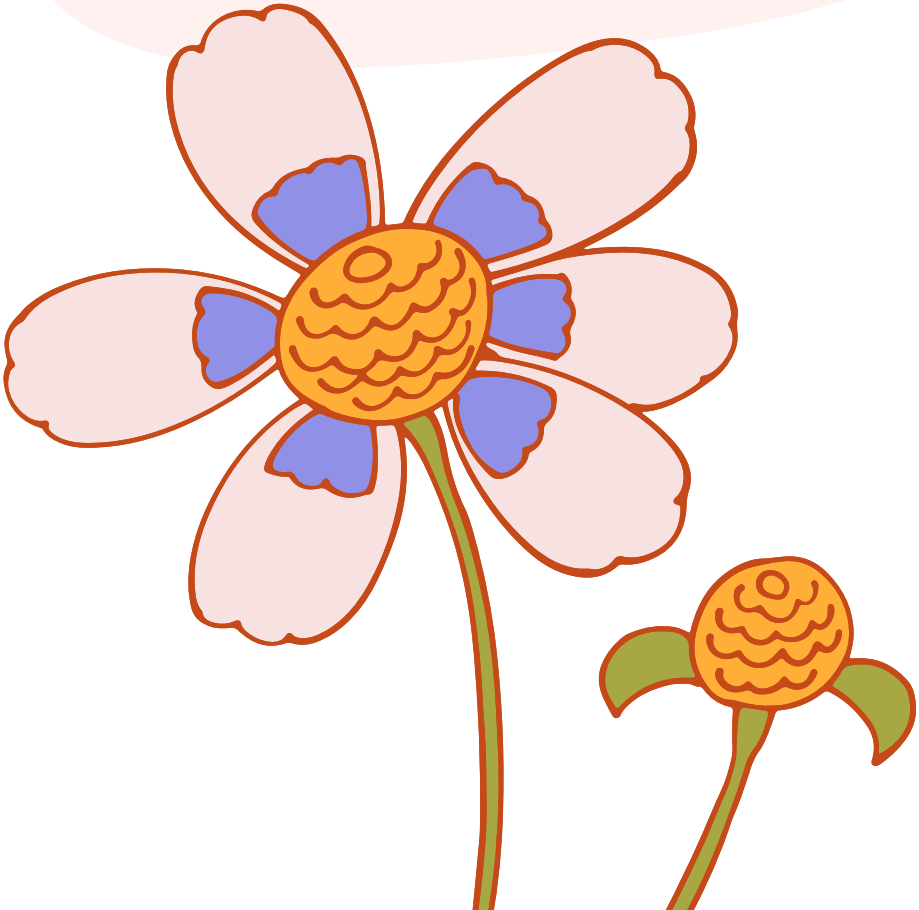
Put your oxygen mask on first before putting on someone else's.

It's ok to accept help from those you trust and to ask for help too!

No one is thinking that you're lazy, and if they do then who really cares?

Baby will be more than fine with daddy or grandma while you take a shower. I know its hard especially if they begin to cry... breathe and know that you caring for yourself is best not just for you but for your baby as well.

Don't focus on whether your old clothes fit or not, buy a few new things that you feel comfortable and confident in for the time being and take it one day at a time.



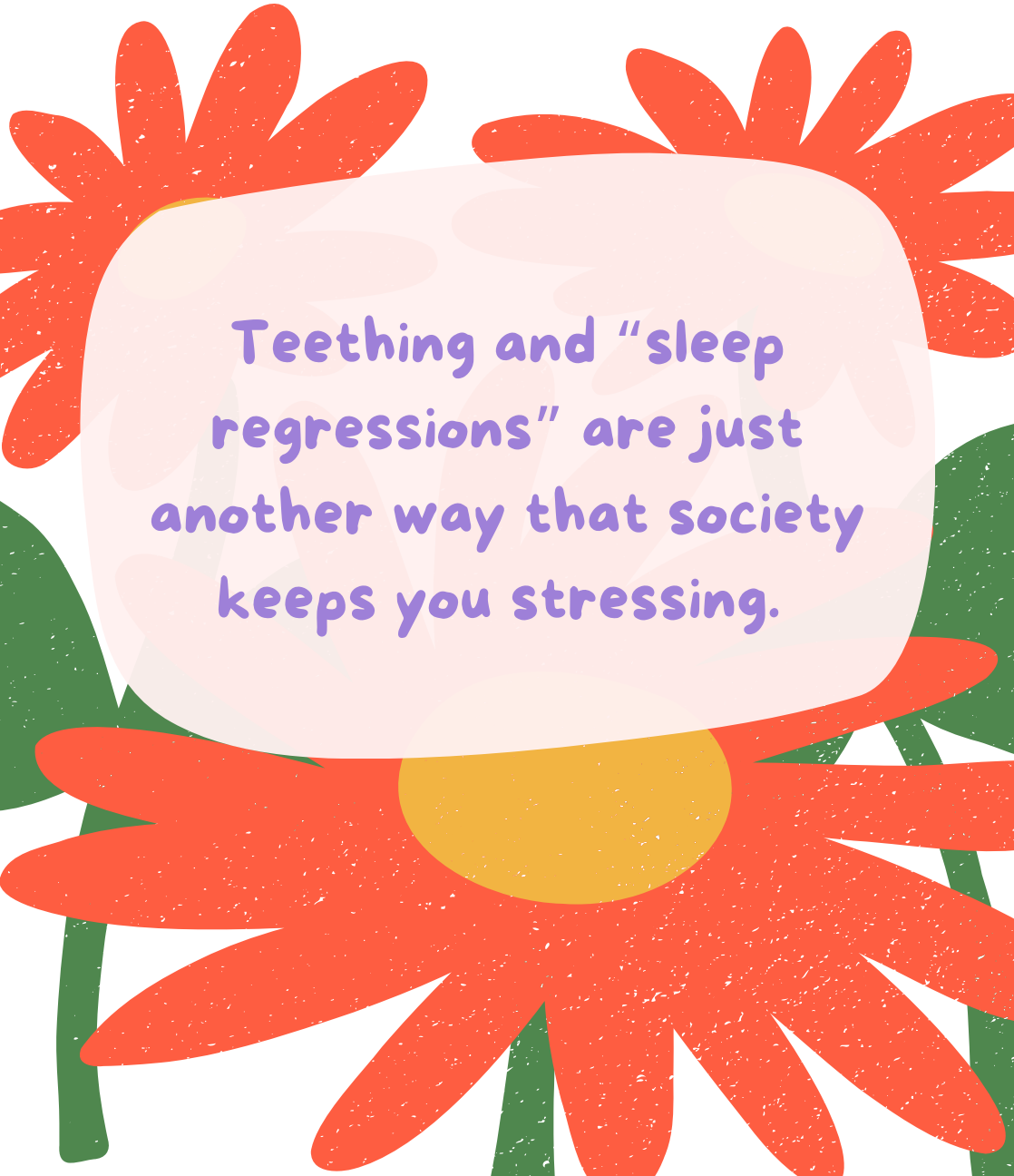
Going out can feel overwhelming but if we just breathe, let go and embrace every unexpected moment you'll be able to laugh through it.

You don't need to be like the mom on instagram or even your mom friend you admire. Be YOU!

Let your baby explore, let them be free (of course with healthy reasonable boundaries) our babies are more capable than we believe.

It's ok if you didn't get to the pile of laundry, and it's ok if you chose to finish the laundry instead of cuddling your baby. What you did or didn't do doesn't define who you are as a mother. You are a good mother!

Hand me downs or brand new clothes, they are just clothes.


Teething and "sleep regressions" are just another way that society keeps you stressing.

Baby has a Fever? Speak to that thing to go! Christ is in you! Also just be skin to skin, it will pass. Don't even try to bring out that thermometer. Thermometer → more stress.

You are sexy, you may not feel sexy but you are. It isn't external and its not wrong to want to feel sexy.

Sex after birth will get better!

Stop assuming and believing that you are the special one percent that has something "extra special" going on that makes it "extra hard" that no one can understand.

Get out of your head
and get into Christ!

Jesus isn't condemning you that you didn't read his word today (because you had no time or chose to do other things instead) he loves you and is for you.

Jesus isn't upset that you are spending all your time with your baby, he is with you and knows and sees the demand of motherhood.

Jesus isn't offended that your "Time" with him looks different. He wants to lead you into a life "immersed" not a life compartmentalize.

Let your husband learn too.

Trust your husband in being with baby, and just like you he will learn what to do.

Just because you and your husband may do things slightly different it doesn't mean you are on different pages.

Be open, honest and unafraid to communicate with your husband. He cares for you and can't read your mind. In the end he wants to make sure you are thriving above all.

Don't put a false pressure on yourself that "It all depends on you!" That's a lie! Did God leave you to merely survive and do it all on your own?

If you trust God to feed you, care for you, protect you , lead you... won't he do the same for your child? Trust him!

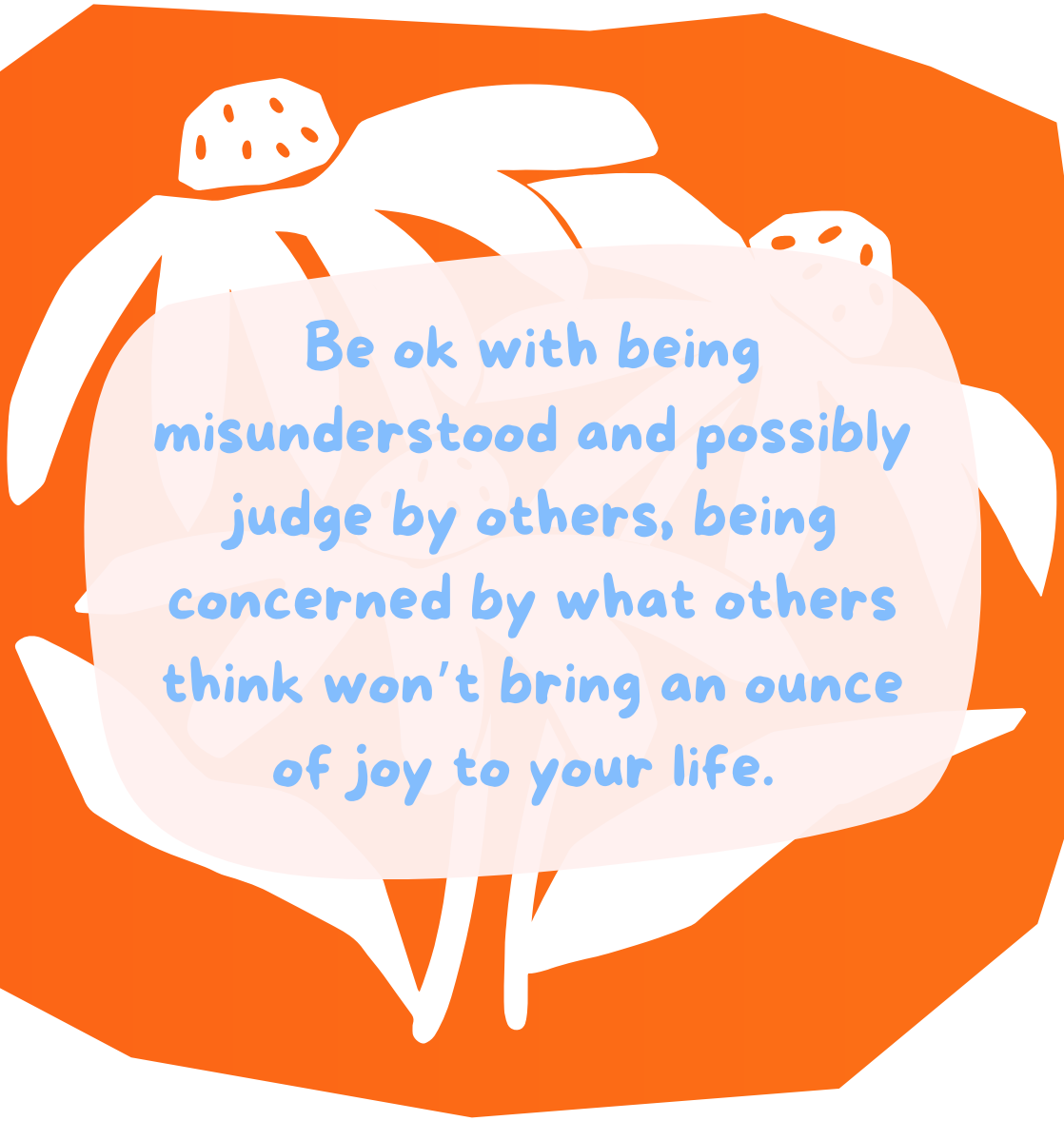

Be yourself!

Just because you're a mother it doesn't mean that you must put yourself in a box that trends tell you "Mothers" should dress like, be like, etc. We are all unique and different.

Your instinct to protect and never to harm is there for a reason. There's a way to discipline without yelling and hitting. (Not condemning)

Your life lived out is what matters truly for your child/children.

We are more resilient than we have been convinced. It's ok if you're not getting enough sleep, you won't die.


Be ok with being misunderstood and possibly judge by others, being concerned by what others think won't bring an ounce of joy to your life.

It doesn't matter if your mama, grandma, sister, cousin or aunty did it that way. You can choose to be the one to shift a generation and break those cycles.

Don't expect to feel fully like yourself until you are 1- 3 years postpartum... it's ok, just enjoy the journey.

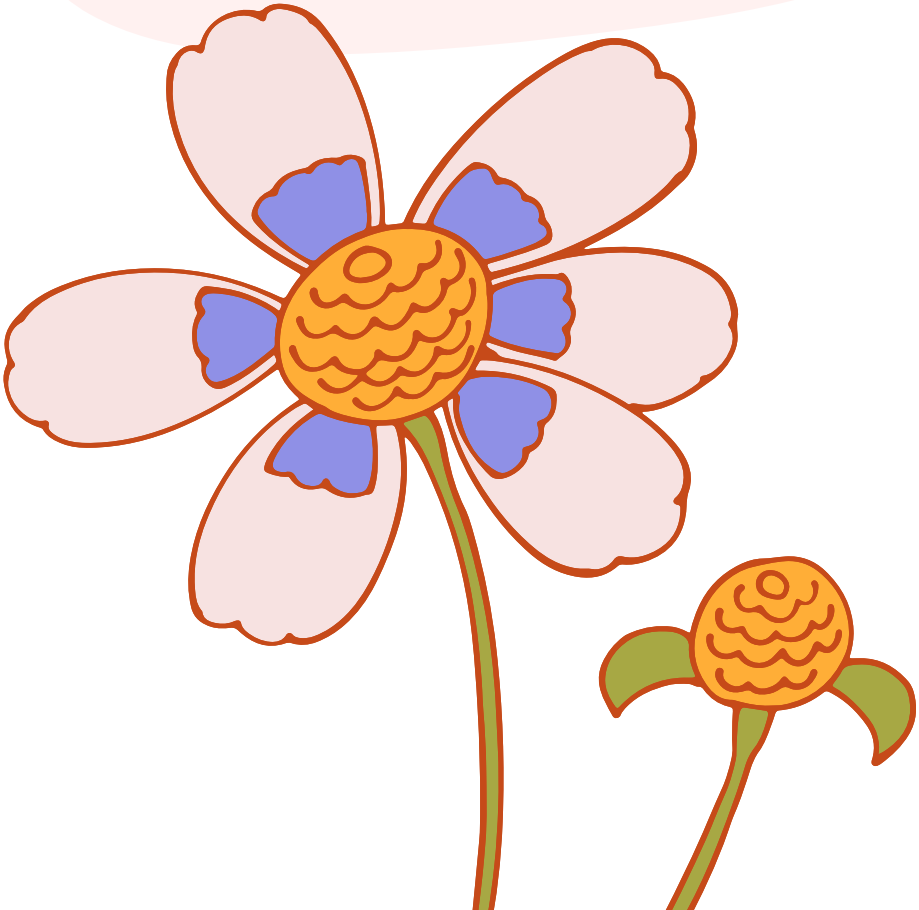

Try new things! Don't shy away and become fearful. You have so much purpose in you. Remember you are a Son of God first, then a mother and wife and so on.

When your being challenged by your Childs behavior choose compassion instead of frustration (I know this takes practice but stay consistent)

Let your child be a child! Let them run barefoot, splash in mud, scream, dance, and eat 3 cookies under 5 minutes... let the children be children.

Your husband doesn't expect you to have the house clean 24/7, cook 3 meals a day, etc. So don't put that expectation on yourself.

At some point physical activity (running, walking, hiking, surfing, working out) will tremendously benefit you, mentally most of all.



If your husband tells you to go and take yourself out, get something to eat, etc. He's telling you he's got it all handled back at home. Enjoy your time and don't feel the need to rush.

You and your husband are on the same team.


Dance, laugh and
enjoy each day.

Let your children see how to handle healthy disagreements and upsetting emotions. You are modeling to them how to resolve issues and forgive one another.

Speak into your child who you want them to become (Tell them they are patient, brave, etc) They will believe you and the more you say it the more convinced they will be, and will then live it out.

There is nothing wrong with your son having a stuffed lion toy and anyone that tells you that's too "feminine" clearly wasn't able to just be a child.

When you see your child be there own unique, goofy, funny, strong willed self know that they feel safe enough to be themselves. You mama have cultivated something beautiful. Never stop tending to that garden.

Your today, whether chaotic and unusual doesn't mean it is your forever. Breathe, each day is different and let tomorrow worry about itself.

Be Kind to yourself mama. Listen to your own advice that you give to others. Become your own cheerleader.

Don't pour into others if you barely are able to pour into yourself. You'll be left drained.

You aren't limited to being just a mother.

Having date nights or not, will not make or break your marriage. If it does then maybe something else needs to be addressed.

With that being said, yes of course pour into your marriage! But it doesn't have to be in the way that everyone else does it.

You give of your self so much and pour into everyone else. Be open to receive love too! Accept the words of affirmation, accept the gifts, accept all the LOVE! You are worthy!


Comparison is the
thief of joy.

Time isn't a thief, our limiting and unfruitful mindsets are.


Choose JOY!

You aren't a victim
you are victorious!

Don't take your frustration out on your husband, you are his prize and beloved. He is for you.

Don't expect the house to be clean 24/7 or even for an entire hour. There will be messes all the time. Messes are messes and can always be cleaned up. Don't sweat it!

Don't complicate meals. Focus on a ton of protein, healthy fats and carbs (unless you're doing the carnivore diet). It's really that simple.

Let your babies eat what you eat and they won't be picky.

Hydrate mama! Don't forget to eat as well!

Girl, put your records on
Tell me your favorite song
You go ahead let your hair down...
- Corinne Bailey Rae (Put Your Records On)

The Best is yet to come!


Practice being fully present throughout your day.

Pursue your dreams and don't feel guilty if they go beyond the realms of motherhood/ homemaking.

It's become prevalent on social media, and here's the honest truth... Homemaking has become a trend. Not for all but for many. Don't let anything trap you into a box you weren't made for no matter how innocent it may seem.

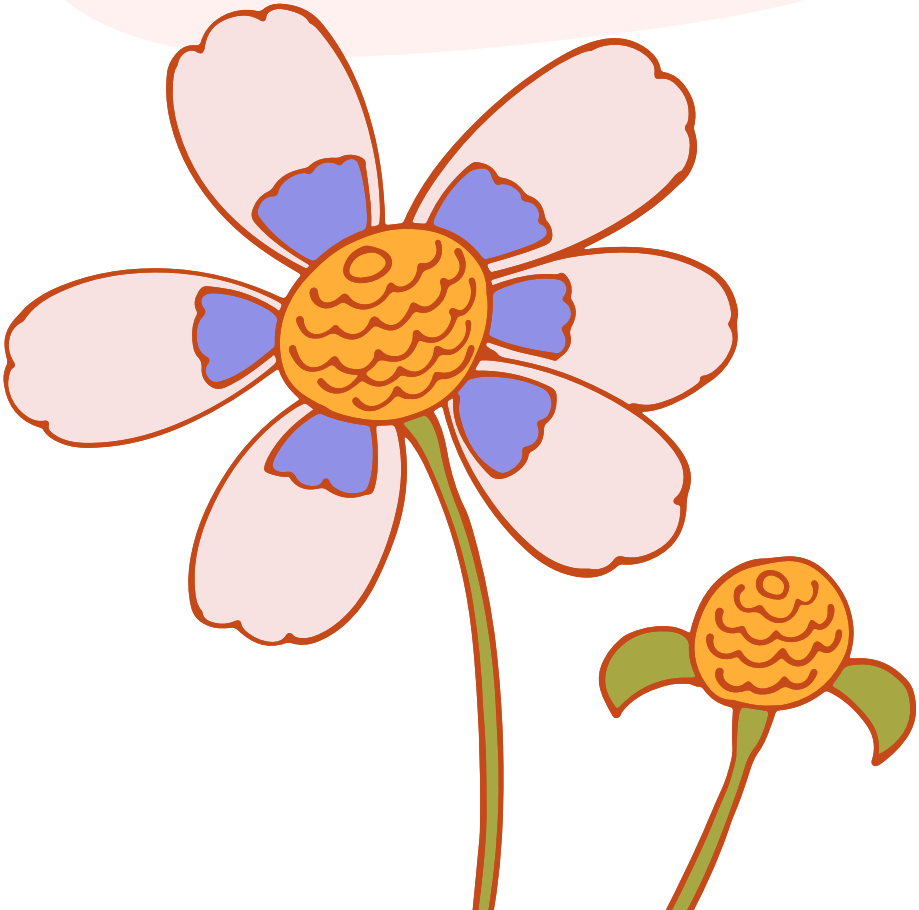
Its not cruel if you choose to wean your child from breastfeeding even if they may still want to.

Don't obsess on growth milestones. Every child is different.

Stop spending your time scrolling and consuming. Trust me, it doesn't and will never fill your cup! It only allows you to escape your reality for a moment!

Don't stop creating! And I don't mean children (You can if you desire to) but I mean anything (art, a book, a business, etc)

Stop focusing on what everyone else is doing or not doing. Stay single focused!

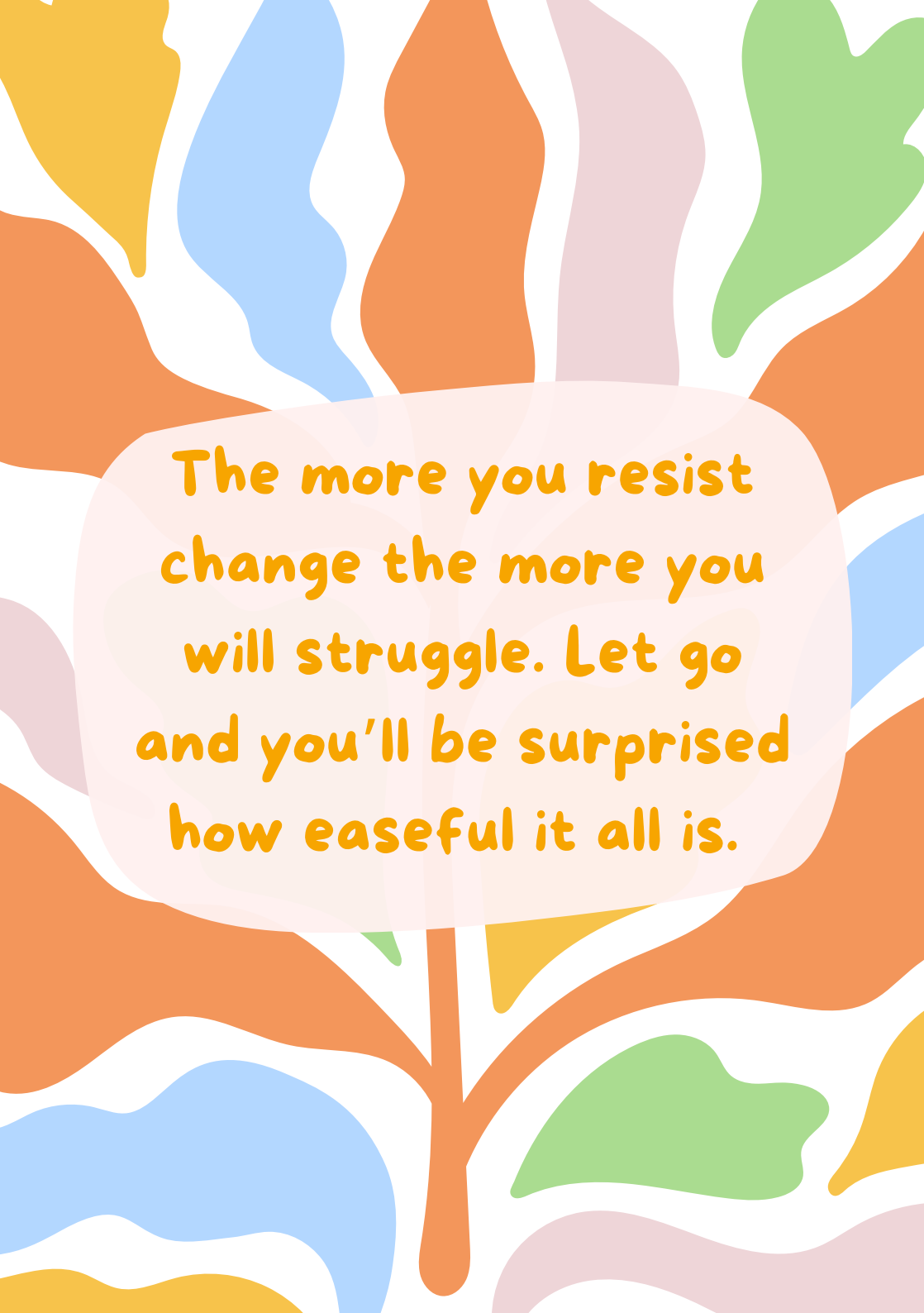


Spending time with God doesn't have to look like being in a "prayer closet", or waking up extra early to do devotionals (and there nothing wrong if you choose to do this) God is with you always. Stop putting God in a box.

If you want that haircut, get the haircut. You want to change your fashion style, change it. You want the tattoo, get it! You aren't the external things anyway.

Throw that damn sound machine away, trust me you and your baby will sleep way better and will be able to sleep through any noise.

Stop obsessing about nap time! Let your kids fall asleep wherever your at. If they don't nap that day its really not that big of a deal.


The more you resist change the more you will struggle. Let go and you'll be surprised how easeful it all is.


You are what
you believe.

Stop trying to become a good mom and know you already are, so just be you!

You are beautiful!


You are seen!

Don't rely on affirmation from anyone. It will not fill you up, you must trust and believe that what God says about you is true.

Be Blessed! You got this mama! All of heaven is cheering you on!



Zoey Galletes is first and foremost a beloved Son of God. She is also a beloved wife to her husband Makoa Galletes. She's a mother to her precious Son & Daughter. Her heart is to live from Sonship and from that abiding place bring others into the liberating truth that God is Good and loves them!