

## Michelle Wolf

And what would be like a tool or a tip that you could give to moms out there to help navigate all of these crazy transitions of motherhood Well I think the the primary thing for me is always being in alignment with what you want and what you want to create right for your family and for yourself And to me what that looks like is sort of clarifying and getting alignment around what your value set is in our community I often find or in our society right now is that people have forgotten what values actually mean They're not merely words they're actually things that govern our decisions and make us happy because ultimately we're all looking for more fulfillment