**Mother's Quest**

**THEORY OF CHANGE**

**MISSION**
Mother's Quest provides inspiration, coaching, and community to light the way and sustain a mother on her journey to becoming her best self and living her own E.P.I.C. life. In so doing, through the power of her example, she also inspires her children to do the same.

**WHO**
Mothers who have had a pivotal moment of reflection and window of opportunity that sparked a readiness to live our E.P.I.C. lives.

**GUIDEPOSTS FOR LIVING**
**AN E.P.I.C. LIFE**

**E**
Engaged mindfulness with our children and family.
*Principle:* Mindful engagement comes from being present and clear about what we think, feel, and believe.

**P**
Passionate and purposeful, making a difference beyond our family.
*Principle:* Fulfillment comes from honoring our gifts and being of service to others.

**C**
Connected to a strong support network so we are in community on our journey.
*Principle:* Community is built by being known and knowing others.

**A Guiding Framework:**
**Over-arching Principles**

1. We each have the wisdom and power within to become the hero of our own journey and the author of our own story.
2. Our children inspire and challenge us to grow into our best selves and we challenge and inspire our children to grow into their best selves through our example.
3. Our personal development and journeys are ongoing and dynamic and don’t happen in a straight line.
4. It is the journey and not the destination that matters most.

**VISION**
Mothers & our children on an ongoing journey toward mindful engagement, passionate purpose, personal investment and community connection.