



F R E E W O R K S H O P

*A Guided Reset for the Overwhelmed
and Overstimulated Christian Mom*

THE FINE PRINT



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WHEN PRINTING

As the purchaser of the course, you are permitted to print one copy of the workbook for personal use only. *Tip: To save money, ink, and paper, print in black and white, double sided.*

ACKNOWLEDGEMENTS

Thank you to my wonderful husband and children for all their love and support in allowing me to do the work God has called me to do.

B E F O R E Y O U B E G I N

This is not a CHECKLIST to fix your life.

This is a RESET.

It is a shift in how you see your home, your role,
and what is actually keeping you stuck.

Over the next 7 days, you are not trying to become perfect.
You are learning how to step out of survival mode and begin moving toward peace

D A Y O N E

Your Starting Point

Take a quiet moment to answer honestly.

1. Right now, does homemaking feel like a burden or a blessing? Why?

2. When you feel overwhelmed or overstimulated, how do you typically respond? (Example: snapping, shutting down, rushing, withdrawing, etc.)

3. What is this current state costing you? (Your marriage, your children, your joy, your peace, your health, etc.)

This is your baseline. Not to shame you, but to wake you up to what needs to change.

D A Y T W O

Renew Your Mind (The Foundation)

If nothing changes here, nothing else will last.

Your thoughts are not neutral. They are shaping your nervous system, your reactions, and the atmosphere of your home.

SCRIPTURE ANCHORS

Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

2 Corinthians 10:5 “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”

REFLECTION

What are the most common negative thoughts you notice throughout your day?

What do those thoughts make you feel and how do they affect your behavior?

RESET PRACTICE

Each time you notice a negative thought today, replace it with truth (Scripture).

You are not trying to be perfect.
You are training your mind to move in a new direction.

D A Y T H R E E

Reclaim Your Identity as a Mother

You are not the version of you that you've been stuck in.

REFLECTION

1. What qualities did you once have that feel buried right now?
(Patience, joy, gentleness, humor, creativity, etc.)
2. What kind of woman do you want your children to remember?
3. What kind of wife do you want to be?

D A Y F O U R

Create a Vision for Your Home

You cannot build something you cannot see.

REFLECTION

1. Describe a peaceful, God-honoring day in your home. (Not perfect, but peaceful and intentional)
2. What do you want your home to feel like?
3. What do you want your family to be known for?

D A Y F I V E

Shift out of Reaction Mode

Most of what you're experiencing is not about your circumstances.
It's about how your mind and body are responding to them

REFLECTION

1. What situations cause you to react the fastest?
2. What do those reactions look like?
3. What would it look like to respond with peace instead?

You don't need perfect conditions.
You need a new way of responding to those conditions.

D A Y S I X

Build Simple Anchors

REFLECTION

1. What is one area of your home that feels the most overwhelming right now?

2. What is one small change, checklist, or system that would bring more peace to your day in this area? Here's a good way to think about it: Name the goal. Then name one low hanging fruit action you can take today to help with this (creating a checklist, etc.), What is one longer term thing you can plan to do to help reach your goal?

D A Y S E V E N

Your Next Step

You've seen what's possible.
You've started to understand what's really going on beneath the surface.

If You're Ready To...

Break free from constant overwhelm and overstimulation.
Calm your nervous system and stop reacting out of stress.
Become the peaceful, joyful wife and mother you know you're called to be

Then it's time to go deeper.

This is exactly what I walk you through step-by-step
inside the full THS program.
You don't have to keep trying to figure this out on your own.

When you're ready, you can take the next step and enroll in THS.
We'd love to welcome you into the community!

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