

BLOGGING, BOUNDARIES & "BEING REAL" ONLINE.

An overdue letter.

Hey there!

Happy New Year! Yes I know I know - I'm a bit late on it. Seriously can you believe we're almost into February 2017? The last year went so fast. But then I think that for many of us finishing up 2016 couldn't come soon enough.

I've been thinking a lot about New Year's resolutions. I used to be really into them but I found myself less enthused this year. I think it's because the last couple of years it's felt more like yet another thing to have to strive towards - more pressure and then more guilt when resolutions aren't achieved (even though I know it doesn't have to be like that).



Anyway all that to say ... I'm moving away from resolutions and more into having a theme for the year. (Well two themes because being me I couldn't just stick to just one!) So this year I'm choosing



That said, I've come to the conclusion that I could be showing up more as my un-edited self with all the rough edges of this real food journey.

Because after taking a month away from social media and then coming back to it - the impossible perfect-ness of the Facebook news feed (not to mention all the "post-truth" and "alternative facts") really hits hard and feelings of comparisonitis are impossibly hard to quash. And it's just so crazy because 100% there isn't any parent trying to feed their family more real food in today's world of processed-food-overload that doesn't have moments - or more likely days, months (or even a year!) - when nothing seems to be working and everything is a monumental effort. But then that's the deal with so many things worth having - they don't come without their challenges - although without a doubt the results are worth it.

It's not just the more difficult times that get left out but also so much of the real progress, the wins and celebrations.

So why the struggle to "be real"?

Well I think the truth is that as with most things it boils down to fear. Fear of being judged. Fear of being rejected. Fear of not being good enough.

Just writing this down now makes me apprehensive as to the reactions.

Where to from here? Well it's not going to be as easy as all that but I am going to make some changes to share more of who I am, and what I'm discovering in the ups and downs of making more real food (and less highly processed fake food!) a reality in the real world.

And that is what I'll aim to share. The good, the bad and maybe even a bit of the downright ughh..

That's why I'm declaring 2017 to be the Year of AUTHENTICITY.



On the FUN side – here are some things you can expect to see from Dom's Kitchen in 2017:

- Dom's Kitchen Club, an exclusive, member-only community with tons of delicious content & discount offers coming soon to a kitchen (email inbox!) near you.
- Totally revamped website with regularly updated content and online store.
- Mothers On A Mission Podcast launching on iTunes and everywhere.
- Mothers On A Mission Events in NZ and Australia.
- Dads On A Mission Special Events in NZ.
- Five awesome eBooks available both online and in limited edition print copies
- And two super special projects that I'll share more about soon.

I'll commit to emailing you regularly (which can't be said to have been the case up to now!). I'll aim to send out something every Friday – a round-up of what we've been up to and links to new recipes

