

THE DRIFTING ANCHOR

Julie Kimack



So great to meet you!

I am a writer, self-awareness advocate, expert encourager, proud Navy wife, anchor of the home, & recovering "Angry Mom". In 2015 as a military wife and new mom of two under two, I hit rock bottom. I have spent the last two years rebuilding my foundation and crawling out of the darkness with the help of mindfulness, radical acceptance, & self-understanding. I learned how to unpack the baggage of the past, reset my internal dialogue, and create a life of contentment and intention.

My mission!

My mission with The Drifting Anchor is to provide accessible tools, strategies, & stories to women who may be struggling through this time in their life. Creating a platform for change & acceptance is so important to me in this perfectionistic culture we live in. Motherhood shouldn't leave us feeling isolated, guilty, or ashamed. We should feel empowered to be whole humans who try, fail, succeed, learn, and grow. My hope is that I can lead by example and show women how to stand in their integrity and define motherhood in a way that feels right in their mind, home, & soul.



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