

Wise Mom Mini-Manual



FOUNDER

Mothering Archetype

by Souzzann Zink

Introduction

You have just taken a huge step toward bringing out more of your natural gifts to allow you to give your very best to your children! Whatever else you take away from this little booklet, know that you have inside of you **exactly** what your kids need.

This is one in a series of 8 mini-manuals designed to help moms of all styles and personalities to appreciate their natural strengths and develop powerful mothering skills that will be more challenging. Remember, all mothers have many influences, so you probably have at least few things in common with more than one archetype. (If you would like to get copies of all 8, and all those tips and insights, please go [here](#) to share the quiz on Facebook and then get free access to the full set.)

Though some archetypes will typically tend to be more extraverted or introverted, moms of each type can tend toward either attribute. If you tend to be more introverted, beware of being too hard on yourself. Though introverted moms can have great understanding of themselves and their children, they can also be too quick to find ways they don't feel like they are measuring up. Remember, you are enough - **today** ♥ !

All of the recommended affirmations, and parenting techniques will be useful for all families. The challenges ("kryptonite") and strengths ("superpowers") of each archetype will help give you insight into how your whole personality serves your kids - whether each one listed is a perfect fit or not. I am very eager to improve the quiz and the mini-manuals in any way I can, so please [go to our website](#) and leave a comment to let me know what you think. We welcome any suggestions as to what would make them better, as well as any insights that were spot on with your experience. It would be especially helpful to know which techniques really helped you with your kids!

with love,

Souzzann

Your Archetype Overview


FOUNDER

A Key Focus:

Success

Often Seeking:

Achievement

<i>Superpowers</i>	Natural Strengths:	Committed Flexible Competent		
	Notices:	Opportunities Child's inner self		
	Contributes:	Inspiration Energy		
	At her best brings:	Inner peace Unity • Honesty		
<i>Kryptonite</i> (Feels threatened by)	Criticism - Failure	Reacts - Overworking Seeking validation		
	Limitations - Can be:	Exploitive - Ruthless		
	Under extreme stress:	Passivity • Doubt		
	When she lacks perspective, she:	• Sacrifices values, such as connection with her children, for achievement and striving		
	When she's exhausted or stressed, she may:	• Over-direct or ignore her children (if they do need something but can get along on their own)		

Special Benefits of Your Archetype - For Your Kids

Your archetype is called the Founder because you dream up and bring to into creation worthwhile projects and productions. You have high standards and bring them to your work and family life.

The more obvious benefits of your natural gifts are that you model:

- Independent thinking
- Warmth and compassion
- Self-confidence and flexibility
- Contribution and productivity

You also clearly support your children in these ways:

- Comfort with their feelings and desire for emotional connection
- Collaborate with them and support their independence

The less obvious benefits are that, especially if you are deepening your mothering practice and maturing, you will tend to bring out in your kids:

- Sensitivity to the feelings of others because you model it and because yours can be easily hurt
- Deep conviction about their own values as they see you become more comfortable with the areas in which theirs differ from the ones you hold
- Highly developed sense of aesthetics because of your keen eye for appearances, especially as you learn to choose what you find beautiful and attractive - not what gains the approval of others
- Comfort in their own skin as they see you work to own your worth and need less approval from others

New School Mom Tools - Tailored for Your Type

These are the tools you need most. (Many replace old school practices such as punishment and over-direction.) Some things come so easily to you, such as reflecting your child's moods, that you may not to put much attention on them. You're likely to just notice the good examples around you, and model them, in areas of your strengths. The tools below are likely to help you fill in some gaps that now exist in your mothering. They are in three categories: *Mindset*, *Fill the Pantry Strategies*, and *In the Moment Actions*. The *Mindset* statements are simply beliefs to say aloud, write or type out, or think through as you walk or do other movement. *Fill the Pantry Strategies* are the tools that usually require a little thought, planning, or preparation but then return great rewards that keep on giving - to your kids and to you in that they make things much easier and/or efficient once they are done the first time.

MINDSET:

- ❖ I am worthy and enough.
- ❖ I live my values.
- ❖ My child is delightful.
- ❖ My child is capable.
- ❖ The world is beautiful and friendly.
- ❖ I choose the most loving action over finishing what I can control.

STRATEGIES AND ACTIONS

Fill the Pantry

- Self-care
- Model appropriate behavior
- Clear, simple expectations set
- Calm & positive state (before interacting)
- Attractive home (to your child)
- Celebrations & rituals
- Planning family fun meetings
- Planned cuddle time and hugs
- Planned play times & learning together

In the Moment

- Eye contact at eye level
- Respectful touching, with permission (non-verbal)
- Listening & waiting, not interrupting
- Positive messages, not praise (manipulative)
- Hug breaks
- Silly breaks

More Support for You

You have in this mini-manual help to start:

- ❖ Fully appreciating the magnificent gift you are to your children (so you can give it more fully!)
- ❖ Noticing gaps or needs that you need to address
- ❖ Filling in any gaps in your mothering that are based on your wounds or less developed talents

Before you do anything else, choose **one thing** from this booklet to start doing for yourself or with your children **today!** You'll be **so** glad you did. (No need to pick the perfect thing - this information will be here for you to come back to at anytime. Pick the one you just think might be fun or interesting to check out.)

If you already know you'd like more support from me on your mothering journey, please go [here](#) and let me know. Until then -

Mother from your wisdom!

(not from your wounds)

with love,

Souzzann

