

# Wise Mom Mini-Manual



by Souzzann Zink

*Ambassador*  
Mothering Archetype

# 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

## Ambassador

A Key Focus: **Harmony**

Often Seeking: **Peace**

<i>Superpowers</i>	Natural Strengths:	<b>Patient Gracious Synthesizes</b>
	Notices:	<b>Commonality Child's humanity</b>
	Contributes:	<b>Acceptance Optimism</b>
	At her best brings:	<b>Integrity • Awareness Steadfastness</b>
<i>Kryptonite</i> (Feels threatened by)	<b>Conflict - Discomfort</b>	<b>Reacts - Avoiding or passive aggression</b>
	Limitations - Can be:	<b>Complacent - Stubborn</b>
	Under extreme stress:	<b>Standstill - Insecurity</b>
	When she lacks perspective, she:	<ul style="list-style-type: none"> <li>• <b>Sacrifices deeper desires for harmony, such as being slow to maintain boundaries with strong-willed children</b></li> </ul>
	When she's exhausted or stressed, she may:	<ul style="list-style-type: none"> <li>• <b>Ignore disrespect and let things slide with her kids, or overreact to their criticisms or growing independence</b></li> </ul>



# *Special Benefits of Your Archetype - For Your Kids*

Your archetype is called the Ambassador because you excel at seeing the good all around you in people and in the world. You use these perceptions to cheerfully bring people together in your work and family life.

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

- Optimistic outlook
- Warmth and acceptance
- Calmness and adaptability
- Contribution and collaboration

You also clearly support your children in these ways:

- Comfort with their feelings and desire for harmonious emotional connection
- Collaborate with them, participate in fun activities, 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 you can actually talk them through noticing cues to what is going on with others and seeing the positive intent behind even hurtful actions
- Interest in making a contribution as they see your example and notice you becoming braver about with taking on the more uncomfortable aspects of relationships such as standing up for yourself
- Highly developed sense of the variety of value all people bring to any situation, especially as you continue to appreciate everyone while learning to choose which kinds of behavior you require from close friends
- Comfort in choosing their own way of living as they have their unique strengths seen and supported

# 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 patient repetition, 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 safe and worthy.
- ❖ I am peaceful.
- ❖ Truth can be discovered.
- ❖ I have the support I need.
- ❖ Goodness will prevail.
- ❖ I choose the most loving action over avoiding conflict at all costs.



# STRATEGIES AND ACTIONS

## Fill the Pantry

Self-care  
Organized home  
Events & environment planned  
Preparation done, physical & social  
Regular routines & policies - not rules  
Clear, healthy boundaries set - including your own  
Reflect and regroup, development-based  
Visual cues & reminders  
Another set of eyes & ears  
Curious & energetic state (self-care will help)  
Child-manageable home  
Boundaries held stable - environment  
Independence coaching  
Expect responsibility & contribution  
Clear, simple expectations set  
Collaborate & negotiate meetings

## In the Moment

Boundaries held stable  
Artful questions (including limited choices)  
Empower improvement,  
encourage self-evaluation  
Guidance with skills, not giving up if more  
structured direction is needed  
Clear messages & direction  
Model setting priorities

# 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

