

# Wise Mom Mini-Manual



*Matriarch*

by Souzzann Zink

**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

## Matriarch

A Key Focus:

**Connection**

Often Seeking:

**Contribution**

Superpowers	Natural Strengths:	<b>Warm Generous Encouraging</b>
	Notices:	<b>Needs Child's moods</b>
	Contributes:	<b>Empathy Optimism</b>
	At her best brings:	<b>Spontaneity • Will Contribution</b>
Kryptonite (Feels threatened by)	<b>Disapproval - Distancing</b>	<b>Reacts - Giving up own needs, resenting</b>
	Limitations - Can be:	<b>Dependent - Intrusive</b>
	Under extreme stress:	<b>Aggression • Vengeance</b>
	When she lacks perspective, she:	<b>• Sacrifices self-respect for bonding, such as overdoing for her children and not maintaining healthy boundaries</b>
	When she's exhausted or stressed, she may:	<b>• Assist her children even when they can competently do something alone, or do other things, to feel needed</b>



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

Your archetype is called the Matriarch because you bring people together in a big way. You value generosity, empathy and connection and bring those attributes to your community and family.

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

- Optimism
- Warmth and empathy
- Encouragement and hospitality
- Contribution and giving of yourself

You also clearly support your children in these ways:

- Ease with their feelings and eager for emotional connection
- Set firm expectations of respect and reinforce them with sensitivity

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 need to set firm personal boundaries, in part because your giving nature can sometimes create strain for you and those around you who need more space
- Deep clarity about the kind of relationships and family ties they choose as they see you become better at balancing your generosity with an inner sense of self-worth, independent of external approval
- Highly developed sense of empathy because it is modeled for them and because they learn to be mindful of the emotional states of others as a skill that helps bring people together from a basis of understanding
- Comfort in consciously choosing which aspects of their heritage and culture they choose to keep and which to modify or replace due to having the legacy of your strong connection to your traditions



# 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 connecting with warm empathy, 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 enough and capable.
- ❖ I respect myself and others.
- ❖ Truth can be discovered.
- ❖ The world is beautiful and friendly.
- ❖ I have the support I need.
- ❖ I choose the most loving action over sacrificing my own needs.

# STRATEGIES AND ACTIONS

## Fill the Pantry

Self-care  
Model appropriate behavior  
Organized home  
Events & environment planned  
Regular routines & policies - not rules  
Clear, healthy boundaries set - including your own  
Observation - notice needs & interests  
Reflect and regroup, development-based  
Visual cues & reminders  
Another set of eyes & ears  
Curious & energetic state  
Child-manageable home  
Boundaries held stable - environment  
Independence coaching  
Collaborate & negotiate meetings  
Planning family fun meetings

## In the Moment

Boundaries held stable  
Artful questions (including limited choices)  
Problem solve together  
Empower improvement,  
    encourage self-evaluation  
Guidance with skills, not correcting or  
    overdoing instruction times  
Clear messages & direction  
Model setting priorities  
Positive messages, not praise (manipulative)

# 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

