

Wise Mom Mini-Manual



Lover

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

Lover

A Key Focus:

Ideals

Often Seeking:

Creativity

<i>Superpowers</i>	Natural Strengths:	Original Vulnerable Expressive
	Notices:	Potential Child's strengths
	Contributes:	Depth Inspiration
	At her best brings:	Compassion Collaboration
<i>Kryptonite</i> (Feels threatened by)	Disappointment - The Ordinary	Reacts with - Overdramatizing
	Limitations - Can be:	Gloomy - Unrealistic
	Under extreme stress:	Dependence • Neglect
	When she lacks perspective, she:	• Sacrifices present good, such as enjoying the present with her children, for potential greatness
	When she's exhausted or stressed, she may:	• Praise and idealize her children and then become very disappointed when they fall short of her expectations.



Special Benefits of Your Archetype - For Your Kids

Your archetype is called the Lover because you are passionate about your values, ideals, projects, and family. You believe in a better world and inspire others to believe in it as well.

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

- Originality and creativity
- Warmth and wonder
- Open-mindedness and hope
- Idealism and contribution

You also clearly support your children in these ways:

- Comfort with their feelings and a desire to help them learn who they really are
- Set high expectations 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 their own unique ways they can make a contribution
- 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
- Feeling secure with you and the world around them as your dedication to shielding them from your more moody moments helps them to focus on the good
- Comfort with others not always being able to live up to their own ideals as they watch you work to see the good in the present moment and not always focus on the ways others fall short of high expectations

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 warm support, 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 loved and lovable.
- ❖ I am capable and present.
- ❖ The world is beautiful and friendly.
- ❖ My child is delightful.
- ❖ I have the support I need.
- ❖ Goodness will prevail.
- ❖ I choose the most loving action over wishing for what might be.

STRATEGIES AND ACTIONS

Fill the Pantry

Self-care
Model appropriate behavior
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
Child-manageable home
Boundaries held stable - environment
Independence coaching
Expect responsibility & contribution
Collaborate & negotiate 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
Respectful touching, with permission
(usually non-verbal)
Listening & waiting, not interrupting

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

