

Wise Mom Mini-Manual



REBEL

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

REBEL

A Key Focus: **Pleasure**
Often Seeking: **Excitement**

<i>Superpowers</i>	Natural Strengths:	Enthusiastic Interesting Open
	Notices:	Interesting experiences Child's interests
	Contributes:	Spontaneity Optimism
	At her best brings:	Reforms • Value Diligence
<i>Kryptonite</i> (Feels threatened by)	Constraints - Pain Dependency	Reacts - Rebelling or Over-planning
	Limitations - Can be:	Reckless - Selfish
	Under extreme stress:	Judgment • Negativity
	When she lacks perspective, she:	• Sacrifices health and connection for thrills, such as doing things away from her children or doing unwise things
	When she's exhausted or stressed, she may:	• Ignore or put off her children when their needs are inconvenient, or let disrespect or irresponsibility slide



Special Benefits of Your Archetype - For Your Kids

Your archetype is called the Rebel because you think outside the box and want to reform the world as well as experience as much of it as you can. You bring your joy and enthusiasm to your work and family life.

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

- Direct, clear communication
- Respecting everyone, including children, as equal and valuable
- Understanding and flexibility
- Living life on your own terms

You also clearly support your children in these ways:

- Excitement and initiative in doing interesting, hands-on experiences with them
- Encourage exploration 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:

- Awareness of surroundings, because you model it, and good risk management (sometimes because they get exposed to what happens if you don't do this well)
- Well-developed sense of their own areas of interest because you expose them to your many activities and environments and also encourage them to explore those that differ from what you like
- Highly developed sense of appreciation of quality in a variety of the arts because of your high standards, especially as you progress in choosing wisely and prioritizing the ways you spend your time
- Understanding that one can consciously develop areas that don't come easily, especially as you focus on deepening your emotional connection to your children - sometimes by developing difficult skills for you

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 creating and joining your child in doing fun activities together, that you may not 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 mindful and capable.
- ❖ I am responsible.
- ❖ My child is capable.
- ❖ I have the support I need.
- ❖ Goodness will prevail.
- ❖ I choose the most loving action over doing whatever seems like fun.

STRATEGIES AND ACTIONS

Fill the Pantry

Self-care
Consistently model appropriate behavior
Organized home
Preparation done, physical & social
Regular routines & policies - not rules
Clear, healthy boundaries set - including your own
Clear, simple expectations set
Observation - notice needs & interests
Reflect and regroup, development-based
Visual cues & reminders
Another set of eyes & ears - receptive to feedback
Child-manageable home
Boundaries held stable - environment
Expect responsibility & contribution
Collaborate & negotiate meetings
Visual messages of love & affection

In the Moment

Boundaries held stable
Artful questions (including limited choices)
Empower improvement,
 encourage self-evaluation
Guidance with skills, not expecting them
 to figure things out alone
Clear messages & direction
Model setting priorities
Eye contact at eye level
Listening & waiting, not interrupting
Respectful language, limiting words
Reflect child's mood & words

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

