

Wise Mom Mini-Manual



by Souzzann Zink

Empress

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

Empress

A Key Focus: **Influence**

Often Seeking: **Power**

<i>Superpowers</i>	Natural Strengths:	Decisive Motivating Dedicated
	Notices:	Leverage Child's weaknesses
	Contributes:	Direction Energy
	At her best brings:	Confidence • Truth Understanding
<i>Kryptonite</i> (Feels threatened by)	Disrespect - Weakness	Reacts - Controlling
	Limitations - Can be:	Imposing - Harsh
	Under extreme stress:	Withdrawal • Inflexibility
	When she lacks perspective, she:	• Sacrifices relationship for power or high standards, such as over-managing or being too hard on her children
	When she's exhausted or stressed, she may:	• Direct her children based on her displeasure, or need to have things her way, rather than on what they need



Special Benefits of Your Archetype - For Your Kids

Your archetype is called the Empress because you exude power and work hard make things better for your family and your work. Your strong communication skills and love of challenge make you a great leader.

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

- Decisive direction
- Fair-mindedness
- Vigilance and commitment
- Objective perception

You also clearly support your children in these ways:

- Comfort with creating a respect-based, consistent environment while honoring different opinions
- Model taking on challenges, working to develop abilities, and speaking up for fair treatment of others

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:

- Strengthen their resolve to stand up for their own opinions, especially as they see you take on the challenge of becoming more patient while you require high standards and guide them to argue their case
- Determination to find their own ways of contributing as they see you doing this while becoming more comfortable with them choosing their own style - even when it is softer or very different from yours
- Highly developed sense of sticking up for friends and others who are picked on or bullied, especially as you learn to forgive and let go of wounds from your own upbringing while internalizing the lessons
- Ways to compromise on unimportant things while holding solid on their important values.

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 modeling direct communication, that you may not need to focus 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 present and calm.
- ❖ I connect with those I love.
- ❖ Truth can be discovered.
- ❖ The world is beautiful and friendly.
- ❖ My child is delightful.
- ❖ I forgive those who have done hurtful things, learn, and let go.
- ❖ I choose the most loving action over insisting on my way.

STRATEGIES AND ACTIONS

Fill the Pantry

- Self-care
- Another set of eyes & ears
- Child-manageable home
- Boundaries held stable - use environment
- Independence coaching
- Collaborate & negotiate meetings
- Clear, simple expectations set
- Calm & positive state (before interacting)
- Attractive home (to your child)
- Celebrations & rituals - child's input
- Visual messages of love
- Planned cuddle time and hugs
- Planned play times & learning together

In the Moment

- Eye contact at eye level
- Boundaries held stable; flexibility - other actions
- Artful questions (including limited choices)
- Problem solve together
- Empower improvement, encourage self-evaluation
- Guidance with skills, not correcting or overdoing
- Respectful touching, with permission (non-verbal)
- Listening & waiting, not interrupting
- Respectful language, limiting words
- Reflect child's mood & words
- 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

