

Making Your Mother Heart Map

A Mother Heart Map can help you get clear about what your gifts are as a person and release unrealistic expectations you have about what it means to be a “good mother.”

Start by understanding the idealized mother image you’re carrying inside yourself.

Step 1. Letting Go

List one BIG expectation you have of yourself as a mom and look clearly at what you’re telling yourself if you don’t fulfill this expectation perfectly.

Example:

“I want to be the kind of mom that does lots of activities with their kids ALL THE TIME. I believe if I don’t do this, my children will not be able to succeed in life and I will have failed them.”

Notice what you are telling yourself if that thing you care about doesn’t happen in the way you imagine. Is it really true?

In this example, is it a guarantee that if you can’t do as many activities with you child as you want that he won’t succeed, won’t be smart, or won’t feel loved?

“If I can’t or don’t do these things, I believe...”

Now that you can see some ways that you may be stifled by a set of expectations that aren’t working for you, you can look at what you CAN offer out of your authentic self.

Step 2. See YOUR Unique Motherhood Gifts

If you could see yourself through the eyes of a fairy godmother, what 3 qualities would you be most proud of?

Example:

1. *I am creative and artistic.*
2. *I am caring, generous and kind.*
3. *I am smart and courageous.*

Your gifts are the most powerful things that you can bring to your child. What are some of your gifts?

1. _____
2. _____
3. _____

Step 3. Putting it Together

Instead of wasting your energy feeling bad that you aren't able to do some aspect of motherhood the way you wish you could or imagine you should, turn your focus on what you CAN and DO offer. Deepen what comes naturally. You can always find other ways to fulfill a wish you want for your children.

Example:

"I am creative and artistic. Therefore I can honor and respect any creativity and artistry in my child. I can support my child to be creative by modeling creativity and artistry. This is one of my great gifts as a mother."

Your Unique Mother Heart Map

Take each one of your gifts and complete the sentences below.

I am...

Therefore I can honor...

I can support and model...

This is one of my great gifts as a mother.

Finding your personal happy mom zone is a journey as unique as your child, your family and as you.

Remember that it's a journey and there's no exact end in sight.

By stepping more into your unique gifts as a person and bringing it into your mothering, you allow energy to flow freely in yourself.

This will give you more vitality and joy, and your child will bloom in your joyfulness.