

the **BOLD** MOMS

be STRONG



be HAPPY



be **BOLD**



be YOU

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BOLD ✨ **MOM** ✨ **Mentor**

w w w . t h e **B O L D** M o m s . c o m

S t e p h a n i e @ t h e **B O L D** M o m s . c o m

be STRONG



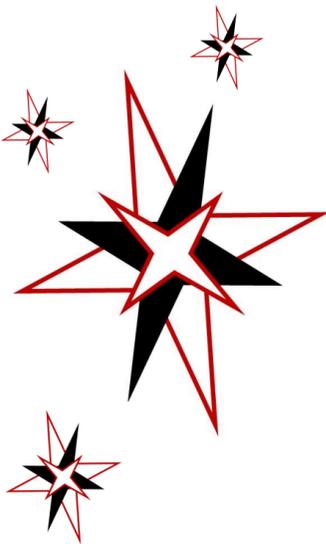
be HAPPY



be **BOLD**



be YOU



What are you **THOUGHTS** and **FEELINGS** about
Motherhood?

How do you FEEL about parenting?

Remember...

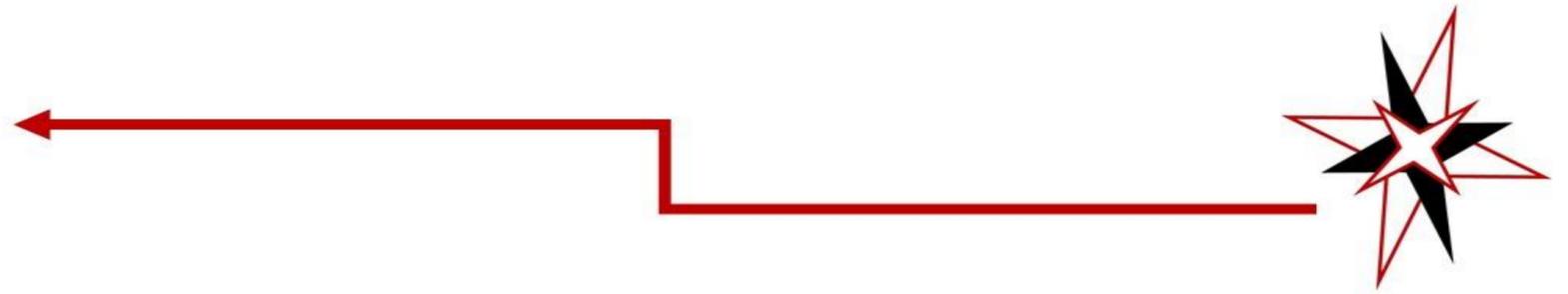
**Our experiences in life, including motherhood,
are directly linked to the way we think**

What are some of your

CONCERNS  FEARS  INSECURITIES

Connected with **Motherhood?**

FEAR OF...



- Messing up as a parent
- Not being EFFECTIVE
- My child's future
- Being out of CONTROL

See a pattern? Most of us have "FUTURE FEARS".

Fears about how it's all going to shake out / the future.

Motherhood
&
Future Fears

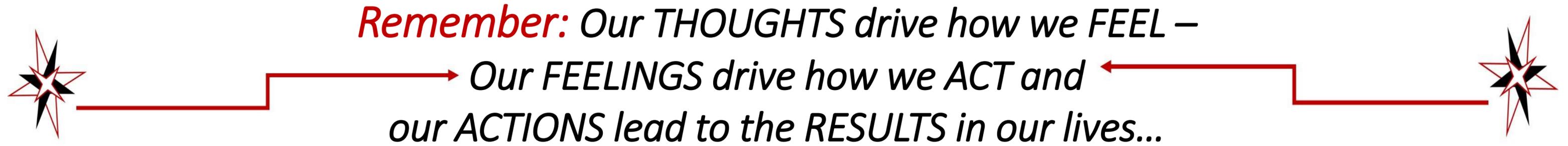
Fantasized

Experiences

Appearing

Real

*If I mother perfectly...
my kid's life will be perfect*

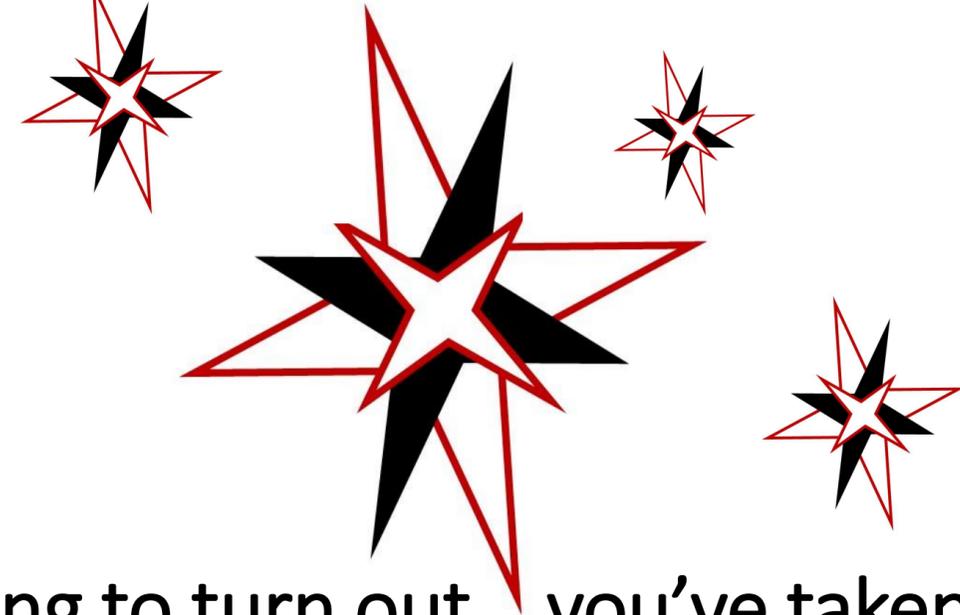


These THOUGHTS about the future drive TODAY'S FEELINGS of...

- Overwhelm
- Fear about messing up
- Pressure to create happiness & success for our kids

If our THOUGHTS drive our life experiences and it's all about how we THINK about parenting, why not generate supportive, compassionate and positive thoughts for YOURSELF?

The Future Fear Time Machine



WHAT IS IT?

Whenever you are stressing about how your kid is going to turn out... you've taken a trip on your very own FUTURE FEAR TIME MACHINE.

Here are some examples...

When my 10 year old couldn't tie his shoes – I hopped into my FUTURE FEAR TIME MACHINE to when he was 30 and living in a van down by the river....

When my 7 year old hit another kid because he wouldn't give his friend's toy back – I hopped into my FUTURE FEAR TIME MACHINE to visit him in prison since he was obviously destined to be incarcerated thug....

When my quirky middle schooler didn't have loads of friends or play sports, I hopped into my FUTURE FEAR TIME MACHINE to when we was in his 40's, a bachelor and living with 10 cats

What are your FUTURE FEAR TIME MACHINE examples?

~~FUTURE FEARS~~

Instead Live...

RIGHT HERE / RIGHT NOW

How?



-Give up the PAST

What does this mean?

If you believe (have the **THOUGHT**) that your parents are responsible for who you are and you blame them or give them credit for all that you are... you'll raise your own children with that belief and you will take on undue responsibility for when your kids "mess up" or when they succeed.

-Be an EMOTIONAL ADULT

-Take responsibility for yourself

-Your success and failures are yours and your kids' are theirs

Your kid has his own journey. You gave him life, he has to live it.

B E P R E S E N T

When you are **PRESENT** you...

- Release yourself from the responsibility for how your kids will turn out

- *Your kids are not robots. You have control over how you parent, how you organize your time, your home, your schedule. You are in control of your priorities and you set your boundaries. Your kids grow up within that, but they will follow their life path – which may be different than the one you envision.*

- Stop seeing kids' performance as a reflection on YOU

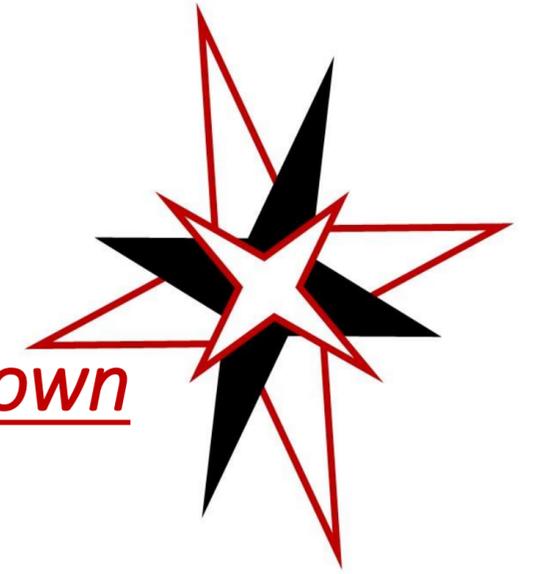
- *Your kids must learn that the choices they make, the behaviors they exhibit, the effort they put in is up to them and under their control, not yours. Remember, your kids are not robots with a remote control that you have access to. You can only control the choices you make for yourself as a parent.*



When you are **PRESENT** you...

- Realize you can't give happiness and success

- *Teach your kids they have this control and they must generate their own happiness and they create and earn their own successes.*

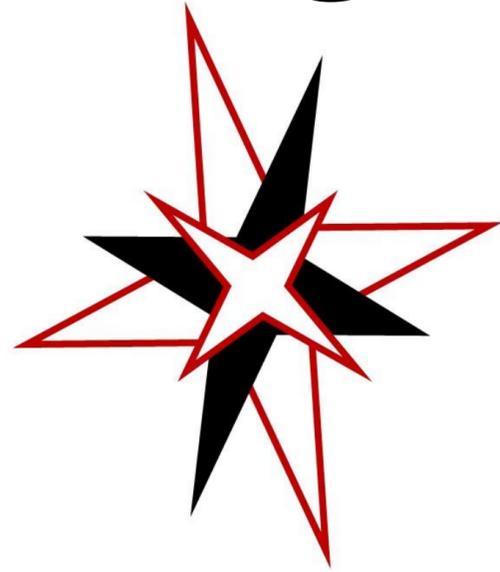


- Are responsible for showing up as a parent
RIGHT HERE / RIGHT NOW

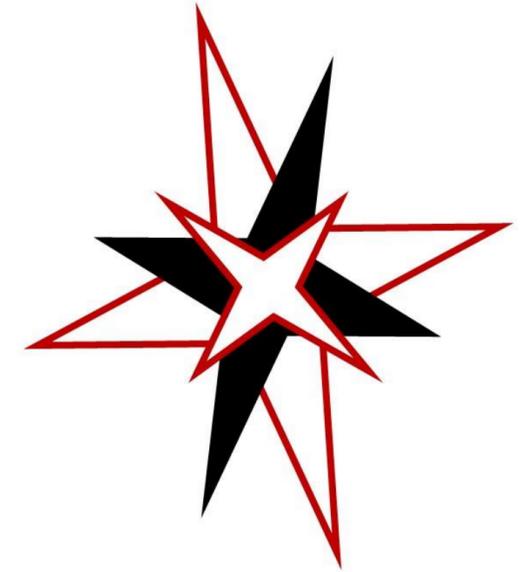
- *It doesn't serve you to worry about the future as it can lead to feeling anxious TODAY and parenting from an anxious place TODAY. Take notice when you are thinking those future fear thoughts and feeling those future fear anxieties and bring yourself back to RIGHT HERE / RIGHT NOW. (Get out of your FUTURE FEAR TIME MACHINE!)*

- *The present is the only thing that is REAL. The past are memories (not real) and the future is yet to materialize (not real).*

Being PRESENT & living RIGHT HERE / RIGHT NOW



Will allow you to...



Finally put yourself on your to-do list

Get you back in touch with YOURSELF and YOUR PASSIONS

Deepen and strengthen your connections

Enhance your enjoyment of life

M o m

MYTHS



#1: Our job is to make sure our kids are happy

- Result? Kids feel pressure to be happy so that mom can be happy
 - Kids need to realize they create happiness for themselves
-

#2 Focusing on yourself instead of your kids is selfish and a luxury

- Responsible for creating your own happiness
 - Allows you to be the neutral ROCK for your kids
-

The job of M O M changes

FROM:

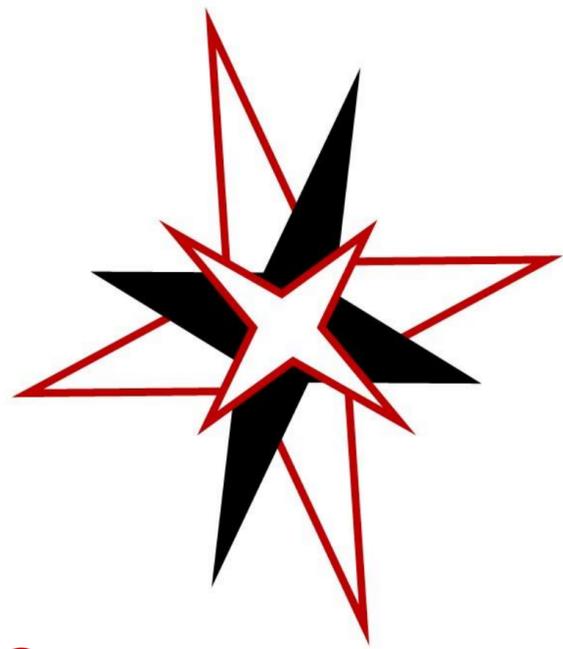
Relying on kids to provide happiness based on their performance

TO:

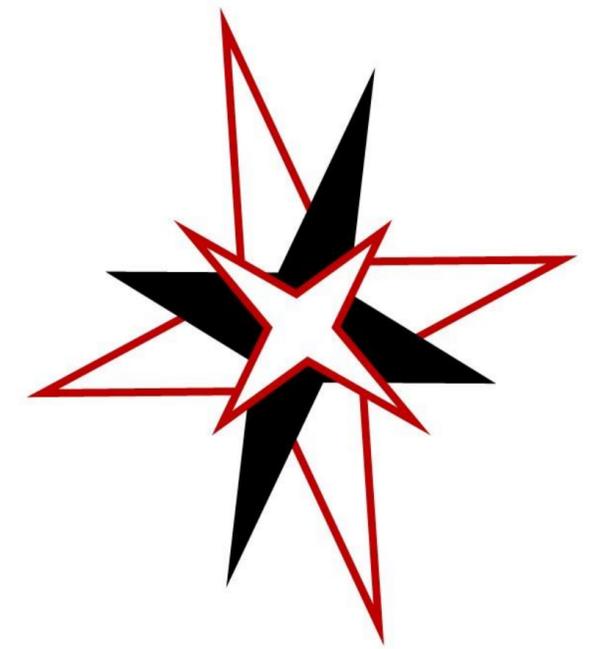
Focusing on how to be happy for MYSELF

The **B E S T** gift you can give
your child is...

YOUR OWN HAPPINESS



YOUR HAPPINESS
starts with **YOU**



If you are unhappy, your kids may feel the pressure to be responsible for your happiness.

We need to learn WE create our OWN happiness.

No one else is responsible for us to be happy.

Our children need to learn this lesson
through our example.

What

If?

What would motherhood look and feel like if...

- **You got good sleep?** *(Make your bedroom your sanctuary where good restful sleep can happen. Create bedtime routines for yourself just as you do for your children. Remember – it's about QUALITY sleep – not QUANTITY or HOURS of sleep)*
- **You got a work out in?** *(Exercise comes in many forms and you don't have to work out for hours or join a gym if time / money / schedules make it hard to do so. Do some squats as your are waiting for you coffee to brew, go on a walk and chat with a girlfriend. Find whatever "Joyful Movement" works for you and DO THAT.)*

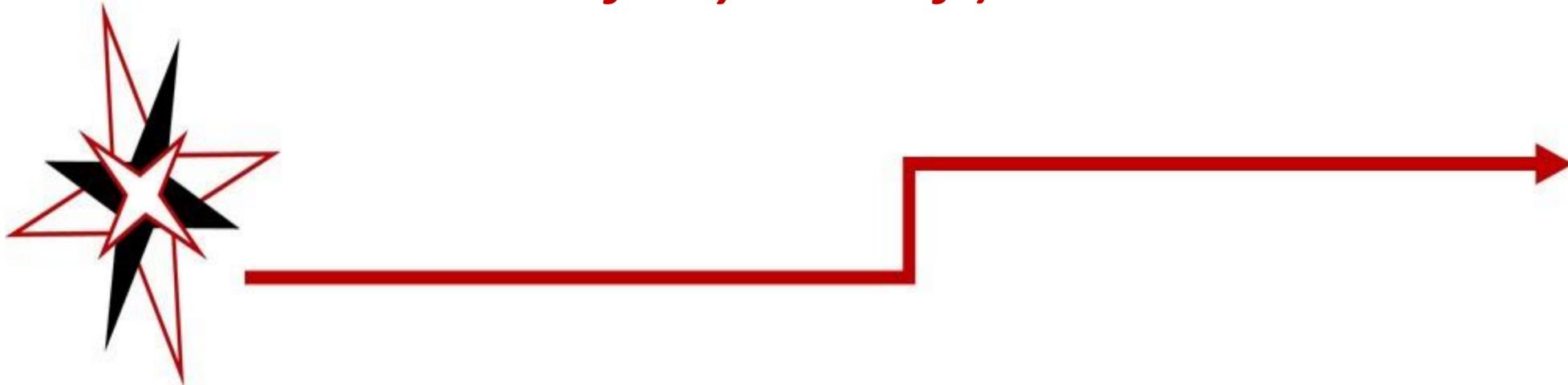
What would motherhood look and feel like if...

- You had time to focus on your well-being? *(Create time in your schedule, make trade-offs & understand you can't do it all at the same time. Where can you carve out time for yourself? Is it in the mornings before everyone gets up? It may mean you need to go to bed earlier to get up earlier for that time... Rethink your schedule and rethink your priorities.)*
- You made the time for your interests and passions? *(See above. Don't prioritize your kids' schedules over your own self-development. Remember, a happy mom is the greatest gift you can give to your kids, not a busy sports or activities schedule.)*

What would motherhood look and feel like if...

- Your happiness and your well-being was a priority?

(What makes you happy? Take time to figure out what that is then make time for it. You are the only one that can do this for yourself.)



STOP doing this...

Giving kids the power over your happiness based on their behavior

Example: You get a call from the school letting you know your kid broke a school rule and had to be disciplined.

DON'T have these **THOUGHTS**:

- *“The principal must think I’m a horrible parent.”*
- *“How on Earth did he think that was ok? I must be doing something wrong to make my kid think it would be ok to act this way.”*

These **THOUGHTS** lead to you **FEELING**: *ashamed, stressed, guilty, frustrated, incompetent, or other negative feelings*

Can you **ACT** or get a positive or neutral **RESULT** when you are feeling these feelings? **NOPE.**



INSTEAD...



STOP doing this...

Giving kids the power over your happiness based on their behavior

Example: You get a call from the school letting you know your kid broke a school rule and had to be disciplined.

DO have these **THOUGHTS**:

- *“Shoot. Not ideal, but he is not a robot that I can control remotely.”*
- *“I’m confident in my parenting abilities and understand that he is going to push limits to see where the boundary is.”*

These **THOUGHTS** lead to you **FEELING**: *neutral, calm and in control of your emotions*

Can you **ACT** or get a positive or neutral **RESULT** when you are feeling these feelings? **YES.**

STOP doing this...

Mirroring kids' emotions (you both will be more upset)

Your daughter comes home upset because her friends were ignoring her at lunch.

DON'T have these **THOUGHTS**:

- “My poor baby! How could those girls be so mean?”
- “I’m so upset for her!”

These **THOUGHTS** lead to you **FEELING**: *emotional, sad, mad*

Can you **ACT** or get a positive or neutral **RESULT** when you are feeling these feelings? **NOPE.**

Can you help your daughter work through her emotions, helping her move out of victim mode when you are feeling the **FEELINGS** associated with those **THOUGHTS**? **NOPE.**



INSTEAD...



STOP doing this...

Mirroring kids' emotions (you both will be more upset)

Your daughter comes home upset because her friends were ignoring her at lunch.

DO have these **THOUGHTS**:

- *“Shoot. That’s rough. I remember that happening when I was her age.”*
- *“You can’t control how others act, but you can control your thoughts about the situation.”*

These **THOUGHTS** lead to you **FEELING**: *neutral, calm and in control of your emotions*

Can you **ACT** or get a positive or neutral **RESULT** when you are feeling these feelings? **YES.**

Can you remain calm and help your daughter to work through her emotions? **YES.**

START doing this...

Generate your own happiness by:

Putting yourself on your to-do list

HOW?

- *Take stock of your priorities, your schedule and your commitments.*
- *Have the THOUGHT that time for yourself and your interests is VALUABLE.*
- *Have the THOUGHT that you and your children can't have it all and do it all at the same time. Trade-offs need to be made.*
- *Re-vamp your schedule to include time for you.*

START doing this...

Generate your own happiness by:

Get in touch with yourself and your passions

- Is there something that you'd like to do but feel that it isn't a productive spend of your time? DO IT!
 - *This isn't about some result – it's all about the process – the DOING of it that will help you get the benefit of the feelings associated with just doing something you like.*
- Is there a cause that you are passionate about, or have the thought that “**someone ought to do something about that!**” HINT – that someone is YOU.
 - *Get involved in a cause – and it DOES NOT have to be volunteering at your child's school if that isn't what you are passionate about. Give yourself permission to follow what interests YOU!*
 - *(you'd want your children to feel that permission, right? So why not give it to yourself?)*

***Being happy and satisfied allows us to be NEUTRAL
as our kids go through their emotional storms***

*(This provides a sense of security to your kids while they get practice working on
experiencing and managing negative emotions.)*

THE LESSON:

I am responsible for how I feel

&

**My child is responsible
for how they feel**

Need more support?

VISIT:

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