

# Mommy is a Person, Episode 46



**Power of Moms**  
A Gathering Place for Deliberate Mothers

One of the most fundamental ideas at Power of Moms is something we want every deliberate mother to know: Remember, you are a person!

It is so easy to get wrapped up in everything we do as mothers that sometimes we forget that we are women.

Saren and April share 3 steps to uncovering the person inside the mom.

- **Know who you are.** It is important for us to be involved and focused on our children's needs, but at the same time, we tend to put our own interests and needs aside so far that we begin to wonder who we are.

Begin by starting a list. Ask yourself questions such as: What do I like? What did I love to do in the past that I could do now? What makes me happy? What are things that are unique to me that I can share with my children?

Now, make time for these things in your life! Prioritize them and share them with your children. Be a vibrant woman that your children are happy to be related to.

- **Define what success is to you.** We need to ask ourselves what we need and what our children need in order to feel successful. This will change with every phase in our life and every stage of motherhood.

Ask yourself what success looks like to you. What is a successful day? Now look at the bigger picture. What is a successful month for you? A successful year?

Also, identify how you are feeling during the process of becoming successful. April shares an experience she had while looking at something she had written down years before. It said “If I were to feel thrilled about my life, here is what it would look like.” There were 5 or 6 bullet points describing it. She laughed because her life right now is exactly those things that she had written down. But she had woken up that morning stressed out and not thrilled about her life today, even though 2 years ago she thought this was what would have made her happy. She decided that she needed more “margins”- more space in her life so that she could enjoy the process more.

It is easy to fall into other people’s version of success. This comes easily from comparing ourselves to other people. We need to focus on our own version and remember what makes *us* feel like a person who is fulfilled and successful. Those things matter infinitely more than what anyone else in the world is doing.

- **Weave your mothering strengths into your individual families.** Every mother comes with her own strengths, skills and abilities. It is an art to learn how to incorporate these gifts into our individual families and lives.

Make a list of what is unique about you! What gifts do you bring to the table? What are the things you do really well for your children?

Now, use your strengths to bless your family. Teach them something you know about. They can feel our passion and excitement about the things that are important to us.

By discovering who we are, defining what success means to us, and then incorporating our strengths into our families, we can feel like we are individuals and that *who* we are is shining forth for our families. Doing this will help us become happier women and better moms.

*Transcribed by Mindy Thurston*