



Celebrate Your Strengths

You are your own kind of perfect mom. You are exactly what your children need. This exercise can help you clearly see the unique qualities and strengths you bring to your family.

Part A - List five things you do really well as a mom--things your kids love and that are unique to your personality, talents, interests, and style.

Perhaps you are a great listener. Maybe you're extremely patient. You might be spontaneous and fun. Perhaps you're great at baking, decorating, storytelling, or laundry. Maybe you get up every morning and try--even when life feels too hard. Every mother has her own unique strengths. (No one else needs to see this list, so now isn't the time to be modest!)

- 1.
- 2.
- 3.
- 4.
- 5.

Part B - List three things you aren't really that good at doing--or three things you *aren't interested* in doing when it comes to mothering and homemaking.

- 1.
- 2.
- 3.

Reflection Questions

What is *one* thing you've realized during this process that can strengthen you as a mother?

What will you do with that realization to help you in your mothering?