

NO GUILT MOM

Mindset



My kids will *learn*
from their mistakes

Kids don't always get what they want. We all need to fail sometimes in order to feel that disappointment and to grow and learn for next time.



Showing *love* for
my family doesn't mean
I do everything

Moms shouldn't be doing EVERYTHING for their kids (or their family). Encouraging struggle and getting kids to do more on their own is a good thing.



I don't need to
punish my kids to be
a *good* parent

Punishment doesn't work. Period. Positive Discipline encourages kids to think through problems and realize their own solutions.



I'm allowed to
say *NO*

It's really hard to say "NO" and set boundaries sometimes, but it's necessary.



I believe my family
is *capable*

It's NOT mom's responsibility to make sure the house is spotless and dinner is on the table. It's everyone's. Everyone in your family is capable of contributing.



I need my *own*
thing apart from
being a *mom*



Moms need their OWN thing. They need to bring their own accomplishments that go beyond raising their family. Not only will it bring you happiness, but it will also bring you fulfillment.

