

A Recipe for a Happy Mother's Day

Step 1: Appreciate Yourself

Use this day as an opportunity to reflect on how you are feeling right now and what you need.

Some Journal Prompts:

List some ways you feel good about yourself as a mother/parent/caregiver.

What are the special qualities you share with the children and teens in your life?

Describe what do you do every day for others that you would like others to notice and appreciate.

Step 2: Notice Patterns

Take some time to notice patterns that are emerging in your family. **The first step to shifting patterns is to notice them.** Then, often **doing one small thing differently** can change the whole dynamic. This is something I like to work on with my clients – figuring out what small shifts can create new possibilities and greater ease. Schedule a call with me on my website if you want help with this.

Some Journal Questions:

What are some patterns you are noticing in your family right now?

Choose 1 -2 to examine more deeply:

How are those patterns beneficial?

Are there any drawbacks to those patterns?

What is one thing you would like to shift in those patterns? How would that look and feel?

Can you think of a clear and specific change you could make or a specific request you could make that would help shift that pattern? *Sometimes this can mean letting go of something, insisting on something, or changing the time when something happens...*

Step 3: What are the “ingredients” of a great Mother’s Day for you?

Be honest about what you really want and need to feel good that day. You can do this from the perspective of a mother, the partner of a mother, a grandmother, or as a caregiver who wants to honor the mothering parts of yourself.

After you make your list, circle or star your top three ingredients.

Step 4: Share your list of ingredients with the people in your family and talk about how to make them part of your Mother's Day.

Sometimes you need a Plan A and a Plan B if there are wild cards like unpleasant weather, a child's mood or sickness, or if you or a partner has to work. Make sure you at least get some Mother's Day hours to do what YOU want to do. This is a time for some self-care and nurturing.

Plan A:

Plan B:

Step 5: Talk about your list with a friend, share ideas and strategies, and get clear on what really matters most to you on a day of appreciating yourself as a mother or mother figure.

New ideas from your conversation with your friend:

Step 6: What other special days would you like to prepare for with this "recipe"? Birthdays, anniversaries, holidays, vacations, even weekends...

Step 7: Reflect on how things went after the special day to plan for next year.

What went well?

What would I want to change?