

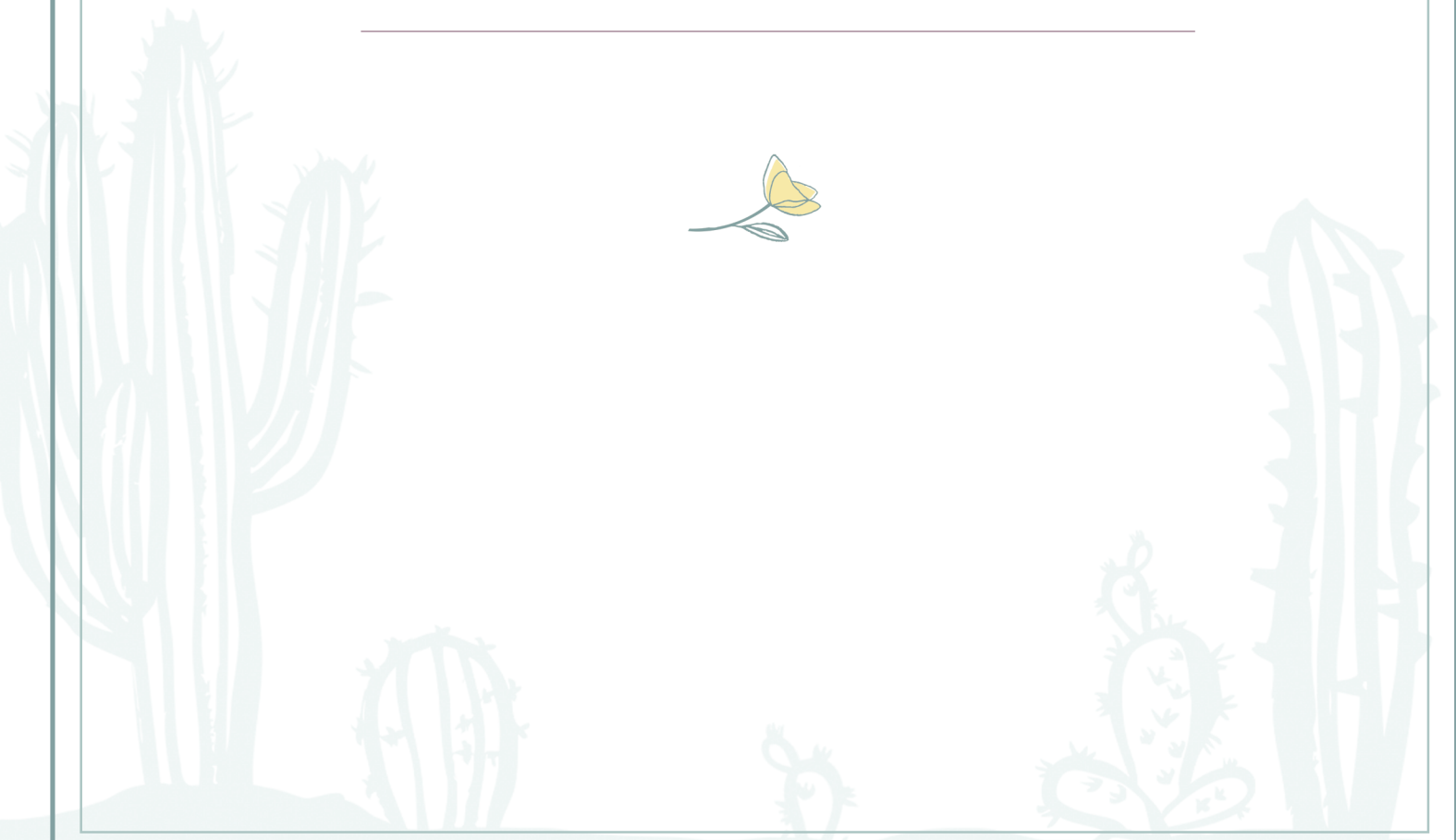


# 7 Habits

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## Rock Star Mom

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You are in my heart as you navigate this crazy new normal.

Sanity for moms and grandmothers in this chaos?  
It's a stretch even on the good days.

I hear you. And I want to help!

So ... I'm sharing some habits that I hope will help you  
find some footing during this topsy-turvy time.

### **1. Break Up with Perfect**

The perfect mom, perfect child, perfect house, perfect meal, perfect anything is a Pinterest and Instagram illusion. Perhaps it can be true for one moment in time, but it's certainly not the norm. For any of us. Free yourself, your kids, and your spouse from the power struggle with perfection.

### **2. Let Go of Guilt**

Guilt is a steel trap that grabs hold of your heart and head space then keeps you from moving forward. If you did make a mistake ... repent, apologize, seek forgiveness. Move on.

Mom Guilt is infrequently founded in actual mistakes or fails. More often, it is something we burden ourselves with because we're not looking at our reality. Instead, we're looking through the fence of self-condemnation where the grass is always greener.

### **3. Quit Comparison**

Comparing ourselves to others is like drinking poison. Contrasting your reality with a snapshot of someone else's life is not the same as looking to a mentor, a role model, or a trusted friend for the sake of gaining information or wisdom. Picture the difference between drinking a shot of sriracha chili sauce and sipping a mango smoothie. One is self-destructive. The other is yummy. The first practice isn't going to end well. Neither is comparison.

#### **4. Practice Self-Awareness**

Feeling a little off? Are you irritated over something small? Do tears sting your eyes every time you turn around? Is anger simmering just below the surface of your last nerve? Or maybe it's no longer simmering at all, but boiling over.

Pay attention. Those emotions are like the wobble of the washing machine when the load is out of balance.

The goings-on in your life are out of balance. You need a break. Space to breath, assess, regroup. Find a way to take care of yourself too. A walk. A nap. A chat with a friend. A nap. A bubble bath. A nap. Time with a good book. A nap. A date with the hubby. A nap. Sister or brother time. A nap.

#### **5. Make Sure Prayer Partners are Voice Activated Calls**

Don't do momming alone! Seek out women who are in your corner and ask them to pray for you. Break up with perfection, let go of guilt, quit comparison, ask for help and embrace it like you would welcome a sabbatical on a secluded island.

#### **6. Celebrate Less as More**

You don't have to chase every opportunity or lasso every shiny thing or shimmering experience for your kiddos. Nope. Not every meal has to be special. Not every request has to be answered with a Yes. Not every moment needs to be filled with jaw-dropping DIY projects. Seek after the special moments instead of the illusive Super Mom cape.

Pass up some of the good and better stuff for what's best. The list of really good stuff is endless. Sometimes doing less and allowing your kids the same luxury makes room for more of what really matters.

#### **7. Embrace Soul Care**

Faith plays a big role in our well-being. At our core, You and I crave unconditional love and connection. God designed us for relationship with our Creator. Whether you believe in God or not, like Him or not, prayer and reading the Bible can bring you comfort and restore your joy. Try it. Make a habit of it. You'll see.

**Which of these habits do you struggle with most? Or which of these habits or others are helping to keep you sane? Is there a habit you're going to adopt to make a positive change in your life?**