

ABOUT MY MOTHER

Journal Questions

How did your mom bring the spirit of reverence into the home each day? How do you aim to bring that same spirit into your home each day?

What did your mom do for herself. Did she create? Have a hobby? What did you learn from that, and what do you think about time to do these things?

How did you see your mother fostering friendships from her childhood / college years / present? What did that teach you about the importance of friends / other women? How do you currently touch base with friends who live near or far? How did you see your mother bless the lives of her friends? How do friends bless your life?

How did your mother keep in touch with her siblings? How do you stay close to you siblings as an adult? How do you help your children establish a friendship now?

How did your mother teach you to work? Home chores?

How was your mom FUN? What did she do that helped you have a happy childhood? What do you do now to have FUN with your kids?

How did you see your mom strengthening her marriage? What do you do now to strengthen your marriage?

Do you have a parenting book that you have loved that has helped shape how you mother? Do you have a favorite quote that you try to live by as you raise your children?

What is your mom's favorite scripture that helped in the mothering journey?

What is a your mom's favorite hymn/song that helped her be a better person/mother?

If you saw your mom get upset, or have a bad day, what did she do to pull herself out of it? How did she make amends with you if you had a disagreement?

What do you do if you've had a bad day with one of your children?

What is a phrase your mom would often repeat to you? Do you find yourself saying the same things to your children?

What is something you see young mothers doing that you wish they wouldn't do with their children?

How did your mother help you build your confidence and self esteem? How do you strive to help your children with theirs?

How was your communication with your mother? What do you do now to foster open communication with your children/teens?
