

Episode #34: Motherhood Mindset Shifts



Full Episode Transcript

[*Mom on Purpose Podcast*](#)

with Lara Johnson

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Welcome to the *Mom on Purpose Podcast*. I'm Lara Johnson, and I'm here to teach you how to get out of your funk, be in a better mood, claim more with your kids. Manage your home better, get your to-do list done and live your life on purpose with my proven method. This is possible for you, and I'll show you how. You're not alone anymore.

We're in this together.

Hello. Welcome back. This is Lara Johnson, host of the *Mom on Purpose Podcast*. Today we are talking about some motherhood mindset shifts that you can make with regards to teaching your kids. I was coaching a client about this. She's got a daughter that will be graduating from high school soon and she is hoping that she has prepared her well enough to the world, you know, to go out and to be this amazing person and making sure she's taught her all these great lessons so that she can be that good human in the world.

And it was interesting as we were coaching around this that I realized, you know, so many of my clients have the same kind of mindset, is that we feel as mothers this great responsibility to teach our children. And I'm just speaking directly to moms, you know, on this podcast.

I know parents—you know, fathers feel this as well. But what I have learned is that when we feel this great responsibility to teach our kids the lessons and the skills and the values that we want them to have, we're also a human living and experiencing our own journeys and sometimes these two things can conflict with each other.

And this episode, I hope to bring peace and comfort to you as a mom that feels this responsibility and as a human that makes mistakes and is learning through this life journey.

So, you'll know **This Episode is for You** is if you've ever felt an urgency to fill your kids with all these important lessons before they start school, graduate high school, even adult children if you feel like, you know, have that same pressure.

You'll also know **This Episode is for You** is if you feel burdened by the responsibility for them to be a good human out in the world. Like if

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they're out making a mistake, it feels like a reflection of you, or you didn't teach them well enough.

But you'll also know **This Episode is for You** is if you feel a lot of guilt... a *lot* of mom guilt about not doing things good enough. Or when you make mistakes or not showing up in the way that you want to be a mom.

So, that's where we're going to start for today. So, I want you for a moment to imagine getting ready. You and your husband are going to go out on a date, and you needed a little extra time to get ready. Never happens, right?

I'm teasing. Happens all the time here. But let's imagine for a minute that your husband is standing by the door to walk out to the car and he's like, "hurry, hurry, hurry." Like, like a military sergeant. Like, "come on, come on. I need you to move faster. Come on, hurry." Okay. Imagine for just a second maybe that has happened to your house.

I think I would claw my husband's eyes out if he did that. But we're going to stay in this imaginary scenario for a second. So, at this moment when he is saying, "hurry, hurry, hurry." He is, like, looking around. He is like, "oh, I've got your purse over here." And he throws you your purse. And as he throws, he misses tossing it to you and all your stuff falls out onto the floor.

Then, instead of, like, picking it up, he sits down on the floor, and he starts crying. And he's crying, and he's like, "I am so sorry. I'm disgusted with myself. I made a mess. I missed throwing the purse at you. Now you're taking longer." And then he stands up, and he goes over to the door, and he is like, "but hurry, hurry, hurry. Get in the car." And once you guys finally get in the car, you're really irritated with him and suddenly, like this whole wave comes over him and he looks at you. He's like, "I failed you. I should have done more to help you. I should have put your mascara on you," and you are looking at him with these eyes.

I'm like, "what is happening right now?" Okay. You're, like, genuinely confused over his behavior. I know this is an outrageous example, but it's so similar to what we do with our own kids. There're oftentimes we

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have this huge urgency because we think there's some timeline where the lessons we can teach them expire.

The other thing that we do with our children is we take on the responsibility. Like if they didn't learn some lesson that we try to teach, then clearly, we didn't teach them well enough and it's our fault. And we take that responsibility and carry that burden on our own shoulders. Or the other thing that we, that I see a lot, is that we shame ourselves that there is no space for mistakes that we make, that there's never any grace when we're having a human moment. And we think that we have failed our children when we are human or like we're disgusted with ourselves. So, the reason why I outline these things is when we think about it in terms of, like, our husband and trying to get out the door, that seems outrageous. But when we think about it as being a mom, it feels so real, doesn't it? Where we feel this guilt, where we've let down our kids.

All of this I want you to really think about comes back to the thoughts you have in your brain, the expectations you have of yourself. Yes, you do want to be a good mom. Yes, you do want to teach your kids these lessons, but there is no expiration on it, and you are a human doing something you've never done for the first time.

This is the first time you've ever been a mom going through these experiences with your kids, and every kid is so different. So, I wanted to present three mindset shifts that you can make right now that will allow you to live in a much more purposeful place as a mother to your children. And these mindset shifts are very effective.

And if they don't resonate with you, that's okay. I want you to tweak it until you do find something that resonates with you. These are just a starting point. So, the three mindset shifts that you can make in motherhood.

The **first one**, and again, this is a thought that you practice thinking in your mind. **There is no expiration on teaching my kids' lessons.** I want you to really let that settle in. There is no expiration on teaching my kids' lessons. I think about this in terms of my own parents and my in-laws. They both are amazing examples to me. I am a grown woman and I'm still learning lessons from them.

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I want you to think about that in terms of your children that are within the walls of your home right now. At some point when they leave the home, that's not the end of when you get to teach them. You can continue to teach them lessons even after. So, there really is no urgency. There's no reason to be running and throwing things, you know, throwing lessons at them as fast as you can before you get out the door.

So, I want you to think about that. There is no expiration on teaching my kids' lessons. Really, let that settle in.

The **second mindset shift. I am doing the best I can with the knowledge I have right now.** I love this. I say this to myself over and over because I know someday, I'm going to have more information and I will want to judge myself in some capacity, but I also know that right now I am making the best decisions I can for my kids based on the information I have in the moment. Now, that changes over time, but I'm always trusting myself in the moment to do the best I can.

And sometimes that best? That fluctuates, you know, day to day. Like sometimes I may feel I'm not giving 100 percent of what I'm capable of, but let's be honest. My 100 percent right before my period hits is very different than my 100 percent after my period.

Okay? So, I want you just to think about that. Really, give yourself some grace in this space. That I am doing the best I can with the knowledge I have right now. Again, let that mindset shift like really settle into your body and feeling really grounded as I say, these.

The **third one**, and this actually comes from my own mother and I'll explain it in just a second. My third one is almost like a prayer to my children. It's **my gift is to show you my weakness, the so that you can choose to do better.** My hope is that every generation just gets better and better. And so, the story behind this is, I remember at one point I was probably, you know, eighteen years old, and I'm sure my mom doesn't remember this story at all, but I remember this story. And I, at one point, she said this to me. She said, "Lara, you are going to see my weakness." She said, "You already have." She said, "and you'll want to judge me for those." She said, "but you know, that's just who I am and my hope is that you'll see my weaknesses and you'll learn from them

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and you'll become better than I ever was, and the next generation will be better than you are and, and so on and so forth."

She said, "that's my hope is that just every generation just gets better and better because we're able to learn from each other's weaknesses." And that really hit me. That really hit me pretty strong because there were things that I did judge my mom on. All of us teenagers have judged our moms over something, right?

Or our parents, you know, it doesn't have to just be a mom or a guardian or you know, somebody in your life and. We want to judge them and really look at that as like every one of us has judged our moms and probably our parents at some point in our life. And I used to think that judgment was a reflection of who they were as an individual because I didn't really give space for the fact that they were raising children for the first time, and that I was significantly different than my siblings and my siblings younger than me were different than me, so every time it was like they had to relearn how to be a parent. Now, as a mom, I'm seeing how true that is. Every one of my kids requires something different of me, and my weaknesses are glaring through as I'm moving forward trying to parent them.

And so, this is almost like this thought. You know, my gift is to show you my weakness, is in a perfect world, I could teach with my mouth the lessons that I want my children to know for the world, and they would take those lessons and apply them. That's just not the case.

There will be some lessons that they learn. Other lessons they're going to learn because of my weakness, and they're going to see things that they don't want to do in the future. And so, for me, it's almost like I have to... I have to give myself grace for being a human and know and trust that whatever lessons I'm indirectly teaching, based on the weaknesses that I have, that those are lessons that my children actually need to learn in the way that they need to learn them. And it may take them forgiving me for some of these weaknesses. It may take them, you know, into their adult years for finally understanding who I am as a human being.

And I hope that when they do that, that they can love me through my weakness, and that they will take whatever lessons they learned indirectly from me and become a better person. And that really gives

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them a chance to become resilient, to really give themselves a chance to define who they are and the values that are important to them. You know, I hope they have some of the same values that I have, but there's thousands of amazing values, and one of the values that they have might be different than mine, and that's okay.

We can still trust that we're teaching our kids important lessons and helping them find who they are based on the weaknesses that we have as a human being.

So, that's why I really wanted to just leave that with you today on some really simple mindset shifts. Again, I'm going to repeat these back. There is no expiration on teaching my kids' lessons. I am doing the best I can with the knowledge I have right now. And of my gift is to show you my weakness so that you can choose to do better and that each generation just gets better and better.

And so, that's what I wanted to leave with you today on the three mindset shifts for your motherhood. And when you are ready to really take control of your thoughts and really make shifts for yourself in motherhood, reach out to me. Book a consult. Let's get on the phone for sixty minutes. Within that sixty minutes, you will learn more about yourself and your motherhood journey than any other time that you have spent up until this point. We will deep dive into your brain to help you understand the stories, the patterns, the expectations, the false expectations that you have, that you think society has on you.

All of these things, we will break down within that one call and you will walk away feeling empowered, rejuvenated, and at peace in your motherhood journey. So, schedule your consultation. It's sixty minutes. We go through a lot. You'll want a pen and paper, and at that point, that's where you get access. If we choose to work together for a good fit for one another, my first openings are available in March, and then you'll have access to all the video modules that I've created.

So that is how you can get that started right now and dive right into those even before we start. Have a wonderful day.

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