



A Mother's Legacy

“Mother’s Day is in honor of the best mother who ever lived - the Mother of your heart.” ~ Anna Jarvis, Founder of Mother’s Day

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Mother’s Day gives us the opportunity to not only consider the impact our mother’s had on our lives but also the impact we want to have as mothers. A mother’s legacy can obviously be a powerful influence in her children’s life – and that influence can be both

positive and detrimental. When we honor the positive influences and choose to let go of the harmful messages, we are in a better position to be the kind of mothers we truly desire to be.

It has become a tradition that I host a Mother’s Day dinner. While this renders most people in disbelief that I would choose cooking a meal over being taken out to dinner, I see it as a way to honor my mother, my grandmother, and other influential women in my life. I enjoy making some of my favorite dishes my mom made when I was growing up (my mother’s cheesecake has been deemed “the best”) and inviting family and friends to partake in the celebration. I lovingly use china and serving pieces that belonged to both my and my husband’s grandmother and usually wear a piece of jewelry that has been passed down to me. By doing these things, I honor each of these women.

As Mother’s Day approaches, consider the legacy your mother gave (is giving) you – the lessons, messages, traditions – and how you might honor that legacy on this Mother’s Day. Consider the legacies these types of mothers may have left their children: the overindulgent mother who was more interested in being a friend than a parent; the overprotective mother who is reluctant to allow her children to make and learn from mistakes; or the overly-engaged mother who lives her life through her children and grandchildren. It is important to not only honor those legacies that have inspired and motivated you but also to let go of legacies that do not serve you.

What legacy are you choosing to leave your

children? Consider which of your mother’s legacies you have accepted in your role as mother – either consciously or subconsciously. In this over-achieving, fast-paced, multi-tasking world in which we live, we often forget to slow down, be present with our children, and accept them fully because we have difficulty accepting ourselves fully. Are we doing our very best for our children based on life and career choices, external factors and self-limiting beliefs? Where are you too hard on yourself and where could you challenge yourself? By being aware that we have choice in creating our legacy, by acting and communicating in a way that aligns with that legacy, and by learning to let go of the inner critic, we are able to have a positive and far-reaching influence on our children.

Considerations for A Mother’s Legacy

- How do you want your children to answer the question, “What five words would you use to describe your mother?”
- In what ways has your mother’s influences served you well and in what ways might they be harming your sense of self?
- How will you choose to honor/let go of your mother’s legacy?
- What might you need to forgive your mother (and yourself) for?

Get in Action by Choosing Your Legacy

Answer the following questions honestly and create specific action steps where appropriate.

- In what ways do my daily actions and behavior

align with the legacy I want to leave my children?

- What specific changes can I make to close the gap between what I want my legacy to be and how I currently think, communicate and act?
- What are the consequences to me and those in my life if these changes do not take place? What is at stake?
- What is my voice as a mother and how can I inspire my children to develop and trust their voice?

Thanks to my mom for teaching me how to nurture, reach out to others and choose to live life on my own terms. May you celebrate Mother’s Day in a way that honors you, your mother and the women who have been a positive influence in your life.

For help in getting in action on creating a mother’s legacy or to learn more about the Fabulous Forties Workshop Series for Women coming this Summer, please contact Marcie at mstern@vocalconsult.com or visit www.vocalconsult.com.

