

# Got MOMentum?

Contributed by



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Have you lost your Momentum? Join the club. A very short time ago, I too was a card-carrying member of a group of women otherwise known as Mothers, MOMs, Mums, or Mamas who put aside their own personal schedules, goals and desires in order to take care of their beloved children.

Two years ago my 7 year old son was diagnosed with Legg Perthes Disease — the treatment of which requires both legs to be casted thigh to ankle and set in an “A” frame shape by a bar between the ankles as wide as he was tall.

This is precisely the time I tossed my Brita — the individual hat off and replaced it with my Super—Mother one.

I spent the next two years literally immersed in his daily physical, emotional, psychological and spiritual care. As his mother, I made certain Lowell’s cup was filled in all these areas, and in the meantime Mom’s cup gradually depleted. Was it worth it?

Hell yes. My blonde haired boy was in a wheelchair a year ago 24/7 and this last weekend he stepped up to the pitcher’s mound for the season opener with his body bruised, but intact, and a smile about a mile wide. In other words — I would do it again. I also happen to know there is not a mother out who wouldn’t do the same thing for one of their precious children.

So, what’s the matter? The problem is that as my son’s momentum was gearing up,

mine was grinding to a halt.

Why? Well the mother in me would argue it was because the MOM in Momentum is really an oxymoron — no mother worth her salt can also maintain her own personal momentum — the two concepts are incompatible. Right?

The Certified Life and Relationship Coach part of me would disagree. She knows it really is possible to be a Mom and maintain, or gear up, your personal momentum by following three easy steps. Start by becoming aware of the source of your thoughts and choose to listen to the one of resource. Secondly, be willing to reach out for support. Finally, make the commitment of continuing to take action in the direction of your own dreams.

If you are woman who has devoted a good part of herself to her children for any length of time, odds are you may have lost a clear sense of your full identity. That, of course, can lead to dip in self confidence and a feeling of being stuck.

I’ve been there and I know what my inner critic would tell me— ignore it and carry on... or give into it and hide under a rock. The truth is the best blaster of self doubt or fear is action. Listen to your inner voice and do what she tells you one step at a time.

I have a “Walk my Talk” list — it’s a list of things my inner voice has told me I want to do, be and have in the life of my dreams. Rather than feeling immobilized by doubt, I commit to taking a step toward that vision every day or week. With every step I take my confidence rises, my momentum builds and I am that much closer to realizing all of the goals I have set out for my self as a mother, daughter, wife, sister, friend, life and relationship coach, volunteer and entrepreneur.

1 Determine the source of your thoughts. Delete the Inner Critic and tune into your Inner Voice. We all have an ongoing inner dialogue that consists of two very distinct voices, the Critical Self and the Higher Self.

The Critic is that annoying voice spewing out a constant stream of defeating thoughts. The critic always make us feel emotionally and physically distressed and is a major obstacle to our personal happiness and momentum. My critic tells me I can only do one thing at a time well, that I can’t be a successful mother and coach... baloney. The subconscious mind takes everything we think at a conscious level literally. The good news is that it is also re-trainable. Take time

to notice and hear your inner critic. Delete the put downs and consciously choose to replace them with a more positive thought.

The Inner voice on the other hand is that more quiet, compassionate & confident voice that comes from the wisest part of our self, our intuition. This voice will always be honest with you, will always make you feel good and is a source of energy and momentum towards your goals and dreams. Contrary to the critic, your inner voice is always in alignment with what you consciously want and need. To tap into your inner voice, ask yourself open ended questions, listen with your heart to the answers and take whatever advice it dishes out.



2 Reach out for support. Call a friend and ask for help. They say a mother’s job is the most rewarding one in the world. It’s also a job of unending hours, little recognition, and constant sacrifice. It can feel lonely but the truth is no mother is alone because we all share the same experiences. We are meant to be social beings. When we connect with each other we gain a sense of camaraderie from shared stories and strength from emotional support. Being in a relationship creates synergy and provides us with the momentum we need.

3 Take action. One baby step at a time. There is an old proverb that says “Be not afraid of moving slowly. Be afraid of standing still.”