

# Mothering Checklist:

## Are you mothering without losing yourself?



- 1) Do you have a recent list of *your* priorities? (not the kids)
- 2) Have you ever kept a time log and notice where you are spending your time?
- 3) Do your stated priorities match how you spend your time?
- 4) Are you comfortable with guilt? Guilt is a feeling you will get over. Resentment over sacrificing yourself is a feeling you will not recover from.
- 5) Are you able to make choices so you are not *always* the one who gets the short end of the stick?
- 6) Can you notice when you are angry and ask for what you want diplomatically?
- 7) Do you pay attention to your dreams and longings? Someday your children will grow up and fire you.
- 8) Is it easy for you to ask for help when you need it?
- 9) Do you have a supportive social network?
- 10) Do you look forward to spending time with your children?
- 11) Do you generally feel physically healthy?
- 12) Do you generally feel you have enough energy?
- 13) Do you rarely feel resentful?
- 14) Do you have the tools to set effective limits with your kids?
- 15) Do you know how to ask for help (and get it) from your spouse?

### How often did you answer “Yes?”

**15-11** You have a few tough days but in general you love being a mother and take good care of yourself. You are also providing an excellent model of mental and physical health for your kids.

**10-7** Mothering is a mixed bag for you. You worry quite a bit about being a “good” mother and wife and tend to be generous at your *own* expense. You’d benefit greatly from learning the tools to set better limits, identify your needs, and effectively ask for what you want.

**6-0** You are taking care of yourself so infrequently that you are highly likely to develop both physical and emotional problems. You’ve been suffering for long enough! You can learn the tools to take care of both yourself and your family. Get help now!