



# 7 HABITS OF CONFIDENT MOMS

By Deborah Porter





# INTRODUCTION

Hey Mama! If you haven't heard it today, let me be the first to tell you that you are amazing! Even with a full hamper. Even with dishes in the sink AND dishwasher. Know this, you can walk confidently in your role as mom without things being perfect. In fact, it won't be perfect but that doesn't mean it can't be great. The morning can have a rocky start but it doesn't mean that the day can't end beautifully. Monday can begin with more things on the to do list than hours in the day. While Tuesday can bring refreshing Spring showers that cause us to pause and appreciate the newness of the season. The goal of perfection can be the enemy of our peace. Life is made up of the imperfect and it is beautiful. So embrace it.

What does it mean to be confident? To be sure of oneself, having no uncertainty about one's abilities ([dictionary.com](https://www.dictionary.com)). This is not only possible but is absolutely necessary for you to walk in the certainty of the decisions that you make daily for your family. Not because it's what anyone else is or is not doing. But because you are determined to provide the atmosphere that your family needs and a life that you love.

In this ebook, 7 Habits of Confident Moms, you will discover some of the traits, practices, behaviors and mindset that confident moms have in common. Here's what I want you to do. Be honest with yourself while reading. Some of these habits you will have in practice. Others you've been aiming for and wanting. But there will be some that you know need to be activated in your life immediately.

Please use the "Personal Thoughts" section after each of the habits to identify where you are and where you want to be. Set a goal for yourself. How and when will you begin to practice this habit? We cannot change what we don't admit.

Don't lose sight of the goal. We are not aiming to be the perfect mom because, well, she doesn't exist. My goal is to encourage and support you in your desire to be a confident mom.

All 7 habits are valuable and important and in no particular order. Now, let's dive right in!





# HABIT No. ONE

## Confident Moms do not Compare, They Collaborate

Confident moms do not compare themselves with other moms, but they collaborate to achieve better results and productivity. On any given day, in any city anywhere there is a mom comparing herself to another mom whom she perceives has it all together. How great she is at this or how amazing her family is at that. But the comparison is faulty on its face.

Comparing what appears to be a great moment for a mom (and her family) with a weak moment for you and your family is at best a flawed comparison.

It's not apples to apples. But here's the thing, there is no apples to apples comparison between 2 moms. We come with unique experiences, perspectives, gifts and talents. The only way to create a win-win is through collaboration.

Mom shaming, being judgmental or overly opinionated about the choice another mom makes, will not move the needle forward in your own life and for your own family.

Many moms have a big giving muscle. If you need her to show up, she's there. If you need a favor, she's got you. Need her to fill in for you? No problem. But many times the receiving muscle is showing signs of atrophy. She may be overwhelmed and in need of support or assistance but doesn't ask. This mom may even be at the end of her rope, but sees it as her responsibility to somehow barrel through on her own.





Maybe she doesn't want to appear "needy" or uncertain. Confident moms can exercise both muscles equally, giving and receiving. They do not see vulnerability as a weakness but rather as an opportunity to create space for each of us to show up as our best selves. Therefore, these moms ask for what they need and then receive it. Confident moms do not smile when you ask for support then talk negatively about you when you walk away. Instead, she is eager to give what she knows she herself may need someday.

Each of us have areas of strength, gifts or expertise. Those talents can be leveraged with that of another mom, lightening both their loads.  
What mom can you collaborate with? Is she already in your circle?  
Can you reach out to her?

Personal Thoughts Habit #1 Compare VS Collaborate

Where I am

Where I want to be

Goals





## HABIT No. TWO

### Confident Moms Can Say "NO" without Explanation or Guilt

I often say that the word "NO" is a complete sentence. Sometimes as moms we feel the need to explain why we are unavailable to do something. Confident moms do not adopt a feeling of guilt when saying no. In fact, they remain mindful of the boundaries they've set and the need for others to respect those boundaries. This may be most true for stay at home moms.

There is an assumption among many that stay at home moms do not work. Having been a probation and parole officer and a criminal investigator before coming home, I can confidently say there is no work as tedious, engaging and unending as being a stay at home mom. Other jobs I've had allowed a lunch break, personal time for yourself, there's time off from the office and so on. But when you are a stay at home mom, you live and work in the same place, so there are few if any breaks some days. It is a 24/7.

So if you have not learned how to set boundaries and how to prevent people from storming into your life and making requests of you without respecting your time, because in their opinion, "you don't work", then you may not be a confident mom.

But you can be and it starts by setting boundaries for yourself and your time, with the ability to say, "I am not available for that"





I remember being the involved mom at school. Showing up for different parties, helping teachers, field trips and so many other things. But it got to the point once all 3 kids were in school, that I had to be more strategic with my time. Assisting where I could and backing away to make space for another mom, where I could not. No guilt at all. In fact, it was freeing for me and also for the others that wanted to hold that place now. Saying “NO” allows you to offer what you are able to do even when it may not be what’s being asked. No, I wasn’t able to head up the Spring class party, but I was available to send a plate of cookies. I even found some that were gluten free. The idea is to ensure that you SET THOSE BOUNDARIES; because running from one classroom to the other trying to be room mom for every child might not be possible.

What’s one thing you can take off your plate now and hand off to someone else? Is there something you’ve been asked to do that you know you should say no to? Why is it so difficult?

Personal Thoughts Habit #2 Saying No

Where I am

Where I want to be

Goals





## HABIT No. THREE

### Confident Moms are Solution Oriented

Confident moms look at a situation with the solution in mind. There is not a lot of time spent grumbling or complaining. Using the resources at hand and finding what's needed is first and foremost. The key here is knowing what to say yes to and what will get a no.

But here's the thing, there are times when moms have this switched and it's time to flip it right side up. Saying yes to everything and everyone else, yet saying no to ourselves because of guilt, shame or not feeling deserving, makes it difficult to get the solutions we need for the place we may be in.

Once you develop Habit #2, Habit #3 can quite easily follow. Knowing when to say no, frees up the emotional energy to be able to see what deserves and needs a yes. Things will not change until your mindset changes. You are worth every "yes" that you've given so freely to someone else. The areas you want to see shift will need a different response from you.





A confident mom is in tune with who she is, what she needs and heads in that direction. She takes the time to search herself so that there’s no need to simply spin her wheels. The solution comes as a result of her ability to know where to go and who to consult.

Why is it that the advancement, growth and development of everyone else gets an immediate yes, but for you it’s questionable? Confident moms do not stay stuck and in fact use elevated language when describing where they are but more importantly where they’re going.

What can you do today to get more in touch with you and what you need? Areas you need resolution for? Journaling, talking with a trusted friend? How can clarity come to you?

Personal Thoughts Habit #3 Solution Oriented

Where I am

Where I want to be

Goals





## HABIT No. FOUR

### Confident Moms take Action in Spite of Fear

A wise person once said, "Courage is not having fear, but taking action despite your fear." A confident mom takes action in spite of her fear. She does it afraid.

In 2019, I was a contributing author to the book DEAR FEAR 3. 10 women told their individual stories detailing what fear tried to take, talk us out of. And for each of us, it was something different. For me, it was meeting my father for the first time. I met my father for the first time in my life at the age of 21. It's true. And there were so many opportunities along the way to back out or bail out or to not give him a chance.

But I realized that I had been consulting with fear the entire time. And if I knew anything at all, I knew that fear did not have my best interests at heart. It's already been 21 years without him and I have nothing to lose by giving him a chance. I pushed through that fear and as a result of that, I gained more than I expected. I watched my children develop a relationship with their grandfather that I did not have.





So as a confident mom, we take action despite our fears. It's not always comfortable, it does not always feel good, but the idea is that we don't know what's on the other side of that fear, we don't know what we (or others) might miss out on because we don't move. We choose to remain stuck.

So, confident mom, what is fear trying to talk you out of? Where have you given fear room to influence you?

Personal Thoughts Habit #4 Action in Spite of

Where I am

Where I want to be

Goals





## HABIT No. FIVE

### Confident Moms Start with the End in Mind

Confident moms start with the end in mind and work backwards to get the desired result. They start with what they want and then fill in the steps of how to get there. I love vision boards, but I've had a problem with them over the years; my vision boards usually ends up being just a piece of art that sits on the fridge like one of my kid's school artwork projects. It was this colorful, very inviting thing to look at but I did not have the steps or action plan in place on how any of those things were going to get off of that board and into my life.

As much as we have vision, goals, resolutions and so on, it is important that we also highlight the basic day to day steps we have to take in order to ensure that they come to pass. It is exciting to have a resolution, but it can also become overwhelming when you do not know how to make that resolution a reality.

So instead of focusing on the resolutions, confident moms focus on the new habits they need to create. These habits become part of what you do daily, not the ambiguous and uncertain vision in the sky of "one day" or "maybe".





In fact, creating a new habit might be the one thing that will begin the shift you’ve been wanting. Attaching a new habit to an existing one is a great way to stack it so that it’s not a stand alone event. For example, keep a journal near your bedside table and just before turning out the light, express something that you are grateful for. That’s a much better thought to go to sleep on instead of breaking news.

What are you grateful for right now? What is one new habit you can create now to move you toward your goal?

Personal Thoughts Habit #5 Start with the End

Where I am

Where I want to be

Goals





## HABIT No. SIX

### Confident Moms Practice Self Care and Self Investment

Ever notice how some people do not struggle with doing something for themselves? They need a massage, they go get it. They need some special body treatment, they make the appointment. They need time away, they leave. Well, confident moms do that as well.

Confident moms realize that: THE BETTER I AM AT BEING ME, THE BETTER I CAN SHOW UP FOR WHAT YOU NEED ME FOR. IF I CONTINUE TO NEGLECT ME, I AM NOT GOING TO BE WHAT YOU NEED, AND I AM NOT GOING TO BE ABLE TO SHOW UP AS MY BEST SELF.

If you continue to neglect your personal time, investing in yourself, taking time off for meditation and self-reflection you will pay for it in some way. If you continue to tell yourself "I don't need time for myself, I don't have time for reading or journaling, I can't find time to work out, you may be right. Because time is not sitting around waiting to be found. You won't find the time, you will have to make the time. If you continue to neglect those things that feed and support you as a person, it will be more challenging to show up for the people you love. It is impossible to serve from a place of empty. Need a 2-3 day trip alone? Plan it. If you have the right systems in place, a plan of action and a date written in ink on your calendar, it is possible.





Let me ask you this, when is the last time you had time to yourself, alone? This is a no brainer. Everyone needs time to themselves, to think, to hear, to listen to plan. It doesn't have to set the budget back. This can be a staycation for a night or two on the other side of town. Listen, for stay-at-home moms, we live and work in the same place, you need to get out of the house. To be away from where you live and work, because it's all happening in the same place.

For working moms, you need time to yourself. No kid games or snacks needed. It may not be simple to execute but it's necessary.

So why do we talk ourselves out of this? As a confident mom, you need to learn to protect your ME time without guilt, because confident moms understand that to be a great Mom, I have to be a great "me".

Ok, Mama where are you going? Maybe not today. Maybe not tomorrow. But now is a great time to plan for your trip, your way, alone.

What have you wanted to invest in for yourself? Maybe you've never said it out loud. Write it here

Personal Thoughts Habit #6 Self Care, Self Investment

Where I am

Where I want to be

Goals





## HABIT No. SEVEN

### Confident Moms overcome Mom Guilt by Releasing the Idea of Perfection

This seventh point is a big one and something I emphasize with moms I work with. I love working with confident moms that understand these habits are important. But are things going to be perfect? NO! Because perfection is a façade that will only throw you into a tailspin.

So the 7th habit of confident moms is; they overcome mom guilt by releasing the idea of being the perfect mom, wife, sister, etc.

It might be great, if things were always perfect, but that's not what life is made of. It's made up of all the imperfect moments and experiences that make life worth living. And it creates its own beautiful tapestry that we get to experience and enjoy.

Confident moms understand that, allowing the weight of guilt to lean and press in, will never make things better. Guilt is a horrid taskmaster that can never be satisfied. It puts us in a different headspace that is at odds with our best and highest self.





The weight of guilt impacts not only our self talk but also the way we engage with those around us. Are you more irritable or frustrated than normal? It's a vicious cycle that is difficult to break without the right tools. Guilt is insatiable. But choosing you every time is a definite way to win back the battle.

Are you feeling guilt now? Whats the cause or source of the guilt?  
How can you release it?

Personal Thoughts Habit #7 Mom Guilt?

Where I am

Where I want to be

Goals



# CONCLUSION

Clearly, you are already walking in a level of confidence as a mom. Sure you are or the title of this ebook would not have appealed to you at all. So give yourself some grace. You're doing a great job. My biggest encouragement to you right now would be to release the idea of perfection.

Confident moms aren't perfect moms. They are great moms who are resilient. They understand the importance of self investment and self care and they are excited at the opportunities to collaborate with and support other moms.

They are not stopped by fear, in fact, confident moms do it afraid. All the while knowing when and what to say no to and how to say yes to themselves without guilt.

I would love for you to join our [FB Group: Habits of a Confident Mom](#). Where we grow in confidence in our role as mom, in courage and ask for what we need and in clarity for what needs to be done now.

Finally, how can I support you? It is my goal to moms with systems and strategies to help make things go smoother at home. But I don't stop there.

The reason for that is so you can go after your own goals, dreams and desires. We know that mom is a hat we wear, it's not the only hat we wear. The woman you were before having kids, still matters. What does she want? Let's chat. I'll set aside 30 mins for a free strategy call to see how we can support you with your goals. [Apply for that here](#).





## DEBORAH PORTER

The ultimate list maker, system creator and investigator of anything that will make things run smoother in life and at home. From new mom to empty nester, she's been there and can support you on your own confident mom journey.

Deborah is the Founding Consultant of Moms Mentoring Circle where she supports moms with creating the atmosphere they want and a life they love.

[Apply here to work with Deborah.](#)

