

FREE DOWNLOAD

# 12 Things Intentional Moms Do Differently

Free self-evaluation tool

*Susan Seay*  
mentor for moms

#Mentor4Moms



# Hi there!

I love traveling across the country speaking to moms in churches and conferences sharing how to make the shift from distracted to intentional.



It's so rewarding to see their faces light up as they get practical advice on simple tools to help them be amazing parents on purpose even when life gets busy.

In today's world there is so much information available on parenting that it can be overwhelming.

Need help with tantrums?—there are 2 million Google search results on that. Having problems getting your baby to sleep?—there's another 2+million search results on that one too. Who's got time to read through all that information? Not me. And if you even read a fraction of those articles, how do you know figure which advice to follow? It's all just too much! Right?!

As a mentor and life coach, every day I hear about just how pressured and over loaded moms feel right now. That's why I'm on a mission to change the focus and deepen the conversation. When a mom stops asking what am I doing wrong? to What can I do to be intentional and on purpose in this moment? - a powerful shift happens.

A deep shift happens deep down on the inside. She begins the search in her heart through prayer vs searching the internet. Her questions no longer focus on the what the experts say is right, but using her family vision and family core values to help determine what is right for her family.

That's the work I do as a mentor for moms. I create tools and resources to help moms just like you to make that shift every.single.day. You can check them out here— [SusanSeay.com/shop](https://SusanSeay.com/shop)



## 1. An intentional mom creates a home where everyone in the family feels valuable and important, everyone including yourself.

Each person in your family is an irreplaceable gift. Do they know they are special? More importantly, do they feel it? How about you mom? Does you feel valued,? Not just needed, but valued/treasured?



## 2. Build strong family connections.

Bonding with your family is part of being intentional. When you allow busy-ness to pull the family away from one another in a bunch of different directions, it affects the family bond and weakens the sense of connection within the family. Are you intentionally creating time to be together to bond?



## 3. Speak the truth in love.

Your voice as an intentional parent is so important to the lives of every person in your family. When you see trouble on the horizon, it's not loving to remain silent. If you see bad habits forming, wrong friendships, or laziness- speak up! Your voice influences your household to rise up to the best of who they are. Are you consistently encouraging your family to rise to their full potential?



## 4. Admit when they're wrong.

When you mess up, fess up! No excuses, blaming, or hiding. Personal responsibility sends the message that there's no need to hide our faults. When someone in the family makes a mistake, this is the process - we mess up, we fess up, we clean it up, and everyone moves on...together. Do you model for your kids what it looks like to take personal responsibility? Do you help your kids to see that it's okay to make mistakes?



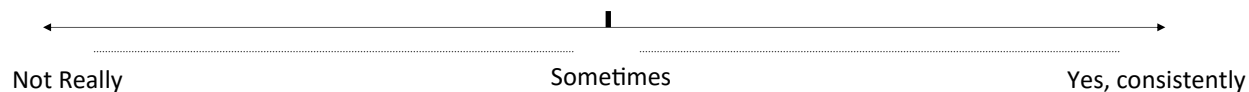
## 5. Build a teamwork attitude within the home.

Your family is a unit, a team. You each depend on one another. Remind them often how much you need them. Build on the concept of team to foster unity and collaboration. You all can achieve more together than you could ever achieve apart. Do you help everyone to feel a part of the team?



## 6. Give each person lots of praise, and do it often.

Positive attention, appreciation, and recognition go a long way in building confidence and self-esteem. Take note of the character traits you see them developing, and help them to see how much they've grown. Do you find things to praise? Do you openly praise each person in the family?



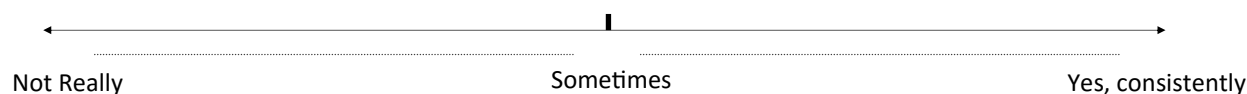
## 7. Delegate responsibility.

When we're distracted, we live as a martyr who does everything FOR our family, but when we shift to intentional we do things WITH her family. Responsibility and contribution help the family to feel like they matter. Everyone wants to feel needed. Are you developing a sense of purpose and self-worth through work in your family?



## 8. Believe in possibilities.

If intentional parents are one thing, it's optimistic. They are full of hope about the future. They see great potential in themselves and their family. No matter the challenges or hardships they face, deep down, they believe better days are ahead. Do you?



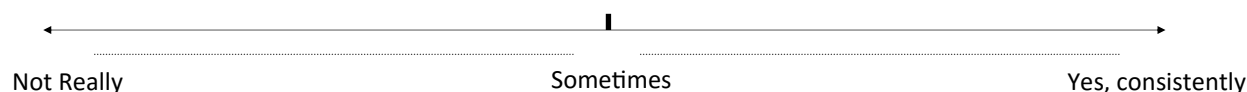
## 9. Never stop learning.

Intentional parents look for opportunities to better their best and expand their perspective. Even though there are so many ways to get help - the wise older neighbor, parenting books, podcast or radio shows, friends, or simply observing others, intentional parents take advantage of them all and more. They recognize the importance of learning and developing. Are you consistently learning and improving your skills as a parent?



## 10. Avoid the trap of perfectionism

Everyday as a parent there are a lot of important decisions to make. Intentional parents approach decisions with a sense of purpose and responsibility to the family. But if they become overly concerned with making the "right" decision, they know that they may end up making no decision at all. Becoming overly concerned with making a mistake is in fact a mistake. Sometimes our best was not the right move. The attempt to always get it right will rob us of enjoying the journey.



## 11. Keep things simple.

It's so much easier to be intentional with our family when we keep things simple. Over complicating things only leads to confusion. The moment things cease to be simple, we will begin to see our family lose interest and withdraw from the teamwork attitude we were trying to create.



## 12. Spend time with other parents who are also striving to be intentional

Find others who share the same focus of living on purpose in their homes. Families who seek to live life on purpose and with a deep sense of purpose. Their expression of that purpose may look different than yours, but deep down, they are committed to being intentional and encouraging others to do the same. Finding these like-minded families will make the parenting journey sweet. Friends like this will become our go-to resources for ideas, encouragement, and support along the way.



*Go back and look at your results.*

*Use your answers as feedback to encourage your shift into becoming more intentional and on purpose, even when life gets busy.*

Purchase your own copy of the -  
“The Intentional Parent: Parenting on Purpose When Life Gets Busy” -  
(Available on Amazon)

**Get your copy TODAY!**

