

There's been a lot of debate over the phrase #MomGoals, mainly due to the belief that it contributes to toxic comparison between mothers. But in today's goal-driven world, it's hard to not want something to aim for. This isn't meant to be a reclamation of the phrase but is meant to offer an alternative, healthier way to approach intentional mothering.

I would consider myself a high-achiever that has occasional bouts of #MomGuilt. Kids had nuggets for dinner? I'm a failure. I forgot that it was crazy sock day? I should be banished. Very extreme and irrational but I think it points to my innate desire to have and meet clear expectations when motherhood tends to feel more ambitious or reactive. Then it hit me: the big mistake that I was making was approaching mom goal setting as if it was the same as personal goal setting. Let me explain:

- **Personal Goal Setting:** You see someone graduate from college, get a great job that they seem to enjoy and they're financially stable. You want financial stability and happiness so you decide that going to college is the gateway to that life. It starts as a comparison (I want to be financially stable like ___) that leads to positive action steps (enrolling in and graduating from college then finding a job that you love) and has positive results (becoming financially stable). This is what some call **healthy competition**.
- **#MomGoal Setting:** You see a mom whose home is "always" clean and orderly. You want a clean and tidy space so you clean up. But shortly after, your kids make a mess. So, you clean up again..."really gotta get that perfect-home thing down pat". Then the kids make another mess. The vicious cycle begins and before you know it, you're thinking that the ultimate reason that your home doesn't stay clean is because your kids aren't as well-behaved as hers and therefore you're not as good of a mother. Enter: mom guilt and **toxic comparison**.

I've come to believe that the core motivation for a #MomGoal should not be another mom, it should be your children's needs and/or actions. Based on the example above, your children's repeated action is "making a mess" but could be based on the need for physical activity. So a better way to achieve your clean home goal is to clean up, then take the kids outside to play. The result is that they have their need for physical activity met and your home stays clean - everyone wins! I've oversimplified a bit with the example but the point is that having #MomGoals is not about mimicking the life of the woman next door but is taking into consideration 1. The unique intersection of your personal goals, 2. The home environment you want to create, and 3. Ways of meeting your child's individual needs.

The next page contains a worksheet for reflection and action. Our only goal at this point is to clarify:

- What our child(ren)'s unique needs are
- How we can meet those needs,
- and Achieve our own goals in the process

So, let's dive into some healthy goal setting!



A Healthy
Formula
for Setting
#MomGoals

Reflection

My child(ren) come(s) to me most for:

My (short-term) hope for my child(ren) is:

Habits/traits that I wish I'd mastered sooner

- _____
- _____
- _____

What I enjoyed most about my childhood and/or relationship with my mom was:

I want my child(ren) to grow up to be

_____ and
of these, I am strongest in _____, but could improve my

My child(ren) naturally excel in:

My child(ren)'s actions or habits that I struggle most to understand/accept are:

Action

My Child(ren) Currently Need(s):	How can I help meet these needs?	How might I personally benefit from the process of meeting this need?
A.		
B.		
C.		

And finally, while mom plays a critical role in a child's life, we are not magical superheroes. Who else provides your child with safety, love, and support? Affirm with: I am thankful for the help of _____ in meeting these goals.