

One important superpower real super moms possess is the super force fields we put around our kids, families, and homes to protect them. Most people just call them boundaries, but they really are force fields designed to keep the good things in and the villains out. Villains are *sneaky* and often cloak themselves in what look like great opportunities or *relationships*, but are in reality unhealthy or rob us of our precious time. It can be tricky to spot them, so here are a few ways you can throw up your force fields and protect your families!

## Super Boundaries

- Good priorities – prioritize the most important things.
- The power of NO! Say “no” to anything that threatens your precious time and *violates* your boundaries.
- Time – spend it wisely.
- Super truth - practice telling it.
- Fibs (lies) happen.
- Because we *love* our children and know that it’ll get worse if we don’t rein them in, we use our mommy *truth* to gently teach our children right from wrong.
- We must be honest with ourselves, too. Our “SUPER” comes from loving our families—not from trying to live out someone else’s timeline.

## Super Insight

- Children need to feel safe and loved.
- They must be accepted for who they are.
- Our super insight can alert us to when they’re feeling vulnerable or *falling victim* to other people’s unfair comparisons.

## Cape of Organization

- Good planning saves time.

## Bracelets of Freedom

- Freedom from comparison
- Freedom to be myself
- Freedom for my children to be themselves, too!

- Freedom to heal from past wounds
- Freedom to learn from my mistakes
- Freedom to forgive
- Freedom to improve

## Super Love

- Super moms love unconditionally outside of children's actions. Love is the best superpower!
- Love is what the world craves, what our kids need, and what rights many wrongs.

## Conclusion

Being a mom is TOUGH. There will be days when we struggle and when we feel isolated and a little beat up. On those tough days, just cling to your realistic super powers, and try not to compare yourself to some made-up character. As super moms, let's vow:

- To get real.
- To set up super force fields to protect our time and priorities and say no to the things that threaten them!
- To practice super truth and help train our kids to do it too.
- To keep our super capes organized so that they don't strangle us or become too burdensome.
- To remember our freedom and wear it proudly
- And lastly, to practice super love, because it's powerful and healing to ourselves, our families, and the WORLD!