



The 8 Step Guide to Really Influence Your Adult Children For Good

You are in a whole new season of motherhood — and this is arguably more important now than when they were little! Understandably, we need a whole new skill set!

We need to be done feeling the need to convince our grown kids of our importance and we need to be done feeling the need to make sure we aren't misunderstood, taken for granted, or under appreciated.

I'm not saying it wouldn't be nice if we could command that kind of approval rating amongst our grown children, but when we need that approval to feel good enough, or to feel like our efforts weren't in vain...that's where we get in trouble. But it doesn't have to be this way!

It's time to level up and live a life of influence!

Take back the leadership role in your life, and make your life attractive, enticing, and full of love, where there is no need for perfection. It's time to focus on connection, not compliance.

Today I'm sharing with you the process to put you in the most advantageous and powerful position to influence and inspire your family.

This will fill you with so much love and you'll have the best relationships so all the conditions and expectations will take a back seat...because your relationships have improved that much!





Step 1 – Understand these core truths:

- It is never too late to have an impact on your family!
- We are the original influencers!
- you still matter...immensely!
- It's gonna be hard but worth it!
- There are tools now that we didn't have before
- We have decades of experience...on our side!
- We can change generations

You can become more honored, influential, and full of love with stronger relationships with your grown kids than you ever thought possible.

Step 2 – Forgive yourself.

Right now, do it.

Forgive yourself for not doing what you didn't do at the time.

Forgive yourself for not knowing what you didn't know then.

Forgive yourself for not being someone you hadn't become yet.

Step 3 – Forget who you've been, only focus on who you are now and who you will become.

When we hit mid-life and have adult children, we often decide to beat ourselves up based on a picture of what our life should have been as opposed to the picture of all of the effort that we did put in...





As if it never mattered.

We remember all the times we missed the mark, didn't get it right, overreacted, and really messed up.

We stay stuck in who we used to be and think it may be too late now that our kids are grown.

It's not too late.

They still need their mother, with decades of experience, one with a mind set on growth and becoming the best version of herself & not giving up on herself and her family

There is still time to become the mother of your dreams especially now that your kids are grown and trust me they'll be better for it!

In fact they depend on it, family relationships are vital for health, wellness & longevity!

You will also be better for it, not only right this second, but for years to come as you influence & impact your families while becoming the best version of yourself!

You're not done yet and you still matter immensely

Learning to replace old negative thought patterns with ones that generate love, compassion and nurturing will change how you show up for yourself which will undeniably and directly influence the family dynamic almost immediately!

Midlife is the best time for growth and development as a mother, it's no longer just about taking care of children's immediate needs, sleep schedules, extra curricular activities, chore charts, food prep and potty training;





it is next level mothering, some intense stuff that we have to up our game for, not only because you are worth it, but they are too!

Reach out to me if you're one of the older moms out there in midlife, suffering a little with not near the amount of help available as the younger moms, if you have the bigger kids and the more challenging stuff.

Step 4 – Be aware of where you are putting your emotional well being.

Sometimes we put our emotional well being in the hands of those who are not very qualified for the job! This seems like it would be less effort than doing the personal inner work that requires us to stretch & grow..

But the truth is that it's so much easier to love, respect and learn to accept ourselves, yes, even the flawed parts...than trying to get everyone else on board....

And there's a fast action bonus: we can stop waiting for a consensus from all of the people in order to finally feel better about ourselves...no more waiting on others for stronger relationships and more peace & joy in our posterity and in our daily lives

We can feel better almost immediately!

There's so much help for younger moms but not so much for us in midlife, when we are the ones who've showed up, put in the work and may now be feeling unfulfilled, disillusioned and possibly even like a failure...depending on the behavior of our grown kids on any given day!





The trick is now, in midlife, let's not make all that we love and cherish look miserable and depressing to our adult children...just because we're disappointed, they don't share the same views...

This will only solidify that what mom has to offer, is not that great...or we may give the impression that we're not that in love with our life anyway so yeah, go do whatever you like..

This is not a very influential place to be...trying to lead people to what? Being miserable, annoyed, and unloving if people don't behave exactly as we'd have them behave...

Now is the time we stop undervaluing our efforts as a mother and start determining for ourselves what's lovable, respectable and acceptable, to strive for & continue to become the mother we want to be...(as determined by us)

Our grown kids need us probably as much as they did when they were little... but not as the same mother but as one who is hopefully a better, more developed, a more elevated version, a more loving one without prerequisites...one who withholds judgement, is more intentional than reactionary...

Step 5 – Disconnect their behavior from your self-worth

Listen, loving people with no strings attached is no joke!

And it seems especially true with our own grown kids! You know the ones we actually love the most!



THE 8 STEP GUIDE



It takes practice.

Why?

We feel personally reflected upon so our “need” to have our adult kids do the things that are pleasing to us feels so personally important and urgent

We believe that our grown kids behavior makes them more or less worthy (but their worthiness has never been on the table)

We just love them so much except all the parts of them that we would like them to change...so basically we say we love them unconditionally while simultaneously wanting them to change everything about themselves...in order for us to feel better

(This is especially true if they're miserable...then it's really hard for us to feel better and love them anyway even if it means in their misery or any type of “unacceptable” behavior)

Be on to yourself and love them anyway even if they truly “should” be different haha

Watch how your relationships improve and also your emotional state!

This is the most advantageous and spot you can be to have a powerful influence in the lives of the ones you love the most!

As much as I love to clean & be organized...having and being fun is truly inspiring and an irresistible form of influence! People are drawn to happiness, attracted to enthusiasm and motivated by positivity!

This is just as true for your adult children as it was when they were little!
If something's fun, we want in!

Be Fun!



© 2022 SUSIE FUNK

6





You can't lead anyone if no one wants to follow you...if it doesn't look like you're on the fun side!

What are some ways we can be more fun? Seriously I'd like some ideas! Haha

Step 6 – Change your default response

I mean we showed up and did motherhood with a passion yet we are not celebrated!

There's so much support, encouragement & celebration of motherhood for the young moms!

I applaud this but to my midlife moms who've actually done it and whose hearts have been shattered and have seen trials that have brought them to their knees....listen..

We are veteran mothers of adult kids yet we feel lost, alone, disrespected, unloved, disillusioned with the whole enterprise and like a failure!

Why? Because we think our efforts are worthless unless our children "turn out" exactly as we expect or a little better!

This would NOT be motherhood but tyranny haha and since we aren't that.. let's deliberately decide to celebrate our accomplishments! (Not our grown kids accomplishments, but ours!)

We're running a marathon metaphorically speaking and it has been such a tough gig at times and we definitely didn't do it well some days despite our best efforts in making it look like it we did...

but nevertheless we persevered and grew and went through all the things that the young moms have no idea about and we don't feel deserving of respect?





We are! But here's the caveat...it can't come from your grown kids, your parents, your friends, your church leaders or society....

It has to come from you through self respect!

So pat yourself on your back for being a mother through the good the bad and the ugly...no matter what situations circumstances or emotional state your kids are in now that they're grown...it doesn't mean you don't deserve self compassion for things you wished you'd done differently, understanding of your difficult circumstances, support when you need it and encouragement for your role as a mother!

It is the most important job on the planet and the toughest and it continues to requires us to grow, stretch and develop
no, we're not done yet!

I want you ready to have a powerful influence on all the dynamics & relationships in your family!!!

Step 7 – Don’t characterize your children as ‘wayward’ etc

Your kids are human beings making choices NOT “wayward”

Your children are supposed to struggle...and that's okay, loving & soothing from strength is better than trying to fix from fear!

In this life there is opposition and no one should feel happy all the time we are not robots but are meant to experience contrasting emotions...this is a gift and nothing's gone wrong!
You're not broken!





Your efforts were never in vain; they were done with love!

Regardless of how they were taken, interpreted, received or executed by our grown children...

When our efforts as a mother are only worth something if we are able to control our grown kids behavior, we are at their mercy and that is an exhausting place to live!

We need to unsubscribe from the idea that we have failed as a mom, and notice here that we only think this, if our grown kids choose to show up in their lives differently than we would've liked or would've hoped

In midlife somehow we are so surprised, as our kids become adults, that we aren't able to control them...and then we somehow make that mean we were bad mothers!

We were never meant to control, only teach, guide, love, influence and be a good steward over them!

Very different than control or subtle manipulation so they will act or say certain and specific things so that then and only then we can allow ourselves to feel like we did a good enough job as a mother!

Step 8 – Give your children permission to feel safe in their own skin

You can actually love them without having any reason or whether or not they appreciate all that you do as "mother"





This is actually emotional adulthood at its finest which we don't always function in...and that's okay, but if we can function in it just a little bit more often than our newly founded members of adulthood aka our adult children can, we will be in the most powerful position as a mother to continue to teach, guide and inspire!

We want all those positions as a mom of adult kids, so we need to be coming from an educated, regulated, well managed and inspirational place in order for our kids to hear us!

Dr. Neufeld's two invitations we need to have for our children.

"Children must feel an unconditional invitation to exist in our presence exactly as they are and an invitation to become fully who they are"

- Dr. Gordon Neufeld

Experience personal mastery, personal power, and extremely fulfilling relationships with those that we love the most!

Become the mother of your dreams now that your kids are grown!

Are you ready to become the mother of your dreams?

Reach out today!

susie@susiefunk.com

