

A SIMPLE ASSESSMENT:

Mama, How Are You Doing (Really?)

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Without shame, without condemnation, I encourage you to honestly think through the following questions. If you are a follower of Christ, I'd encourage you to prayerfully ask God to guide you in this self-discovery.

Take a few moments alone to write your honest responses to these questions. There are no right or wrong answers, and no one else will read them but you. As you consider each one, pay attention to questions that strike a nerve or bring up a lot of emotion. These may be signs that there's room for small shifts to healing.

1) Consider your family's household routines and systems. How do you handle the regular tasks of meal planning, grocery shopping, laundry, and the like? While these systems will never run perfectly, do you feel that there is a sense of order established?

2) How do you feel (overall) about your role as a homeschool mom? Do you find yourself questioning if you're doing enough? Do you feel pressure to always have it together in front of others?

3) Do you deal with a lot of negative feedback about the fact that you homeschool (for example, from a spouse, parents, neighbors, or others)? How do you react in these situations? Do you find that these comments frustrate you immensely and diminish your homeschooling efforts?

4) When looking at others around you who homeschool, do you find yourself comparing your homeschool to theirs? Do you experience frustration because it feels like everyone else has it all together, and you don't?

5) Do you feel like that perfect curriculum or that "right" way of schooling is constantly eluding you? Are you forever searching for that "one" thing that will make your homeschooling come together?

6) Do you have systems and habits in place for regular rest and replenishment for yourself? If so, what are they? If not, in a perfect world, what things would you find restful? (By the way, if it's been a long time since you've experienced true rest you may not know the answer... and that's alright.)

7) Think through the limited down time you have (while kids are napping, after they go to bed, or other points in the day or week). How do you spend this free time? Is it spent doing activities that bring true replenishment, or activities that simply allow you to escape?

8) Now consider your overall anger and frustration levels. Do you feel as if there's this constant tension bubbling inside you over certain issues related to homeschooling? After you do find a time to rest and you enter into the frustrating situation again, does this anger instantly go back to the "boiling point" level it was before, or do you feel some relief? Explain.

9) Consider your regular pattern of mental thoughts. Do you find that many of these thoughts are condemning, self-depreciating, self-questioning or otherwise negative?

10) Do you feel as if you're continually searching for peace and joy, but cannot find it?

Now... take a deep breath. That may have been a lot to absorb and think through. That's OK if some of the emotions around your answers were not very pretty or if these questions brought up some hard-to-process thoughts.

The purpose of this exercise was for you to stop, consider some of these deeper issues, and to ask yourself, "is there room for me to grow here?" And, ultimately, to ask, "am I ready to have healing and hope in these areas?"

These are the kinds of topics we discuss in "[bloom: A Journey to Joy \(and Sanity\) for Homeschool Moms.](#)" I encourage you to investigate more about "[bloom.](#)" We would love to walk beside you on this journey, helping you to develop the practical tools and new mindsets necessary to discover your version of the richest, most joy-filled homeschooling experience.

["bloom" registration](#) will be open from June 16-20, and won't be open again for at least 9-12 months. You can go to [this link](#) to have your name added to the interest list for the course. No obligation—we'll send you an email letting you know when course registration is open so that you can decide if you'd like to join us for "[bloom.](#)"