

THE **UNSHAKEABLE** MOM QUIZ

Discover Your Strengths and Unlock the
Secrets to Thriving as a Faith-Filled Mom!



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THE **UNSHAKEABLE** MOM QUIZ

Rate Your Resilience & Growth Potential

Instructions: Answer each question by choosing the option that best represents your thoughts or feelings. Keep track of your answers.

1 When faced with a parenting challenge, you:

- 1) Often feel overwhelmed and consider giving up.
- 2) Try to handle it, but frustration sometimes gets the better of you.
- 3) Embrace the challenge as a chance to learn and grow as a parent.

2 How do you feel about feedback from other parents or family members?

- 1) I prefer to avoid it; it often makes me feel inadequate.
- 2) I appreciate it, but only if it's positive.
- 3) I value constructive feedback as an opportunity to improve my parenting.

3 When your child excels at something, you believe it's due to:

- 1) Their natural talent or luck.
- 2) A combination of effort and some innate ability.
- 3) Their hard work and determination, which I encourage.

4 How do you respond when things don't go as planned with your child?

- 1) I feel defeated and often worry about my abilities as a mom.
- 2) I feel bad but try to move on without much reflection.
- 3) I analyze what happened and think about how to approach it differently next time.

5 Learning new parenting techniques or skills is:

- 1) Overwhelming; I prefer to stick to what I know works.
- 2) Useful, but I often doubt my ability to apply them.
- 3) Exciting! I see it as a chance to grow and be a better mom.

6 When another mom shares her success story, you:

- 1) Feel envious and think it's not fair.
- 2) Acknowledge her success but wonder why you can't achieve the same.
- 3) Feel inspired and think about how you can learn from her experience.

7 In your parenting journey, you prefer:

- a) Familiar routines that are easy to manage.
- b) A mix of easy and challenging situations, but mostly the easy ones.
- c) Challenging experiences that push me to grow and learn.

**FIND OUT YOUR
SCORE ON THE
NEXT PAGE**



**Tally up your score from all 7 questions
into one total number:**

- 1) answers: 1 point each
- 2) answers: 2 points each
- 3) answers: 3 points each

Total your score.

7-12 points: Fixed Mindset

13-20 points: Mixed Mindset

21-24 points: Growth Mindset

Read your detailed descriptions =>

7-12 points: Fixed Mindset

You may feel overwhelmed by parenting challenges and believe your abilities as a parent are unchangeable.

This perspective can make it harder to adapt to new situations or try different approaches, leading to frustration or self-doubt. Recognizing that growth is always possible is the first step toward overcoming these feelings.

Key Traits

- Challenges feel overwhelming and difficult to overcome.
- You may believe parenting skills are static and cannot improve.
- Frustration or helplessness may set in when faced with setbacks.

13-20 points: Mixed Mindset

You have a mix of fixed and growth mindset traits, balancing an openness to effort and learning with lingering beliefs that some abilities may be unchangeable.

This combination allows you to grow, but it may cause hesitation or self-doubt in specific areas of parenting. Recognizing and addressing these fixed beliefs can help you make greater strides.

Key Traits

- Value effort and recognize its role in success, but self-doubt may limit growth in some areas.
- Open to learning and trying new strategies, but challenges in certain areas feel insurmountable.
- May attribute some successes to luck rather than ability or persistence.

21-24 points: Growth Mindset

You have a strong belief in your ability to grow and improve as a parent.

You embrace challenges, view setbacks as opportunities to learn, and actively seek out ways to enhance your parenting skills. This mindset helps you adapt to changing circumstances and sets a positive example for your children by modeling resilience and persistence.

Key Traits

- View challenges as opportunities to grow and develop new skills.
- Actively seek learning opportunities and welcome feedback.
- See setbacks as valuable lessons, not failures.
- Approach parenting with curiosity and a problem-solving mindset.

LET'S COMPARE...

FIXED MINDSET

- Belief that abilities are static.
- Leads to isolation and loneliness.
- Avoids help due to fear of judgment.
- Misses chances to connect with others.
- Causes disconnection (Proverbs 18:1).

GROWTH MINDSET

- Belief that God equips us to grow.
- Aligns with biblical teachings.
- Sees challenges as growth opportunities.
- Promotes seeking support and sharing.
- Builds community and resilience (Galatians 6:2).

DEALING WITH A CHILD'S TANTRUM

FIXED MINDSET

- Believes she is failing and that she'll never be good enough.
- Avoids reaching out to others due to fear of judgment.
- Feels overwhelmed and experiences loneliness and isolation.
- Struggles alone, missing out on support and shared wisdom.
- Reflects the isolation in Hebrews 10:24-25: "Do not neglect to meet together."
- Misses the opportunity to build connections and gain encouragement.

GROWTH MINDSET

- Sees the tantrum as an opportunity to grow and learn.
- Prays for wisdom (James 1:5).
- Actively seeks advice and support from friends and other mothers.
- Fosters connections and builds a supportive network.
- Shares struggles and insights, receiving encouragement.
- Strengthens relationships, fulfilling Ecclesiastes 4:9: "Two are better than one."
- Celebrates victories and supports others through challenges.



QUESTION

**HOW CAN YOU BECOME A
RESILIENT MOM WHO'S
FLOURISHING IN "GROWTH" MODE?**

ANSWER

START WITH THE 5 STEPS BELOW 



FIRST STEPS

5 Steps to Build Your Mom Resilience

Step 1: Awareness

Action 1: Recognize the signs of a protection mode, such as fear of failure or avoidance of challenges. Reflect on how these beliefs impact your parenting and write one belief in the bubble below.

Action 2: Read Scripture that emphasizes growth and transformation, such as 2 Corinthians 5:17 ("Therefore, if anyone is in Christ, he is a new creation..."). This helps you understand God's intent for growth in your life. You are part of His greater Story.

Biblical Reference: Proverbs 4:7 states, "The beginning of wisdom is this: Get wisdom, and whatever you get, get insight." This verse emphasizes the importance of recognizing and understanding one's current mindset and circumstances as the first step toward growth and wisdom.

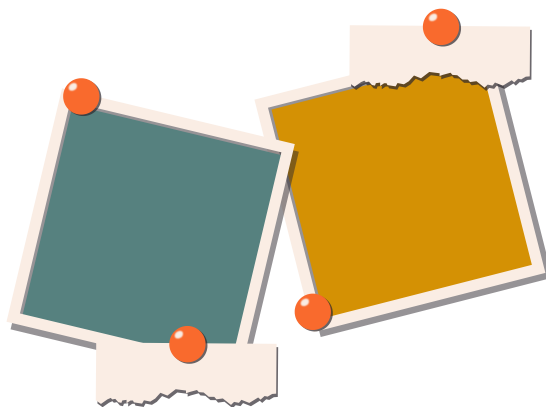


Step 2: Embrace Prayer and Reflection

Action 1: Start each day with a dedicated prayer for wisdom and guidance in your parenting. Set aside a few minutes to ask God to help you navigate challenges with grace. This can even be done in the shower or as you prepare breakfast.

Action 2: Create a vision board with quotes, Bible verses, and images that inspire you to embrace a growth mindset in your parenting journey and pray for those resisting and supporting you. Creating clarity and vision helps us to focus on the mission God has given us when life throws us a storm.

Biblical Reference: James 1:5 encourages us to seek wisdom: "If any of you lacks wisdom, let him ask of God, who gives generously to all without reproach, and it will be given to him."

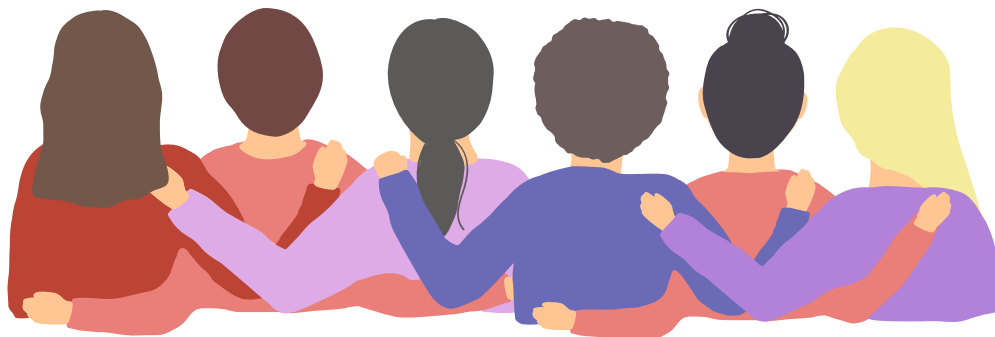


Step 3: Seek Community and Support

Action 1: Join a community of mothers who support mothers. Reach out to a mentor or experienced mother in your church for guidance. Regularly check in with her to discuss your progress and seek advice. Engage with other mothers in your community or church to share experiences and strategies. Stay connected with our resilient moms community.

Action 2: Attend a workshop or class that emphasize resilience and personal growth. This knowledge equips you with practical tools for your journey and new skillsets to support what the Lord has already shown you.

Biblical Reference: Galatians 6:2 urges us to "Bear one another's burdens, and so fulfill the law of Christ," emphasizing the importance of community.



Step 4: Grow From Challenges

Action 1: When a challenge arises, consciously identify one positive lesson you can learn from the situation (this is NOT something your child or spouse needs to learn...this is about you!). Write it down to reinforce this perspective.

Action 2: Share your reframed perspective with a trusted friend or fellow mother. Discussing challenges can help reinforce your new mindset and encourage others

Biblical Reference: Romans 5:3-4 reminds us to rejoice in our sufferings, as they produce perseverance, character, and hope. Remember you are a part of God's Story.



Step 5: Celebrate Effort and Progress

Action 1: Create a “victory board” where you post small achievements and efforts made in your parenting journey. Celebrate these milestones with your family. You are a team and they want to see you win too!

Action 2: Share your successes with your church community or close friends. This not only reinforces your growth but also encourages others to celebrate their own progress. Create a community victory board out of a poster board as a reminder of the Lord’s faithfulness.

Biblical Reference: Philippians 4:8 encourages us to focus on whatever is true, honorable, just, pure, lovely, and commendable—essentially celebrating the good.

