

A TRIBUTE TO MY MOTHER

A Purposeful Visioning Exercise

“God could not be everywhere and therefore He made mothers—Jewish Proverb

The Purpose of this Purposeful Visioning Exercise is to capture your memories of the positive influence your mother has been in your life.

THE BENEFITS OF THIS EXERCISE ARE ALMOST ENDLESS:

- If your mother is still living, you have several opportunities to choose from in terms of sharing this with her. Phyllis Theroux suggests, “Sending a letter is a good way to go somewhere without moving anything but your heart.” But reading this letter to your mother, either in person or over the phone, will be incredibly powerful because we know there is no stronger transmitter of emotion than our voice. Doing both—delivering the original to her and reading it to her in a special moment—is the ultimate expression of your love and appreciation.
- If you have already lost your mother, the benefits can flow to both you and to your children or to other descendants of your mother if you will preserve and pass this tribute on and down.
- When we reflect on our mother’s love for us, and the myriad ways in which she has positively influenced us, it reinforces our desire to be everything our mother felt we could be. In the words of Marc Chagall, the artist, “My mother’s love for me was so great I have worked hard to justify it.”
- Revisiting our mother’s positive influence on us strengthens us. As Dorothy Fisher wrote: “A mother is not a person to lean on but a person to make leaning unnecessary.” This exercise will invite you to appreciate the ways in which your mother’s love has given you the strength to grow independent, stand alone, and persevere.
- Another wonderful benefit of this exercise is that it can, if preserved and shared, be a deposit in your family heritage bank. If shared with your children and/or any of your mother’s descendants, it helps satisfy what Alex Haley, the author of *Roots*, called that “hollow yearning” inside each of us to “know our heritage—to know who we are and where we have come from.”

“All that I am, or all that I hope to be, I owe to my angel mother.”
—Abraham Lincoln



INSTRUCTIONS FOR “A TRIBUTE TO MY MOTHER” PURPOSEFUL VISIONING EXERCISE:

- Please read the questions on this and the following page placing a ★ next to each question you would like to answer. If have no interest in a question, leave it blank. Now go back to each ★ and rank the ★’s according to how strongly you are drawn to each question. Otherwise, just order them from the top starting with the first ★.
- Now, go to the question which you ranked #1 or to the first question you placed a ★ next to, and take a few moments to reflect on that question. What experiences, memories, and emotions surface as you contemplate that question? Jot down a few words or notes to remind you of each of these experiences, memories and emotions. Don’t try to create a detailed outline. The purpose of this preparation is to create placemarkers to remind you of the emotions and reflections which flowed as you considered this question.
- Now you are ready to start writing or dictating your reflections to each question. Don’t be in a rush. That defeats the purpose. If you are going to write your reflections, decide whether you want to do this by typing or handwriting. If you will handwrite your reflections, choose the nicest stationary you can find. Whether typing or handwriting, begin with the question and then let your reflections flow through your pen or keyboard. If you are dictating, identify yourself, and then say “On [give the date] I am creating a “Tribute to My Mother” and then read the first question and begin dictating your heartfelt reflections.
- Repeat this for each question you placed a ★ next to.

The most successful mother isn’t one whose children lean on her but one whose children have the confidence and vision to stand on their own when times get rough. —John A. Warnick



<input type="checkbox"/> 1. Did your mother have a special way of letting you know how much she loved you? Did you have a special way of letting your mother know how much you loved her?	
<input type="checkbox"/> 2. What did you learn from your mother about service and helping others?	
<input type="checkbox"/> 3. Did you ever see your mother overcome adversity and what did you learn from that?	
<input type="checkbox"/> 4. What made your mother the greatest mom in the world?	
<input type="checkbox"/> 5. What were the talents or strengths which made your mother so exceptional?	
<input type="checkbox"/> 6. What are the fondest memories you have about your mother?	
<input type="checkbox"/> 7. Do you remember when your mother demonstrated great trust or faith in you and how did that make you feel?	



<input type="checkbox"/> 8. What do you feel your mother's greatest achievement or accomplishments were?	
<input type="checkbox"/> 9. What were the three kindest gifts or things your mother gave you or did for you?	
<input type="checkbox"/> 10. What traditions do you associate with your mother? How did she make each of them special?	
<input type="checkbox"/> 11. Which values or virtues did your mother best exemplify and are there stories or examples from her life which illustrate how she tried to honor those values and virtues?	
<input type="checkbox"/> 12. What are some of the favorite quotes or sayings you remember your mother using?	
<input type="checkbox"/> 13. If you could somehow send a message of appreciation to your mother today for all she did for you and for the influence she has been in your life, what would you say?	
<input type="checkbox"/> 14. Is there anything else you would like to say in paying tribute to your mother's influence on you?	

