

Dr. Maya Angelou's Advice About Motherhood

“If you don’t like something, change it. If you can’t change it, change your attitude. Don’t complain.”

Often times we make parenting decisions based on the way we were raised. Sometimes that works and sometimes it doesn’t. Take back your power and change it if you need to.

“Nothing will work unless you do.”

Life isn’t easy. Whether you’re fighting to get out of debt, for your marriage, or to inspire your children, don’t give up. Plan your work and work your plan.

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

Hardships fall upon us all. As the saying goes, “what doesn’t kill you makes you stronger.” Be an example to your children by persisting and persevering.

“One isn’t necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can’t be kind, true, merciful, generous, or honest.”

“Courage is the ability and willingness to confront fear, pain, danger, uncertainty, or intimidation.” That pretty much sums it up. How often do we tell our children to do the right thing because it’s the right thing – in the midst of being afraid or unsure?

“The honorary duty of a human being is to love.”

Love sums up the feeling that comes over us when we first meet our child. Yes, it is probably the biggest duty we will ever have, but it is definitely an honor.

“Try to be a rainbow in someone’s cloud.”

Most of us don’t like rain or thunderstorms. But, it’s tolerable if we get to view an unexplained, natural wonder like a rainbow. It makes us stand and smile in awe. What if we could recreate that same feeling for someone else?

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

They forget that we spoke too harshly, took away that prized possession, but won’t forget the security we gave them when they ran in the house from a hard day.