

# 100 things i want to tell moms & mentors

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Are you a mom of a tween or teen girls? Are you a mentor seeking to be encouraged and equipped as you influence others?

This list of 100 Things is written for you in mind! Inspired by the 100 Things I Want to Tell Teen Girls, this list reflects lessons learned through trial and error as well as over the last fifteen years of mentoring teen girls and raising my own children. Because of my faith and trust in God and His word, this entire list is grounded in His truth. While we might differ in the application process, I hope we can agree in the principles I share below. Wherever you are at in your life experience and faith journey, I hope these 100 Things will inspire you to live wholly for the Lord and use all that He has given you to make an impact on the next generation.

1. We were made to be loved, by God first and foremost. Nothing else will ever compare to [God's love for you](#). Embracing this truth is the first step in being able to give of yourself to your children and the ones you mentor, without expectation of love in return.
2. Your [worth](#) can not be determined by what others say about you, nor can it be based on your performance or accomplishments, even as a mom or mentor.
3. [Define your beauty](#) by how you live in the skin you're in instead of how you look. By doing so, you're freeing up the next generation to do the same.
4. You'll like grow frustrated when what people say they believe doesn't line up with how they live, whether it is your children, the ones you mentor, or other adults. Choose to give grace and respond with [compassion](#) in the face of this sort of frustration, while also pursuing the opportunity to learn more about what they are truly thinking or doing.
5. Anything you ingest will become a part of you. In the same way that junk food will lead to unwanted pounds and health issues, movies, TV shows, magazines, the internet, and music will affect your heart, mind, body, and soul. You are also setting an example for those who look up to you, so choose wisely for [everything is permissible but not everything is beneficial](#), for you and for them.
6. Be a woman of your word. [Do what you say you will do](#), especially when others are counting on you.
7. Emotions are good, but they have their place (and this said from the queen of emotions). [Learn to be self-controlled in your emotions](#) and express your feelings in healthy ways with people you can trust. Don't use your emotions to manipulate people, get attention, or hurt others when you are hurting. Doing so will only cause a ripple effect of pain, starting with you.
8. Friendships are difficult at times, even when you're all grown up. [Take the time to learn how to conquer conflict and establish healthy boundaries](#), not only for yourself but so that you can teach this principles to your children and mentorees.
9. Be thankful. A [wise woman](#) said that thanksgiving precedes the blessing. It will also improve the tone in your family and the quality of your relationships.

10. God's shows [His incredible love](#) for you in a way that may not make sense at this point in your life, but as you put your faith and trust in Jesus Christ, the Holy Spirit will show you the blessing that comes with being a child of God. [Watch this message series, especially the first one](#), to understand why being a Christian is really so amazing!
11. As I am sure you are well aware, people will [fail](#) you. Remember, they are as [imperfect as you are](#) and need a Savior, too.
12. It is okay to get [angry](#), but make a decision to express your anger appropriately because uncontrolled anger is destructive. I've found that I can control my anger if I slow down my breathing, soften my words, keep my hands steady and down, while I count to 10 (or higher), and think about how I would want to be treated if I were in their shoes. It also helps if I keep right with God about what is going on in my heart!
13. [Compassion](#), and [humility](#) will improve all your [relationships](#). Treat people how you want them to [treat you](#), especially your children! You can't have a wicked tone with them and not expect them to do the same to you or others.
14. Be bold in standing up for what you believe. There will never be another you to do [what](#) is right, good, pure, and worthy. Do not let your titles or responsibilities define your identity or potential.
15. [Guard your heart](#). It is where you're true life dwells.
16. Caring for your family and your home is important work, as important as earning a paycheck and accomplishing something noteworthy outside the home. Determine now to care for your family well, by [committing it to God](#) and [asking God for His favor](#) with a desire in your heart to do it for His glory.
17. Don't make [fashion](#) your identity, but use it to express your personality. Your example will leave a lasting impact on those girls look noticing your every move.
18. Carefully consider what personal things you share with others. I believe that it is good to wear your heart on your sleeve, only after the story can [proclaim God's glory and redemption](#). Share it when the healing is well underway. God will use [that type of story](#).
19. [Jealousy](#) is an ugly color. Don't wear it. Remind yourself that if you want [what others have](#), you'll need to be willing to take the good with the bad. Are you prepared for that?
20. Live by the mantra of [talk less and listen more](#), because the [tongue](#) is a powerful weapon that often will get you into trouble.
21. Don't forget that [you were made to worship God](#). Guard yourself from worshiping people or things or titles or relationships or accomplishments. [The temptation will always be there](#).
22. Influencing a life has less to do with what you say and more to do with how you live. [Set an example](#) by following the One you ought to model your life after.
23. You need to be careful and [discerning](#) about what you believe, for not everything [spoken or shown is true or right](#). Life is not like the movies, TV, magazines or internet. Photoshop and crafty scripts makes everything seem better when it is not.
24. What comes out of peoples mouth often has more to do with what is going on inside their heart than what is going on with you. Listen to the cry of the heart, not just the words, [for out of the overflow of the heart the mouth speaks](#), and respond with [truth](#). This is true in parenting and in every other relationship.
25. Do you find it hard to find a female role model? Study these passages for excellent examples and instructions: [Proverbs 31:11-31](#), [Titus 2:3-5](#), [Ephesians 5:21-33](#), [1 Timothy 4:12](#).
26. Be teachable. In other words, lay down your pride and be willing to learn from others, especially older Christian women, your pastor, and the leaders at your church. [Study the Word to know how to live your life](#). God will show you. [He promises to do so!](#)
27. You can't please everyone. [Live for the approval of God](#).

28. If you say you love God, you [should demonstrate that love by living the way God](#) says to do so in the Bible.
29. If it isn't your story to tell, don't tell it. And if the person you want to talk about isn't standing right there with you, don't say anything about them. That's how you avoid [gossip](#) and stay out of trouble.
30. Dare to be different, not to draw attention to yourself, but to be true to how God has made you. Find the [courage](#) to do the very thing God has called you to do, as long as it is consistent with His character and doesn't cause you to forsake your responsibilities. Seek out godly counsel to hold you accountable and support you.
31. Life is hard. But hard doesn't have to mean bad. It is all in how you face it. Choose joy. [Consider this woman's story and let it inspire you.](#)
32. When you come to realize how serious and magnificent it is that [God gave us His son, Jesus](#), as a [sacrifice for our sins](#), you'll begin to understand what it means to love practically, through actions and words, and your life perspective will radically change for the better.
33. God's word is really helpful and true. It isn't full of rules. It is full of [instructions](#) on how to mix up a good recipe for life. It will help you determine what is right and wrong according to the truth as opposed to your feelings. [All truth](#) is found in Scripture and revealed to us by the Holy Spirit, who is the [counselor of truth](#) given to those who believe in Jesus Christ as Lord. [Start with these 10 truths.](#)
34. Consider how your behavior reflects your character, and the fact that [who you spend time with will influence your behavior](#). Carefully choose who you will spend your time with and establish healthy boundaries on unhealthy relationships.
35. Respect is something you give and earn, but is not something you can demand. Be a woman of respect who gives [respect](#) to others.
36. People are way more important than things, so put down your technology, toys, and pursuits in order to make time to be with people, especially your children. Make time to [serve](#) your family before you serve everyone else. No one can replace you!
37. Don't put a [person on a pedestal](#). The fall off hurts them and you, too.
38. Use your [gifts and talents](#) God has given you for the benefit of others.
39. [Take care of your body](#). You'll want to use it for a long time, so get over your lazy, comfort driven habits and work hard at creating new healthy ones.
40. No matter how good your kids seem to be with you, the temptation to do something rebellious will always be there. Pray for their sin to find them out. Make the path of confession easy by having a habit of responding with calmness and grace, consistency and love.
41. If you [tell](#) God that you believe that Jesus died on the cross for the [forgiveness of your sins](#) (sins are everything [wrong](#) and bad you've ever done or ever will do), then you get to spend eternity in heaven. You don't have to work at being good enough for God. You only have to believe in Jesus as your Savior. Not sure if you believe this? [Consider this...](#)
42. Teach your children and mentorees to [not follow the crowd in doing wrong](#) by teaching them what is wrong (yes, talk about drugs, smoking, alcohol, sexual activity, sexting, boys, girls, stealing, lying, deception, etc.) and role playing with them ways to get out of those situations.
43. Just because Jesus died for your sins, doesn't mean you won't face the [consequences](#) of your actions, no matter your age. But you can totally be forgiven by God. He is simply waiting for your confession (telling Him what you did wrong) and your repentance (a 180 degree turn around with a commitment to walk in a new direction). [Use David's confession as your own](#). And model this for your children, especially. Confess to them, when appropriate, and show them how to confess to the Lord.
44. Shut down from the noise in your life at least once a week for a few hours -- in other words, turn off your phone, back away from the computer, and put the iPod away -- in order to enjoy the silence. Consider unplugging for an

entire week. [This man did it and lived to tell about it.](#) I've done it, and lived happily doing so, too. Use the unplugged time to go for a run or walk, read a book, take a nap, bake some cookies; [it will actually make your brain work better!](#) Even set a boundary in place that unless you spend 20 minutes with God in prayer and the Word before you allow yourself to spend time with tech.

45. You are [chosen and holy](#) when you belong to God. This means you are set apart and sacred. You are so valuable! Nothing can change that! [Live that way!](#)
46. Don't miss today wishing for [tomorrow](#). It will come sooner than you think. Instead, turn it over to God, learning to trust God for His best.
47. Remember, you are a [new creation in Christ](#). Past is past. Live in the present. You can't buy back yesterday nor pay up for past mistakes. Lay your guilt and regret in God's hands and allow His forgiveness to [set you free](#) today.
48. [Love is an action word](#). You need to give it practically and receive it practically. The way we give and receive love is totally unique to how God designed us. We each have a particular love language(s) -- such as words, time, touch, acts of service, gifts -- which is how we want to receive love and how we feel most comfortable giving it. However, every one of us needs to be loved in all of these ways, just in different quantities.
49. Yes, Jesus is [controversial](#). Following Him will [cost](#) you, some how or some way. But I bet you'll think it is [worth it](#) when you get to Heaven's gate.
50. In my opinion, guys and girls can never just be friends. I think this is the case because God designed us one for another. [When He made Eve from Adam's rib](#), he bound man and woman together for a purpose to compliment one another. His design is the same today, so I believe it is natural for the relationship for guy/girl friendships to be complicated by the desire for God's original design. This means I wouldn't recommend encouraging guy/girl friendships for your daughters or mentorees, and to be very in tune when your daughter becomes close or "best friends" with guy. This doesn't mean you have to do something about it, but simply to stay very aware and establish wise boundaries for how they spend their time together. In the same way, if you are a married woman, I would recommend keeping your male friendships very superficial and in the context of a couple friendships. If you are a single mom, show the same respect for your friend's husbands.
51. You are part of the greatest [story](#) ever written. Play your part to the best of your ability and give God the glory for the outcome. Choose to [make the most of every moment](#) given to you today by investing in things of eternal value. In others, put time into what will leave behind something good to remember you by when you are no longer around.
52. Suffering is a part of life. Either you're in a [trial](#) now, will be about to go into one in the future, or you're just coming out of one. Instead of asking God, "Why?" ask Him, "How can I [glorify](#) you in this?" In other words, walk through this time allowing others to see the [hope you find in God](#). Not there yet? Ask God to get you to that place and seek help from godly counsel.
53. [Be humble](#). Get rid of the arrogance in your heart, but also don't think too lowly of yourself. That's as bad as [pride](#), which will only destroy your life. Do not put yourself down in front of your children or mentors, especially. They can't handle that burden nor do they need that vocabulary becoming part of their life.
54. Maybe you've had to walk a journey of having God heal your [broken heart](#) as you dealt with the consequences of promiscuity or other sins from you youth. It is okay to share these story with your children and mentorees, leaving out the details while expressing the pain of your mistakes and the redemptive hand of God in your life. By doing so, God will give you a platform to challenge them to [keep their lives pure](#) and also a place of safety to return if they make such a mistake.
55. Mark your life with an attitude of [gratitude](#), and leave the sour pouting, whiny, crying behavior behind. You get to choose your feelings, [so pick ones that pick you up instead of put you down](#). As we say in my home, as goes the momma, so goes the family. You set the tone, so choose one that blesses not curses those around you.
56. [Praise God for who He](#) is not just what He does.

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57. As you likely know, men see women visually, starting from a very young age. Please consider [dressing in a way](#) that doesn't cause men to [stumble](#) and teach your daughters to do the same. Just because we can wear clothing that makes us look hot and feel sexy, doesn't mean we should, nor should we encourage our girls to follow in that pattern of thinking. Consider the boy's [perspective](#).
58. As a child of God, [you are made for a distinct and perfect purpose in this life](#). Hopefully, you have begun to discover this reality as you see your experiences, gifts, talents, and passions come together in a practical way. If not, [press on](#) to discover your identity in Christ and [the intentional life](#) He'd like you to live.
59. You will always find an excuse as to why you are not a good enough mother or mentor. Instead of focusing on the areas in which you come up short, choose to [learn what you can to](#) improve your skills and to share your talents with your daughters and mentorees.
60. Make time to talk to God each day, and not just on the go. [Prayer](#) will change your perspective, so face every problem with prayer, respond to every challenge with prayer, and close every day in prayer.
61. Marriage is between [one man and one woman](#). [Honor](#) that in your own life and teach that to our daughters. They need to hear it from you.
62. Ask God for a revelation -- a new understanding -- when you find yourself completely frustrated by a situation that is out of your control, especially with your girls. Spend [time in the Word](#) to learn whatever God may be trying to teach you through this circumstance and for wisdom in how to respond.
63. Read your Bible, every day, [even just a chapter](#). Don't know how to pick a Bible? [Consider these suggestion](#). The Word will change your life and equip you for every thing you face. Write down Scripture to help you remember it.
64. There will be things in this life that you will fail at and you will experience a weakness that seems overwhelming at times. Don't not despair. [When you are weak](#), that is an opportunity for God to strengthen you and show Himself to others. Find your strength in him to persevere.
65. Your [life purpose](#) will be discovered as you live life and begin to see how [God uses all your circumstances and experiences, even the bad ones](#). You might find that your greatest pain becomes the greatest [comfort](#) to someone else, especially in your role as a mentor.
66. Don't give up on your faith, even when your emotions waiver and you lack discipline. It is an ongoing journey with ups and downs, but God promises to [complete the work](#) He began in you. Your children need your consistency, not your perfection, as they look to learn how to live out their own faith.
67. If you want to change your behavior, you can. Start first with asking God to show you how and give you the strength and ask Him to [change your thinking](#). When your thinking changes, your behavior will change, too. It takes seven times to see progress and 31 days to develop a new habit, so give yourself the grace of time as you [wait on God transformation work take over in you](#).
68. Your outward [beauty](#) will forever be changing, because your appearance is always maturing. You'll look different every day of your life. That's okay. Accept it. Embrace it. Enjoy it.
69. It is okay to plan for your future and tell God about your [desires](#), but keep in mind that [His plans](#) will be the ones that will prevail. Teach this to your girls. They need to know how to plan and how to trust God for His, too.
70. While you might be [gifted in many areas](#), it doesn't mean you have to do everything. Do what you are most gifted in doing, with a willingness to meet a practical need and a boundary in place for when you need to say no. No one can do it all. No one has it all. There is no perfect life out there.
71. Start every day by [putting your armor](#) on so that you may stand strong. Build this habit into your children, too.
72. Your children need you to listen to them on their timetable. Be willing to drop everything into order to listen to the words and the cry of their hearts. Clear your busy schedule to build into down times to coexist together. They'll end up talking, when they are ready, and you'll be able to offer them [encouragement](#) and instruction they desperately need.

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73. [Forgiveness](#) is the key to emotional wholeness {in others words, a happier life, seriously. It sets you free from reliving the past and allows you to move into the future without the chains of shame, guilt, anger, bitterness, resentment, and despair. If you have hurt someone, ask for their forgiveness. If you have been hurt, offer your forgiveness. Your forgiveness doesn't have to be received for you to give it.
74. A boy will never be able to make you happy or complete you. Nope. That hole in your heart is meant to be filled by God, first. Once you're [complete](#) in Christ, you'll be a stunning compliment to a man of equal stature.
75. There is an [Enemy of God](#) out to steal, kill, and destroy you. He will do so with lies and temptations. Fight Him with the truth.
76. Take [captive](#) every thought -- every thought -- and ask yourself if it is true or not? Only believe the truth!
77. Do you have junk-in-your-trunk taking over your life? Deal with it through acknowledging past pain, walking the path of forgiveness, and allowing God to heal you and make you new. He knows the pain in your life. [He is there for you.](#) Turn to Him with it! If it is too painful to do it alone, get a good Christian counselor who will help you release the baggage from your past in order to live fully in the present. It will be good for you, your children, and those you mentor.
78. Discipline is not a dirty word. To have discipline means to have follow through, commitment, steadfastness. And to be [disciplined](#) by God is an indication of His love and desire to see us live within His commands. As a mom and mentor, living a disciplined life is great example to set for the next generation. It is equally important to [discipline](#) our children because it is a sign of our love. The goal is to teach them with consistency and with reasonable expectations and to not [exasperate](#) them with impulsive reactions and foolish consequences.
79. Eating disorders aren't only a teen's problem. Starving yourself or binging on food in order to be in control or change your body shape is deadly. If you are struggling with these habits, [ask for help](#), quickly. You can be healed and learn how to [treat your body well](#). If your daughter is battling an eating disorder, take it seriously! It will not only destroy her body, it can also damage her reproductive system and prevent her from having children one day.
80. Fear can wreck you and steal your opportunities to experience the greatness this life offers. [Don't give in to it.](#) Most of your fears start with false beliefs. Figure [out what you believe](#) and if it is true as a way to battle your fears.
81. How should you counsel a girl on what type of guy to marry? Point her to [Ephesians 5](#) and work through the [Dating & Relationship guide](#) with her.
82. Speaking of Ephesians 5, the fact is that guys [crave respect and girls crave love](#). Be the type of woman that models what it looks like to respect a man by treating your husband and other men this way. Also recognize your deep need to be loved and guard yourself from turning to others to fill a need that was designed to be met by God.
83. [Marriage can't be about feelings](#), it has to be about a willingness to show love in action (sacrifice and submission)with someone who shares your faith and beliefs. Live out this example.
84. Do not let the [sun go down on your anger](#) nor let a [bitter root](#) grow up inside of you. Both will wreck your heart and your relationships. Set this habit early on with your children and do not let your emotions dictate your behavior.
85. Depression is not a dirty word. Sometimes a deep sadness is due to grief, sin, or disappointment, and the [downcast](#) heart can be lifted through confession and thanksgiving. Other times the veil of depression is a chemical, hormonal, or life related. If you are struggling, get help from your doctor or a Christian therapist. Please don't hide alone. Help and healing is around the corner. If you see your daughter or mentoree struggling with this, face it head on with honest dialogue and a boldness in getting her help.
86. [Love the Lord](#) with all your heart, mind, and soul, and love your neighbor as yourself, and treat your [brothers and sisters in Christ well](#). It is a good idea and a good example.
87. Don't miss out on the blessing of family, even though it is sometimes [painful and difficult](#). [Invest your time in training](#) up your children, honoring your parents, and caring for your extended relatives.



88. [Fear God. Obey God. Love God. Serve God.](#)
89. [There is only one Savior](#), and it isn't you. Don't try to rescue those you love. Instead love those you want to rescue through praying for them and responding in truth, as you follow Jesus and set an example for them.
90. [Laugh. A lot. Be glad.](#) It is good for your heart and soul. And good for those around you, too.
91. Where your [heart is, there your treasure will also be](#). In other words, what do you think on, obsess over, crave the most? That's what is filling your heart. If it is not of God and His things, [it is time for a purge](#).
92. Make time to rest from your work. Your body needs it. Your mind craves it. Your soul thrives in it. God made the [Sabbath - rest - for you](#). All work and no play equal a life spent hard and left with nothing. Strive for balance in all things and set this example for your mentors.
93. [Sex](#) is good {really, did I just say that?}, but the blessing is reserved for marriage. When we are sexually active outside of marriage, we commit [a sin against the body](#), and one that takes a long time to heal from. This is so important to teach our daughters and the next generation. They need specifics, too, because they don't realize that anything that mimics sex will leave the same imprint on their life. It is important to express this reality with gentleness but honesty, reminding them that committing sin will leave a person with tremendous regret, guilt, and shame afterwards. God forgives all sin, [but this type sin has a huge price tag on one's soul](#).
94. Getting [pregnant before marriage is a responsibility that your daughters and mentorees are too young](#) to handle and too poor to afford. The only way they can avoid it is if they keep their pants on and [set boundaries on their sexual behavior](#). Please talk to them boldly about this need! Start with general ideas and the basics of sex when they are entering middle school, and add details to the conversation as they mature. Education and accountability will be the first step in helping them make wise decisions.
95. It is so important for you to have friends that share your faith. Make the effort to be a part of church and Bible study or prayer group, even if it feels uncomfortable at first. [Meeting with them regularly](#) will help you mature in you faith and equip you in raising your children and mentoring the next generation.
96. Figuring out how to live is really hard, especially when so many different opinions exist. But if you consider yourself a Christian, and the Spirit of God is dwelling in you, than you will have a choice as to whether you live according to your flesh and how your feel or by your faith and what God says to do. This [passage from Galatians](#) shows what the flesh looks like compared to the Spirit, and [this passage says](#) it in another relevant way. I also highly recommend listening to this [message](#) will help you understand the power of the Holy Spirit and work of Jesus in you life. Have your foundation of faith solid will enable you to influence the next generation with confidence in Christ.
97. [God's timing is not our timing](#). When He seems silence, He is still working. Nothing surprises God.
98. Trust the Lord with all your heart and do not lean on your own understanding, but in all your ways acknowledge Him and He will make your paths straight. [Memorize this verse](#) and teach it to your children and mentorees.
99. Chances are that you also need a [mentor](#), meaning someone who can help you navigate through your life as a women, mother, mentor, friend. Ask God to show you an older woman or even a group of women, who share your faith, and would be willing to do life alongside you.
100. Being a mom and/or a mentor will be one of the most stretching and yet most rewarding experiences of your life. Nothing will compare to the pain of seeing those you love have to learn lessons on their own. And nothing will compare to seeing those you've taught teach the next generation. It is a priceless opportunity that I pray you will seize for yourself today.

May this list of 100 Things help you live remember your calling as a child of God, encourage you to live a life of purpose, and inspire you to intentionally mother your children and mentor the next generation with the truth.

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