

THE
**5 BIGGEST
MISTAKES
MOMS WITH
TEENS MAKE**

AND HOW TO FIX THEM



BEST LIFE AWAITS COACHING

COACH EMILY BUSCEMA

Do you feel like you've lost your place in the family, overwhelmed and unsure of who you are beyond being a mom? Maybe you're always tired, with no time or energy for yourself, and guilt creeps in when you try. Sound familiar?

This guide highlights some of the biggest mistakes many moms with older kids and teens make and offers simple ways to overcome them, so you can reclaim your energy, confidence, vision, and balance in your life!

 Emily



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COACHING

MISTAKE 1

PUTTING EVERYONE ELSE FIRST

MISTAKE Many moms become so focused on caring for everyone else that their own needs fall to the bottom of the list. This constant self-sacrifice can lead to exhaustion, leaving you feeling depleted and disconnected.

SOLUTION Carve out at least 10-15 minutes daily for something that recharges you, whether that's a short walk, reading, or enjoying a coffee alone. Small moments of self-care add up, helping you be a better mom, partner, and version of yourself.

MISTAKE 2

IGNORING YOUR HEALTH

MISTAKE Putting off health concerns or self-care can easily happen when you're busy, leading to low energy, stress, and even chronic health issues or weight gain over time.

SOLUTION Start with one small health habit at a time, such as drinking more water, taking a daily walk, or eating more whole foods. These manageable steps are easier to sustain, and they build a foundation of wellness that supports your entire family.

MISTAKE 3

COMPARING YOURSELF TO OTHERS

MISTAKE Comparing yourself to other moms or families can be discouraging, making you feel as if you're falling short or can't measure up.

SOLUTION Instead, focus on your unique strengths and goals. Personal growth is much more fulfilling than comparison. Remember, every mom's journey is different, so embrace what makes your path special and celebrate your progress!

MISTAKE 4

LETTING FRIENDSHIPS FADE

MISTAKE When life gets hectic, friendships and social connections often get pushed aside, leading to feelings of isolation or loneliness.

SOLUTION Make time to nurture one or two close friendships, even if it's just a quick text or a monthly coffee date. Friendships recharge you and provide a vital sense of support and joy, helping you stay connected through all of life's demands.

MISTAKE 5

HOLDING ON TO CONTROL

MISTAKE As teens grow, it's hard to let go, but holding too tightly can create tension and drive distance between you and your kids.

SOLUTION Gradually shift from “managing” to “mentoring,” giving teens room to make their own decisions while offering guidance. Ask questions rather than giving instructions, building trust and independence while keeping a strong, positive connection.

BONUS

LETTING GUILT CONTROL DECISIONS

MISTAKE Many moms feel guilty about taking time for themselves, thinking they should always put family needs first.

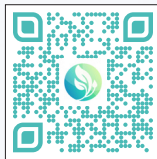
SOLUTION Understand that setting boundaries and taking personal time isn't selfish; it helps you feel balanced and joyful. Start by reclaiming 30 minutes for an activity you love—this recharges you and shows your family the importance of having personal interests too.

If any of these mistakes sound familiar, you're not alone! Want to feel healthier, energized, and more fulfilled? Take the next step to create a balanced, joy-filled life.

Let's chat.

NEXT STEPS

Book a free clarity call



Call or Text

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Let's work together to help you shine as both a mom and as you!



Emily



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*Helping you go from
stuck to flourishing.*