



## 9 Inspiring Thoughts for Back to School

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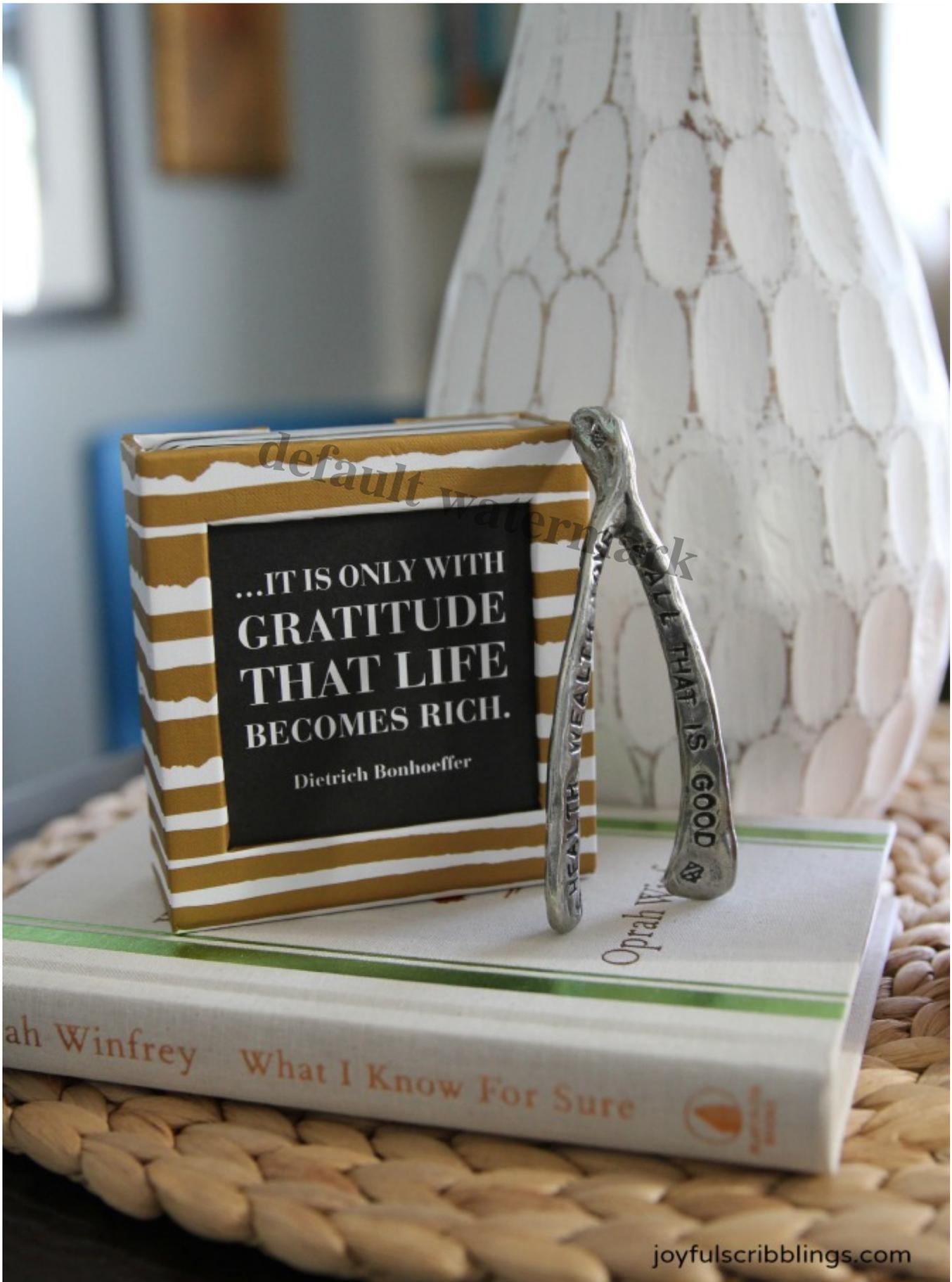
# 9 inspiring THOUGHTS FOR BACK TO SCHOOL

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It's back to school month for kids in my area and it can be bittersweet for both mothers and children. Mothers are either jumping for joy that the kids are back in school and ready to get back to more of a routine or they miss the lazy days of summer and having their kids home. Sometimes it's a combination of both feelings.

We moved my son back to college last week. The first year I went through a period of mourning, but this year it's been a little easier. For those who have kids starting college this year, trust me when I say it's strange at first, but it does get better. Depending on what season of life you are in it seems like you never stop worrying about your kids. At least that's the case for me. I shared some of my thoughts in this post on [what it means to be a mother](#).

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You may find yourself in a funk adjusting to all of the changes back to school brings which is something that often happens to me. If so, I shared some ideas on [finding joy when you're in a funk](#) and my thoughts on going through [transitions](#) in life. Flashback: This makes me think of the song [Once in a Lifetime](#) by the Talking Heads, and you may ask yourself how did I get here.

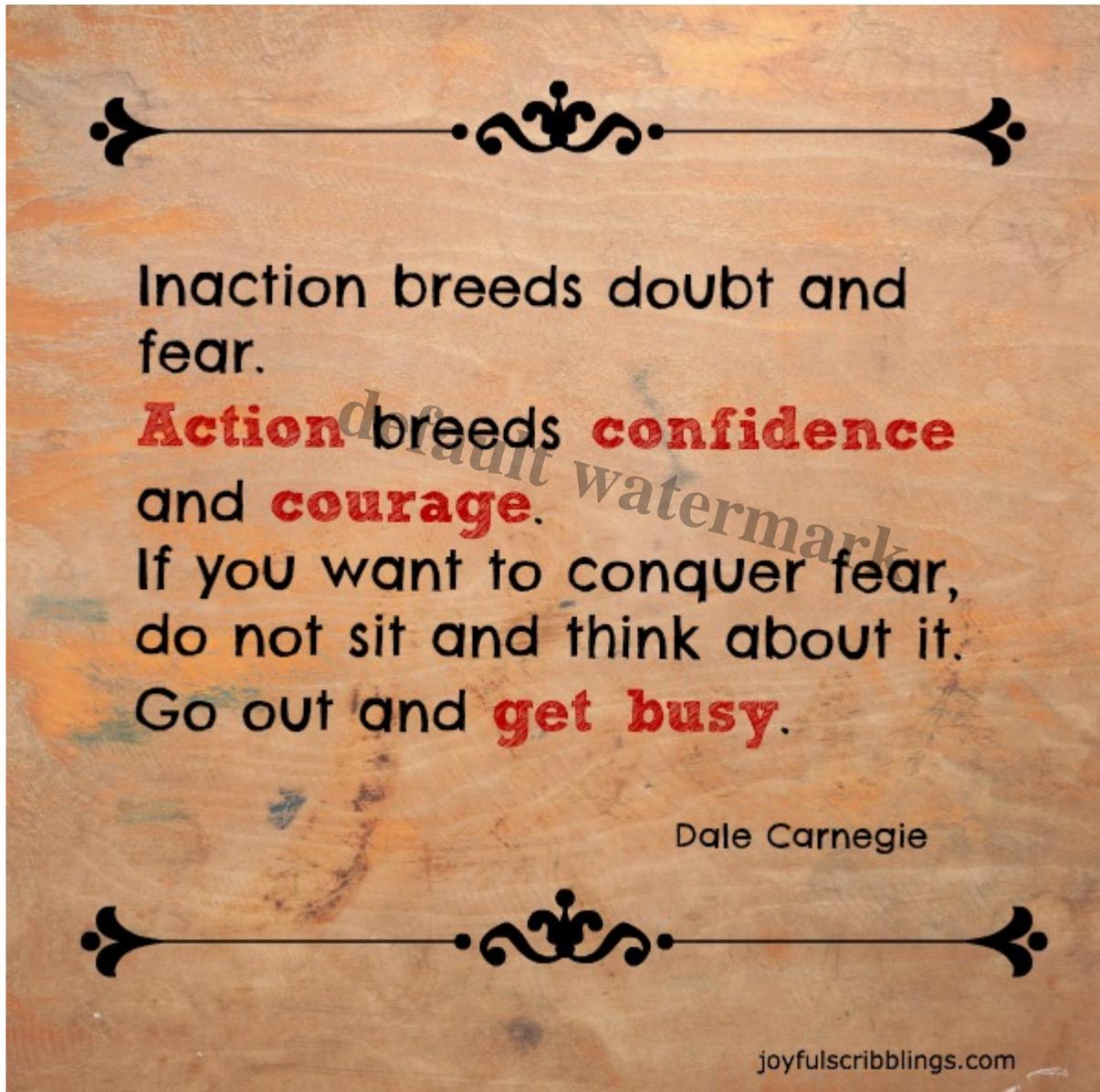
We keep moving  
forward, opening new  
doors and doing new  
things, because we're  
**CURIOUS** and  
**CURIOSITY** keeps  
leading us down new  
paths.

Walt Disney  
[joyfulscribblings.com](http://joyfulscribblings.com)

I shared the importance of asking questions in this post on [embracing curiosity](#) and a great question to ask your kids. A great reminder is to share with your kids is [don't take things personally](#) which is rule number two in one of my favorite books [The Four Agreements](#). Also don't play the comparison game which is [the thief of joy](#). This is a tough one for adults and children. I often catch myself comparing myself to others and if I don't my husband is sure to point it out.



My neighbor Mia is one of the most confident little girls I know. The story titled ["Let Your Individuality Shine & Own It"](#) is one of my all time favorites. For those with young children, please read it before it's time for school pictures. Even if you don't have young kids, this story will make you **SMILE**.



My last back to school words of wisdom are practice [gratitude](#) and [face your fears](#). I'm by no means an expert on any of these topics. They are things I've learned and will continue to learn. As always, if you enjoyed this post or the others I've shared please share it with others. Also feel free to add your own words of back to school advice in the comments.

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