



## WEEK 12 | YOUR TRANSFORMATIVE PARENTAL JOURNEY

# Your Personal Transformation

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Congratulations! We have found a place of rest and reflection after eleven weeks of unearthing, learning, and growth.

Here we allow ourselves to slow down, pause, and look backward. Alas, the “work” is never truly complete. We are so vastly layered, and our kids will continue to grow and present us with opportunities to unearth, ask ourselves deliberate questions, hold space, and move out of our comfort zones.

Until the next round of revision, we grant ourselves permission to **CELEBRATE!**

This process is not about perfecting our flaws. It is about cultivating resilience through self-reflection and self-appreciation for every tiny victory along the way.

Let’s look together at the facets we’ve covered in this space, and highlight the shifts you have made, no matter how miniscule or mountainous they may be.

As you complete your experience with your program, it’s helpful to take a step back and assess where you are at now, mentally, emotionally, and physically.

Take your time with the following questions. Sometimes, our minds tend to focus on problems or “what’s wrong” a lot, so make sure to allow yourself the space here to celebrate your successes as well!

Enjoy and I’ll see you on the other side of this questionnaire.

*What was your original intention as a parent? How was it fulfilled? Where do you long to continue growing in this intention?*

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*What was your original intention in your connection between you and your child? How has it changed? How have you evolved?*

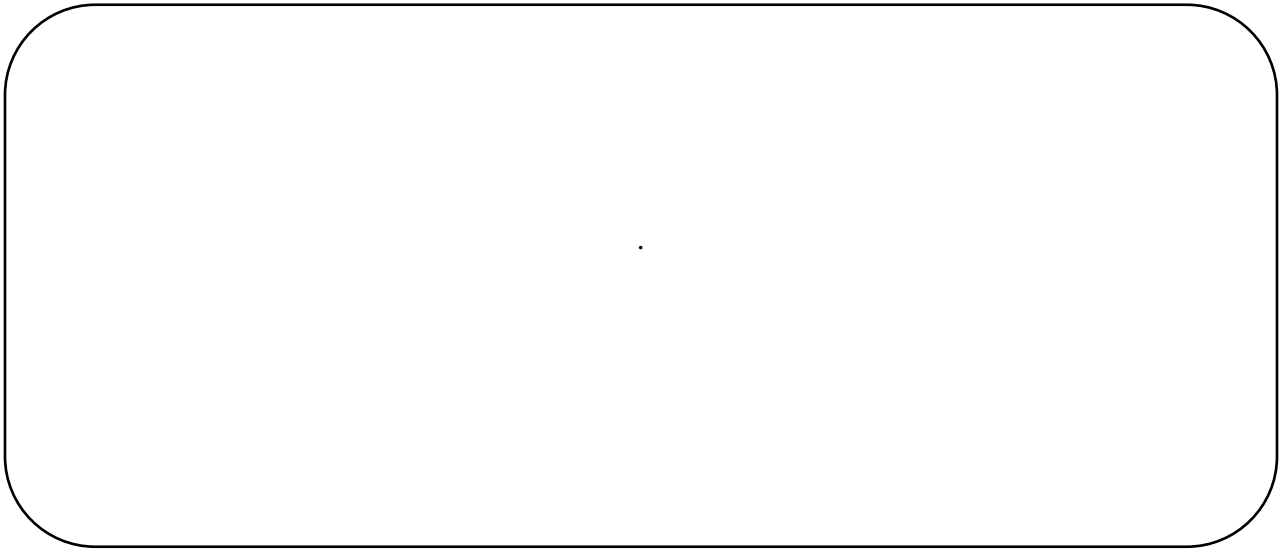
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## **Attachment**

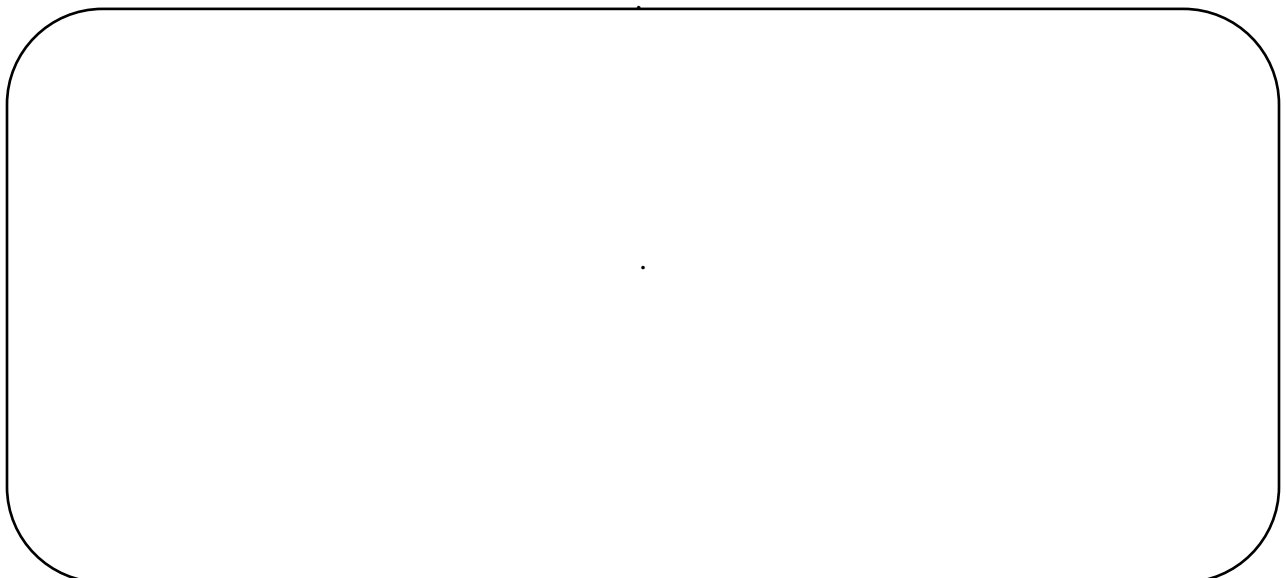
Give yourself permission to focus on your growth in the area. Of course, there is space to grow. Focus on grace for your growth journey.

Give yourself permission to focus on your growth in the area. Of course, there is space to grow. Focus on grace for your growth journey.

*Are you finding yourself more self-accepting, and able to connect to self-forgiveness, empathy, and compassion?*



*Are you finding yourself more confident in your ability to experience intense emotion without getting lost in fear and feeling overwhelmed?*



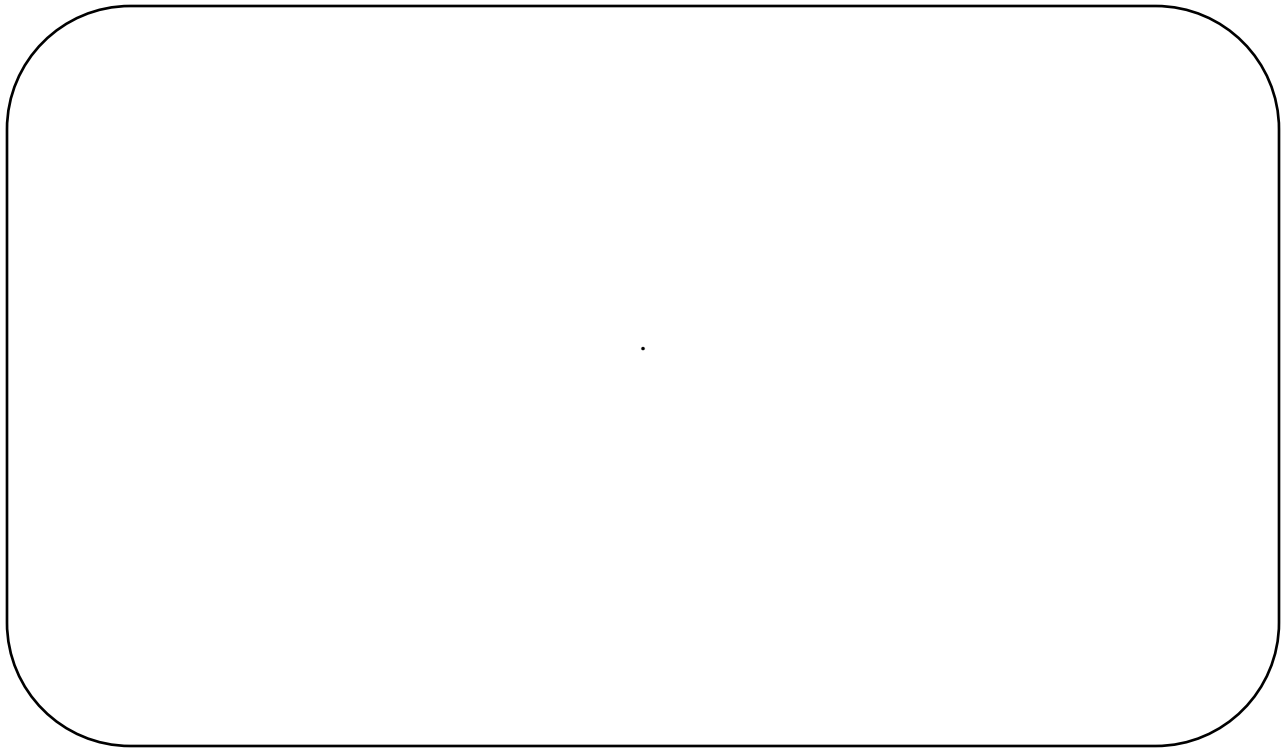
*Are you grounding more into a mindset that resonates with truth, self-love, and acceptance, versus shame and fear?*

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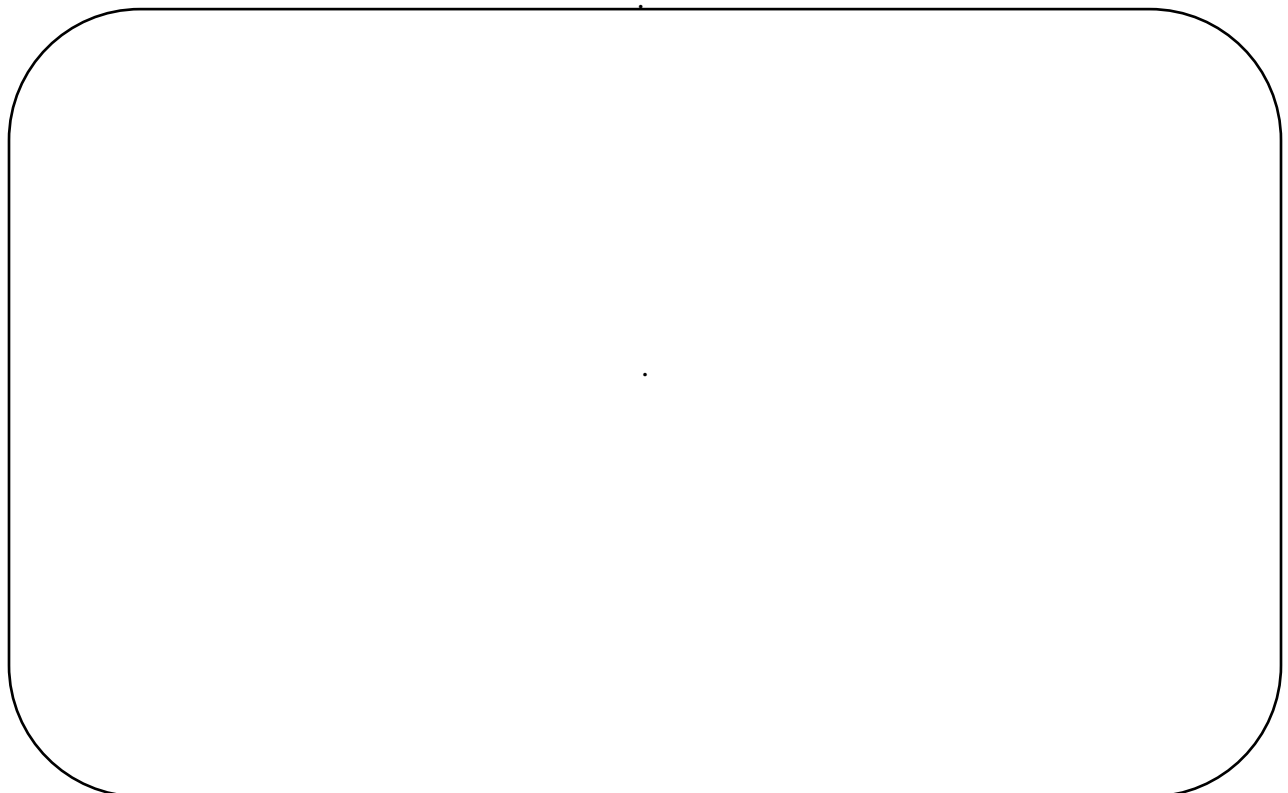
*Are you finding yourself more emotionally available for your child?*

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*Do you find yourself “leaning in” to emotional discomfort in your parenting, versus shutting down, running away, or becoming frustrated?*



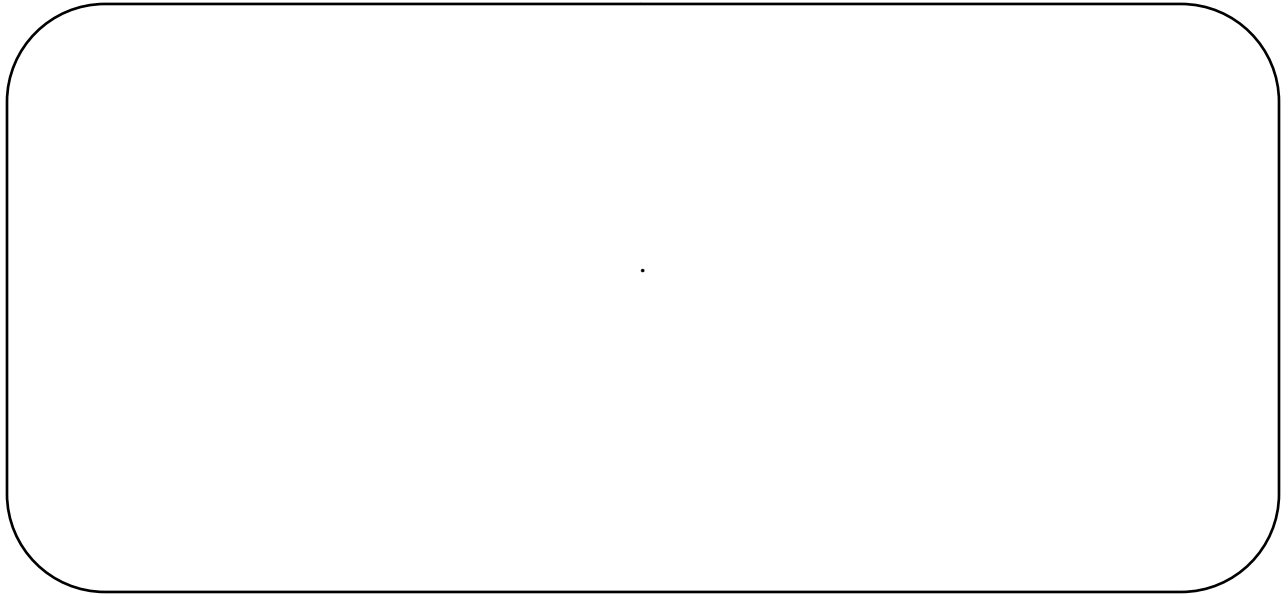
*Have you noticed your child leaning more into you, versus shutting down, running away, or fighting against connection and intimacy?*



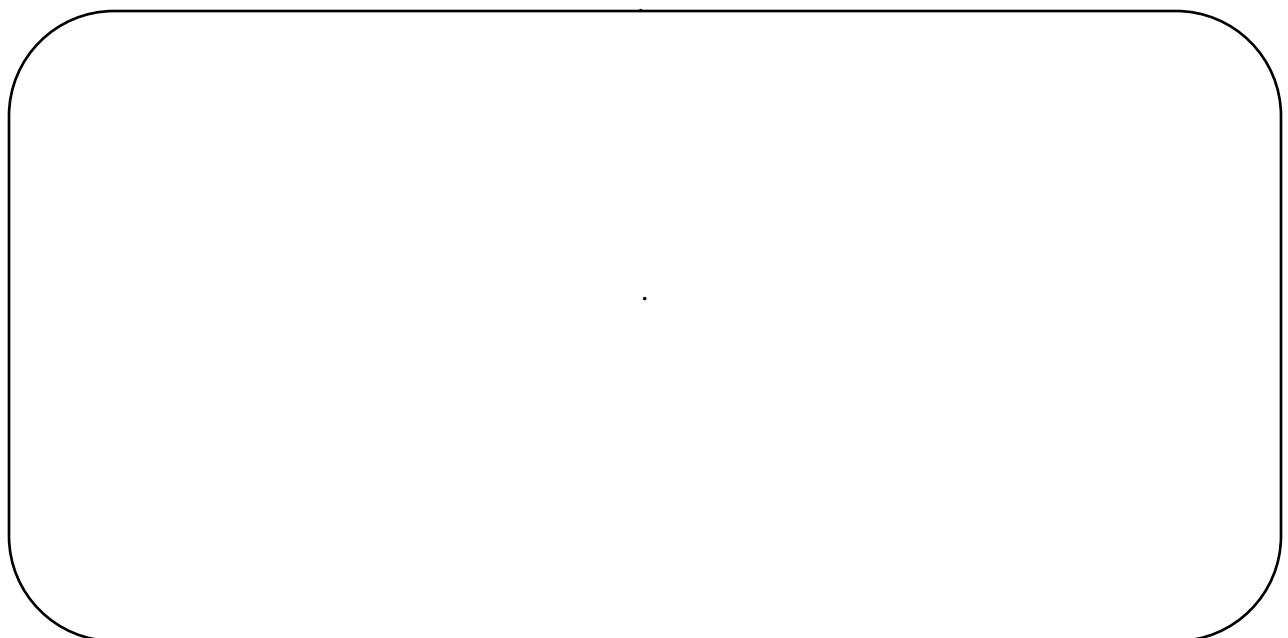
## Nervous System

Let's look at how your awareness of your inner world has shifted your ability to stand firm, with confidence, through ANY emotional experience you, or your child, go through.

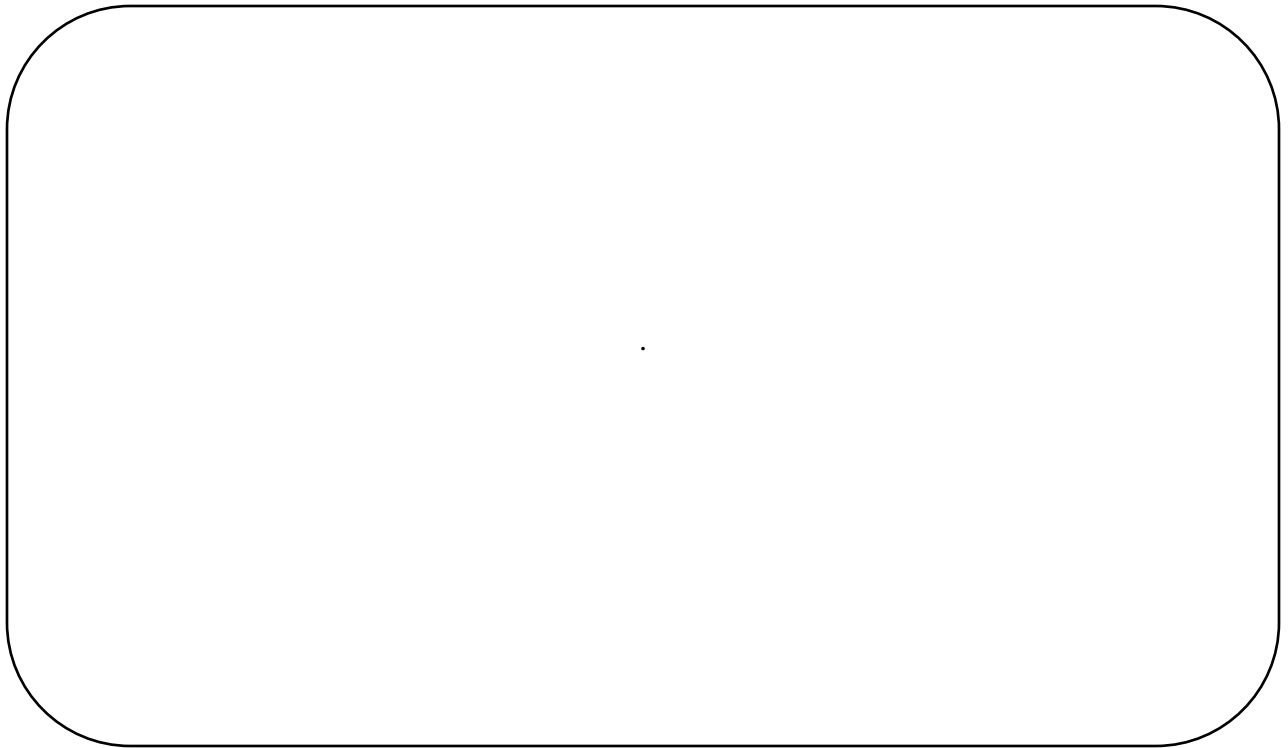
*Since our time together using the ANCHOR and HARBOR Process, are you able to identify your and your child's sensory calming tool? How is this being integrated into everyday life?*



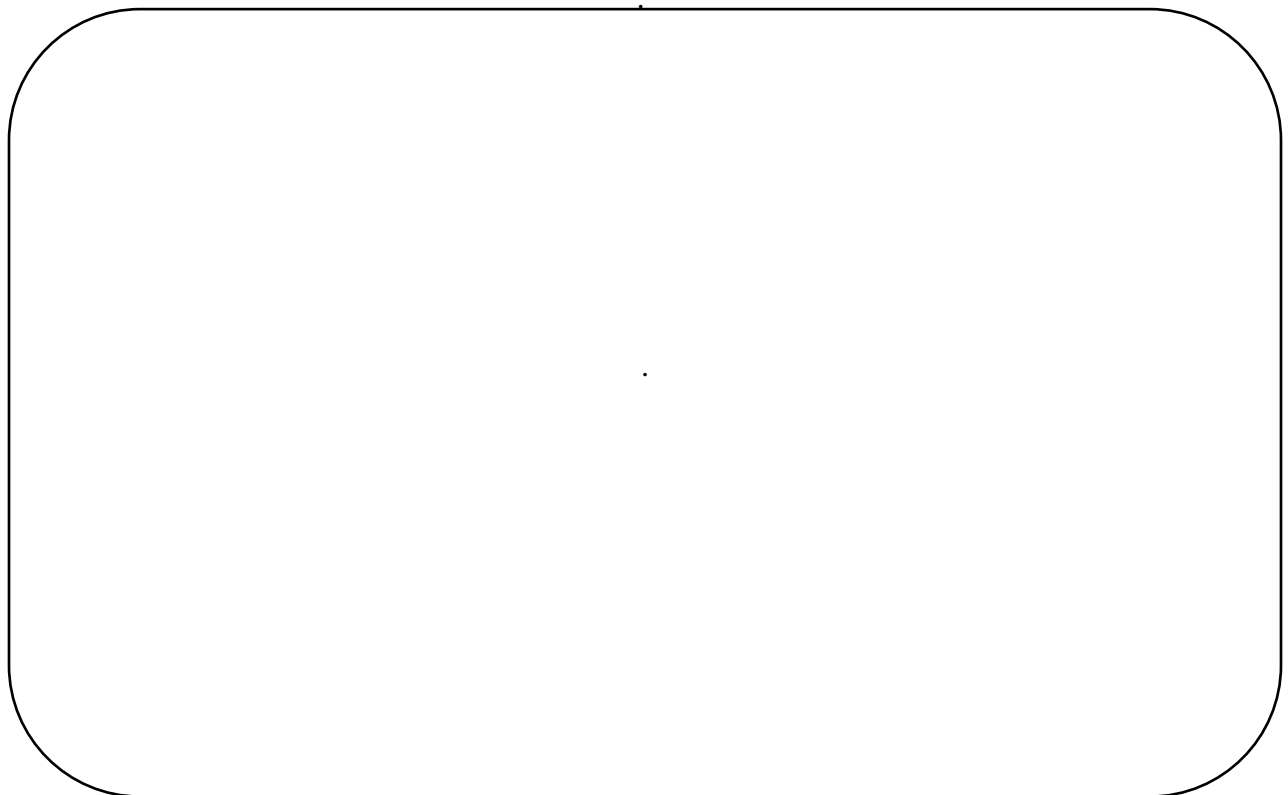
*Are you noticing your thermometer rising, and able to identify when your body is going into fight, flight, freeze, or faint?*



*Are you having more awareness of your child's nervous system when they are becoming emotionally stressed?*

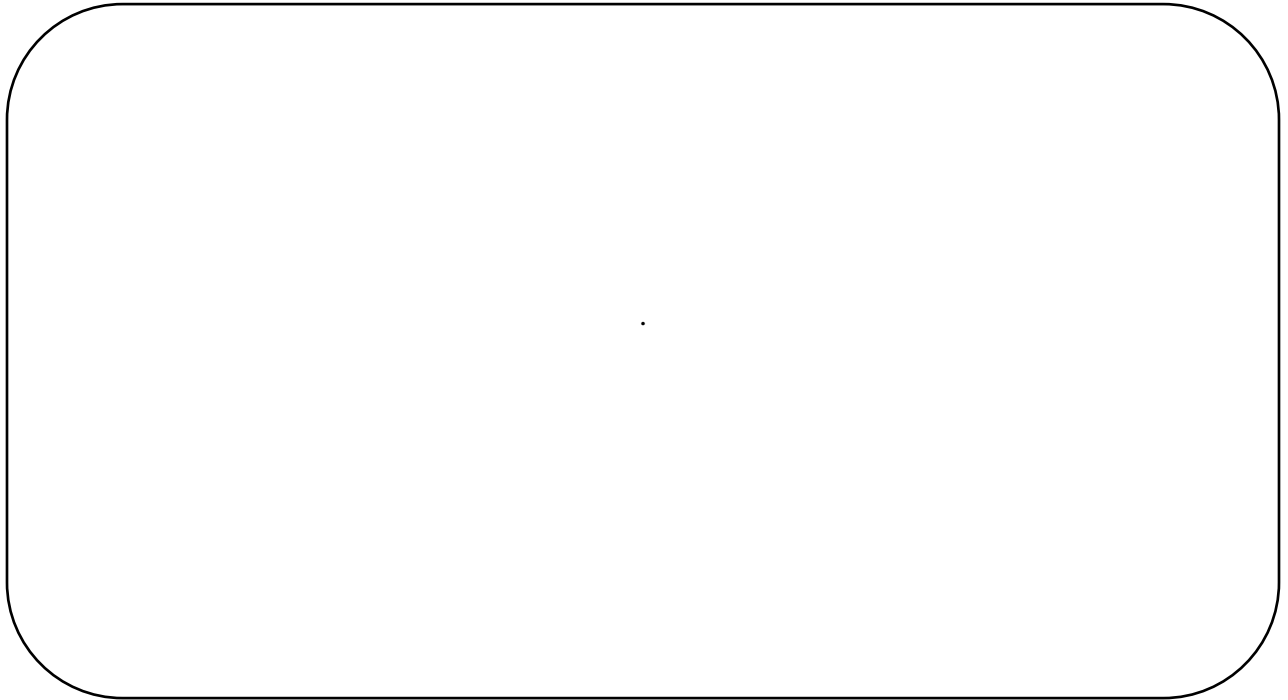


*Have you practiced any vagal tone strengthening exercises? If so, what works well for you?*

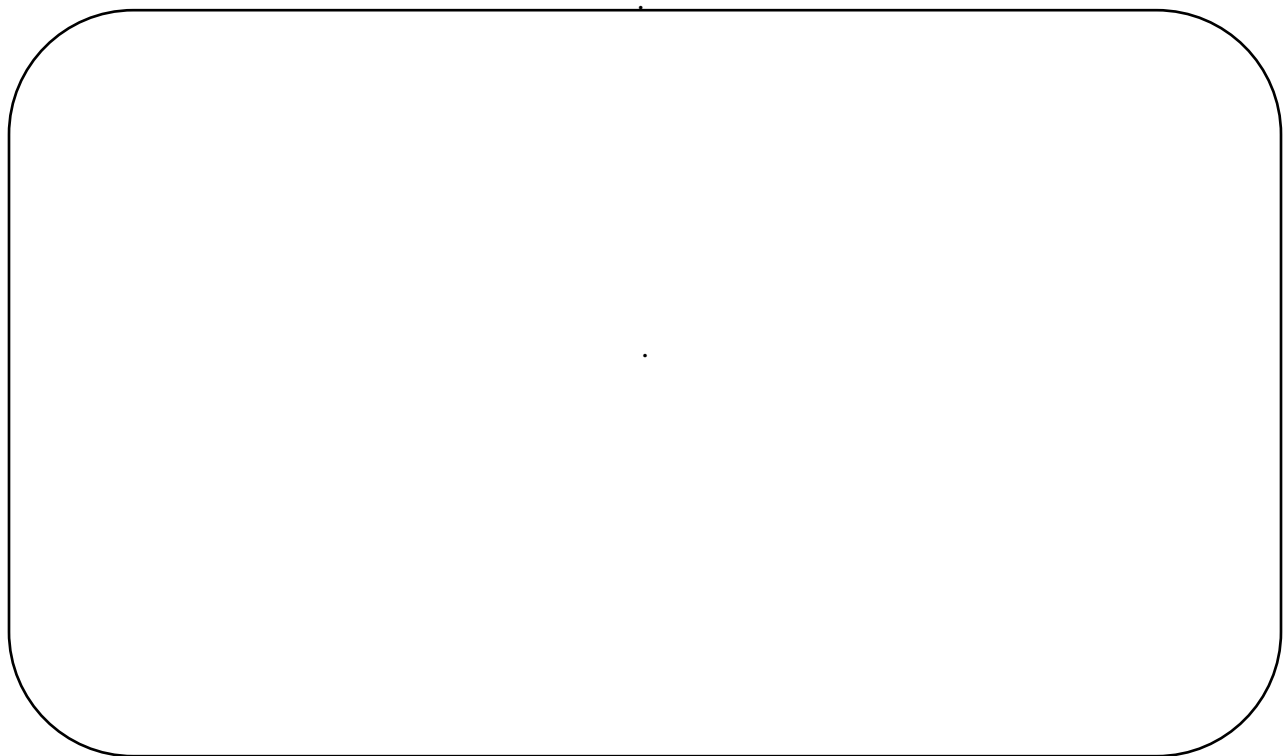


## **Child Development**

*How has your understanding of your child's nervous system, brain, and emotional development developed throughout our time together?*



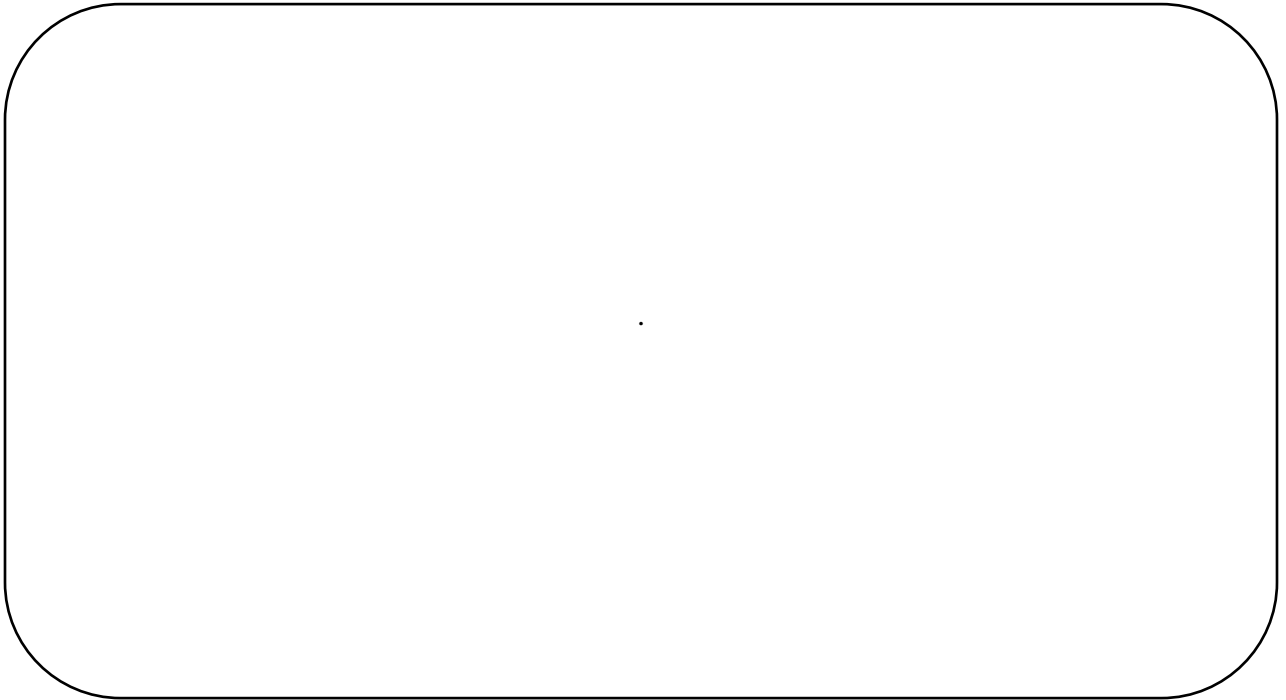
*Are you finding yourself creating expectations for your child that are more in alignment with what they are capable of?*



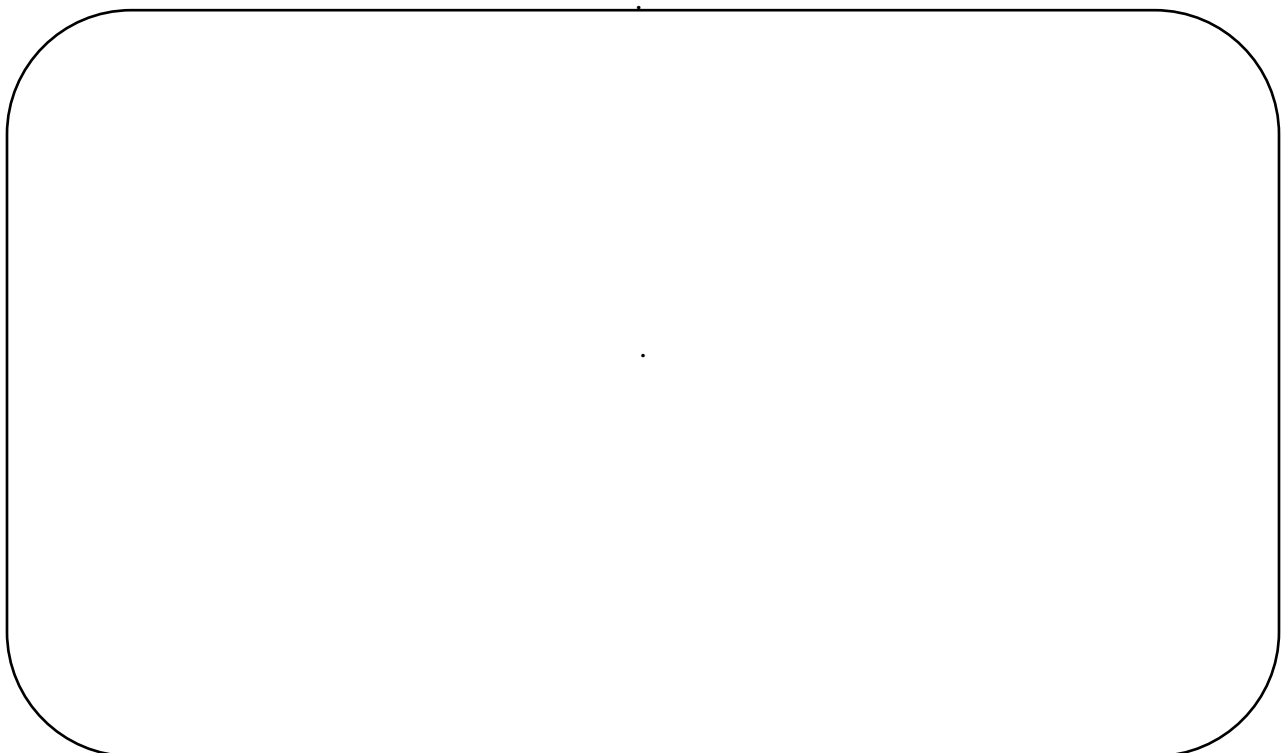


## **Communication**

*How has your relationship with your voice shifted? Are you finding yourself more confident to say no when you mean it, and yes when you mean it?*



*Are you practicing asking for consent before engaging in a conversation with your child, or any person?*



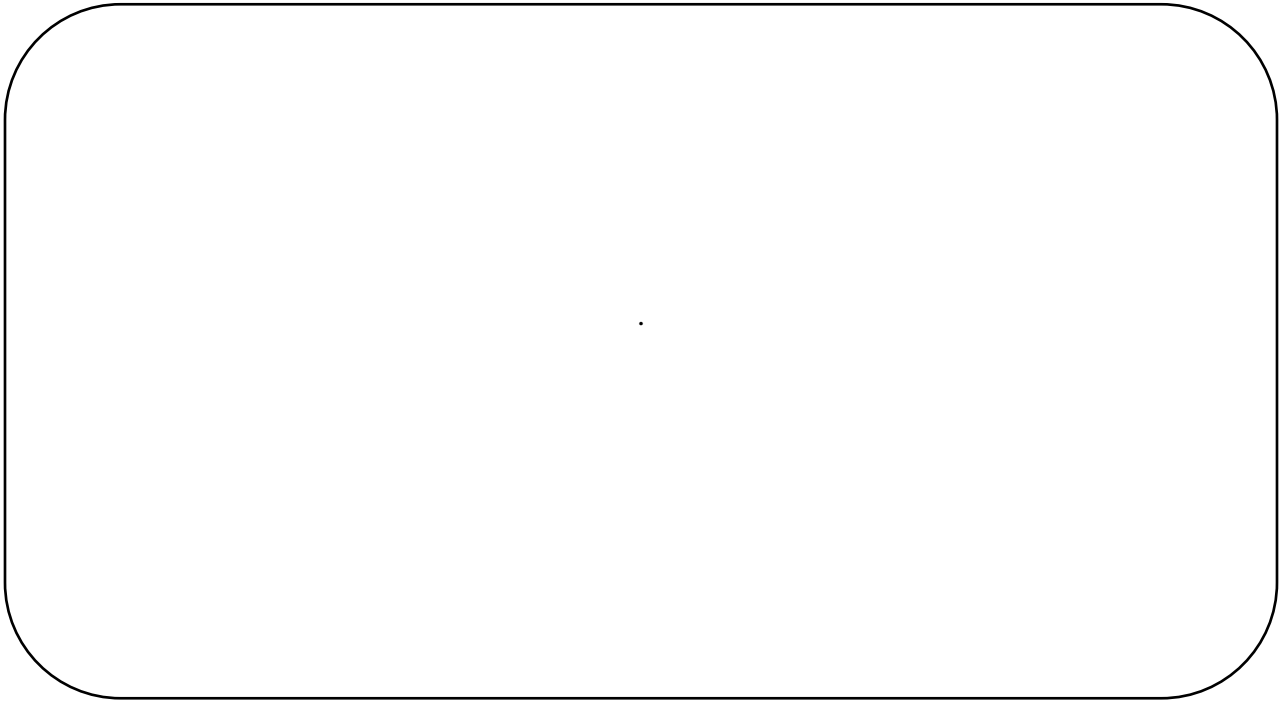
*Are you practicing how to name your feelings, needs, in a self-accountable way?  
(Meaning, taking responsibility for your needs, versus expecting your child to fulfill them in the way you want.)*

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*Are you practicing making clear requests versus demands?*

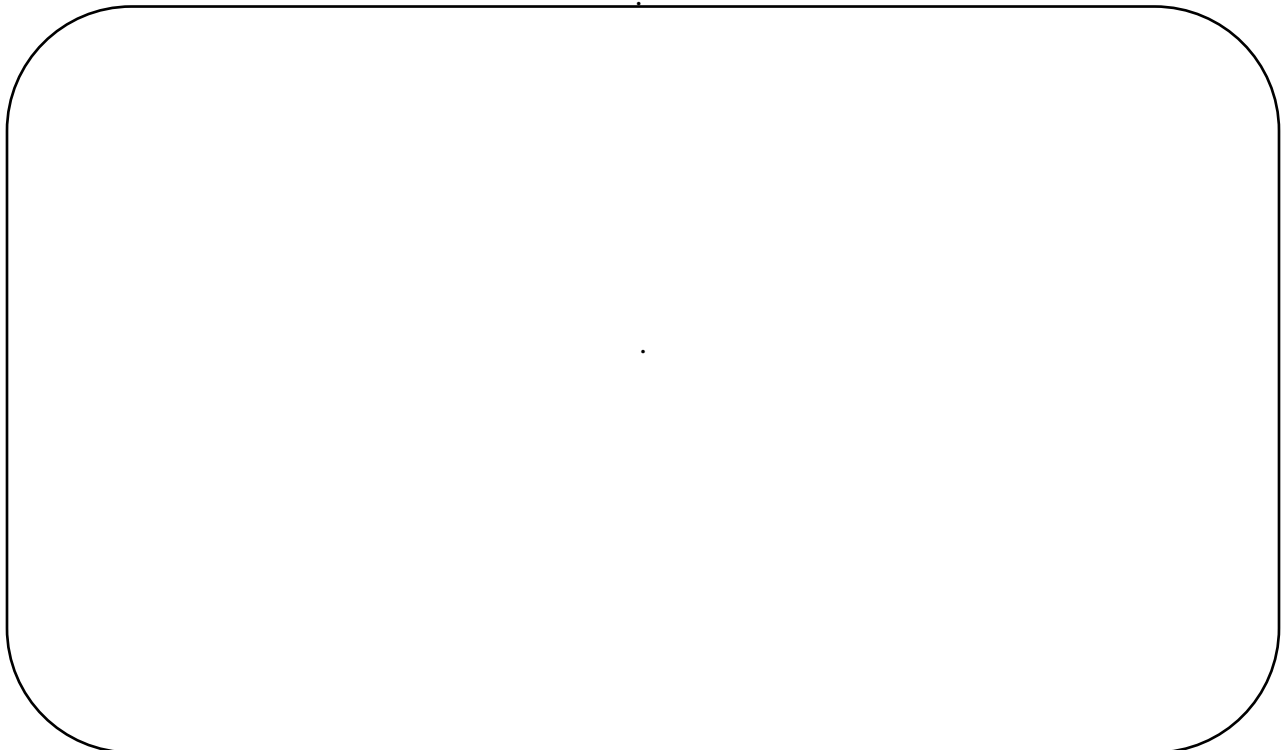
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*Are you engaging in conversation more to understand and connect, versus lecture and be right?*



## **Boundaries**

*How has your understanding of the essence of boundaries changed for you?*



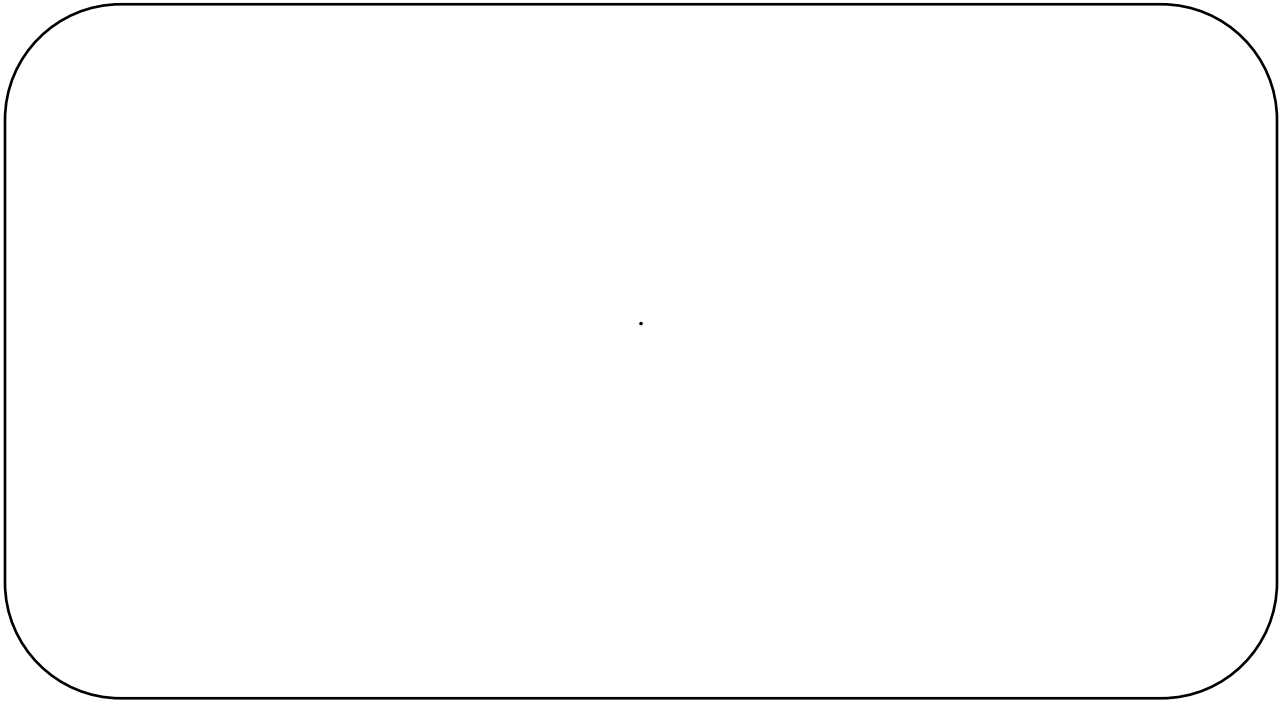
*Are you feeling more confident setting boundaries rooted in self-awareness, clarity, and centeredness?*

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*Are you softening around co-creating limits and agreements with your child?*

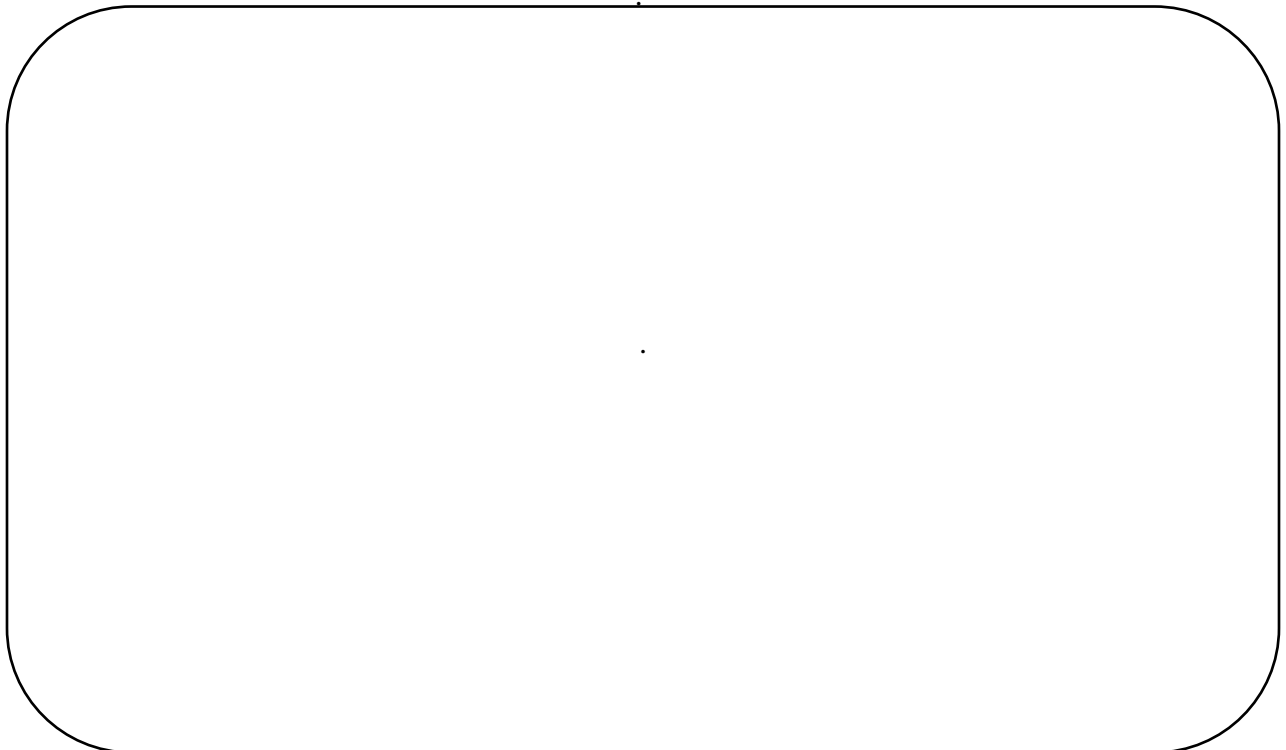
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*Are you learning more about yourself when you become stuck in rigidity around rules and limits?*



## **Play**

*Are you finding yourself more aware of your relationship to play?*



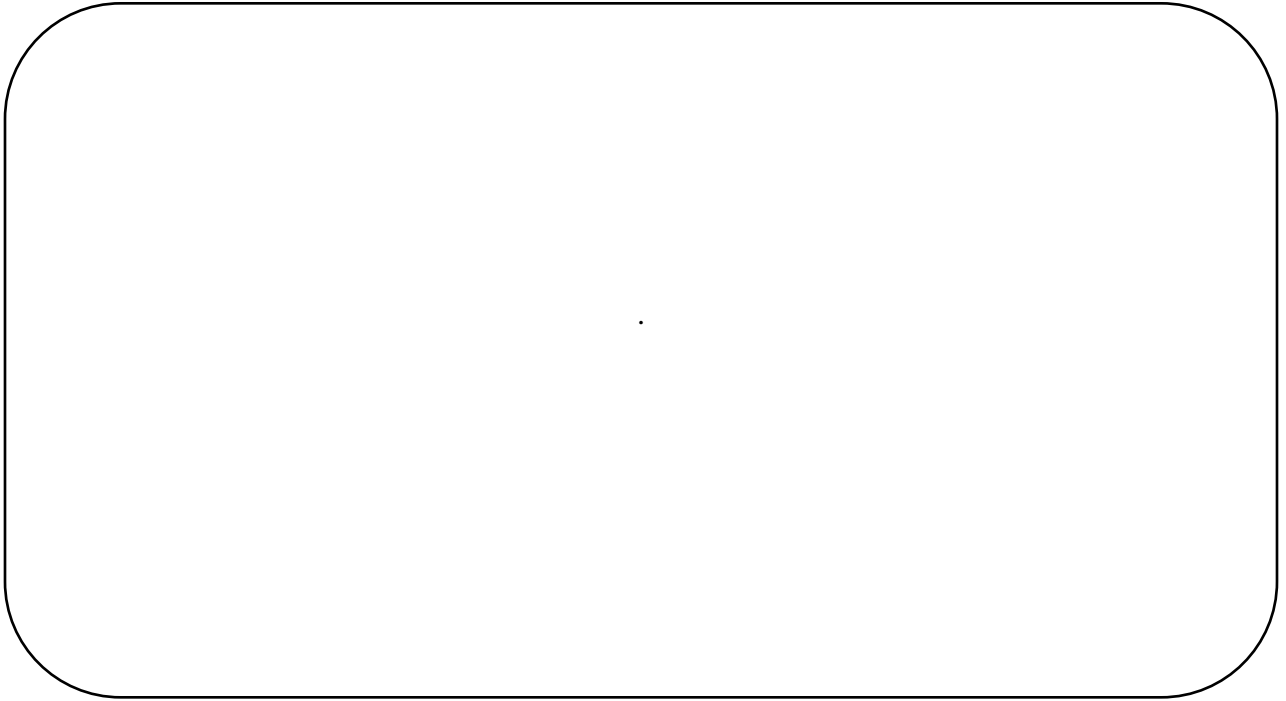
*Are you feeling more lightheartedness in your body?*

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*Are you able to connect with “sparkly eyes” with your child?*

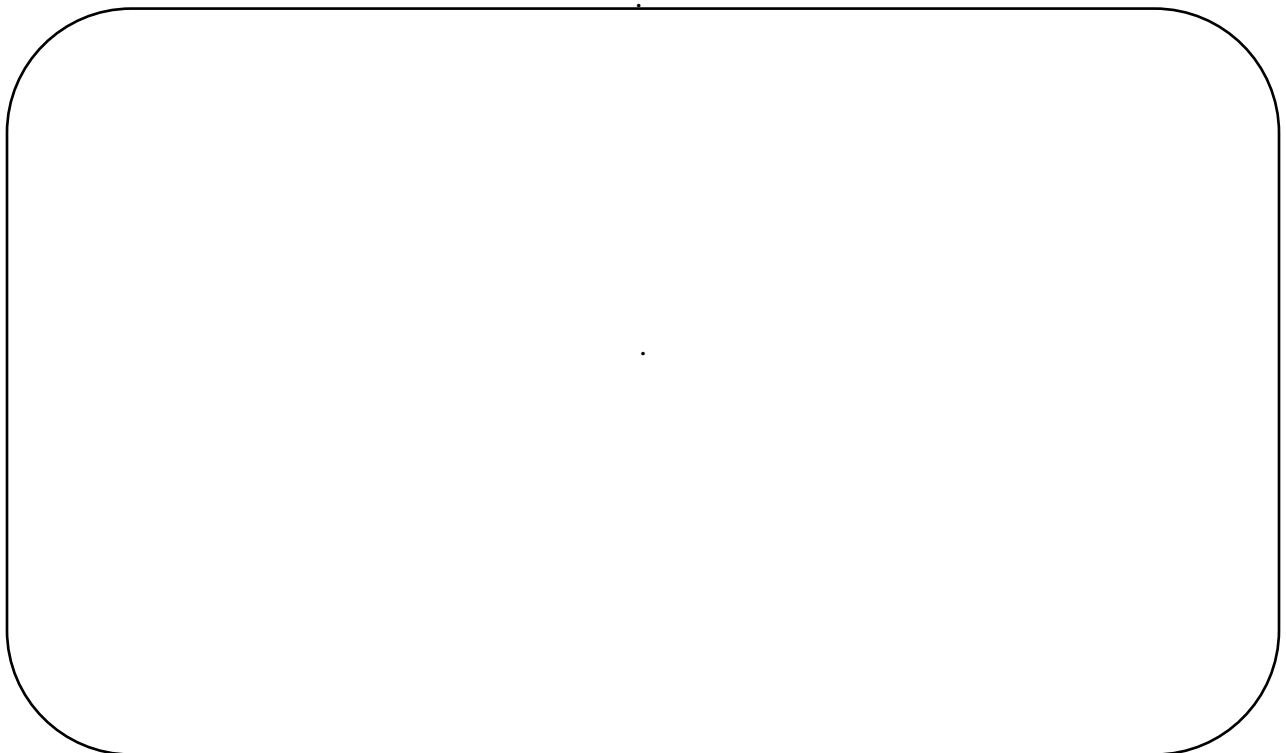
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*Are you learning how to let go and allow yourself to put your work aside and play?*

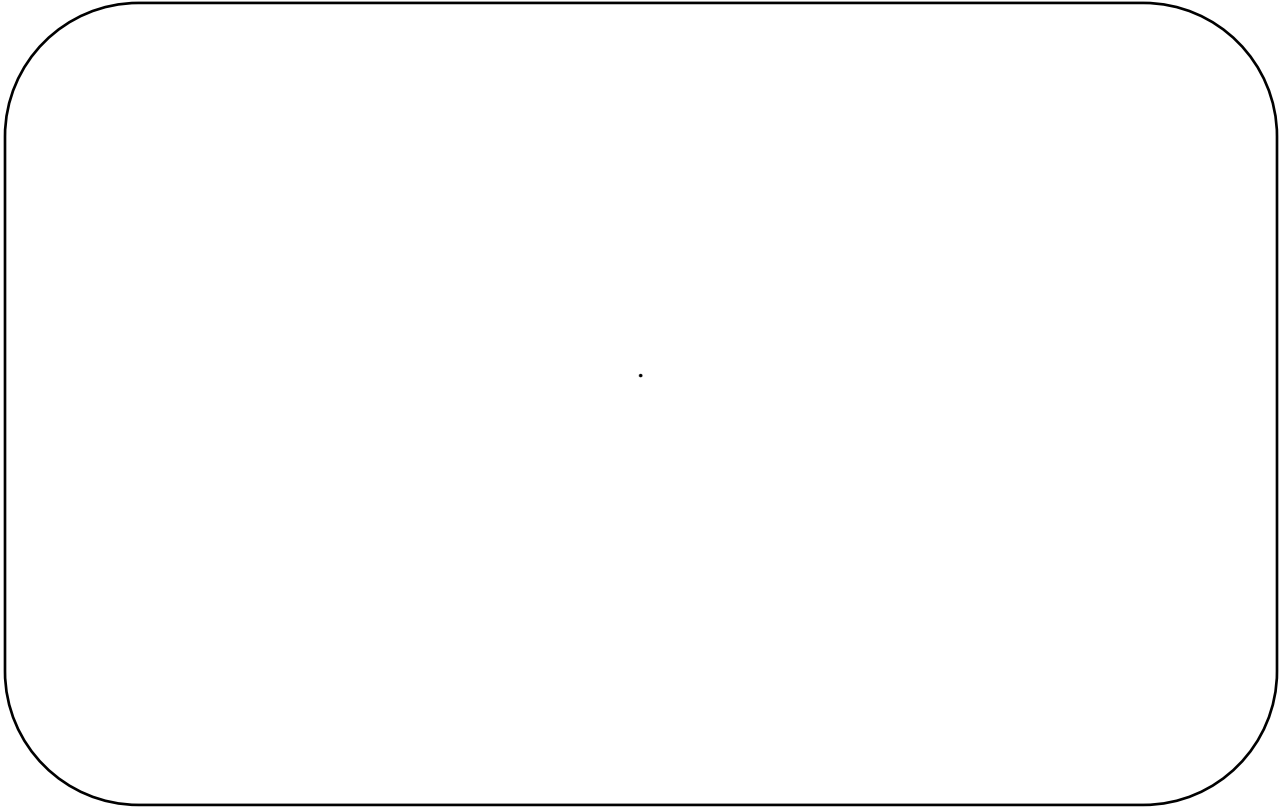


## **Mindset**

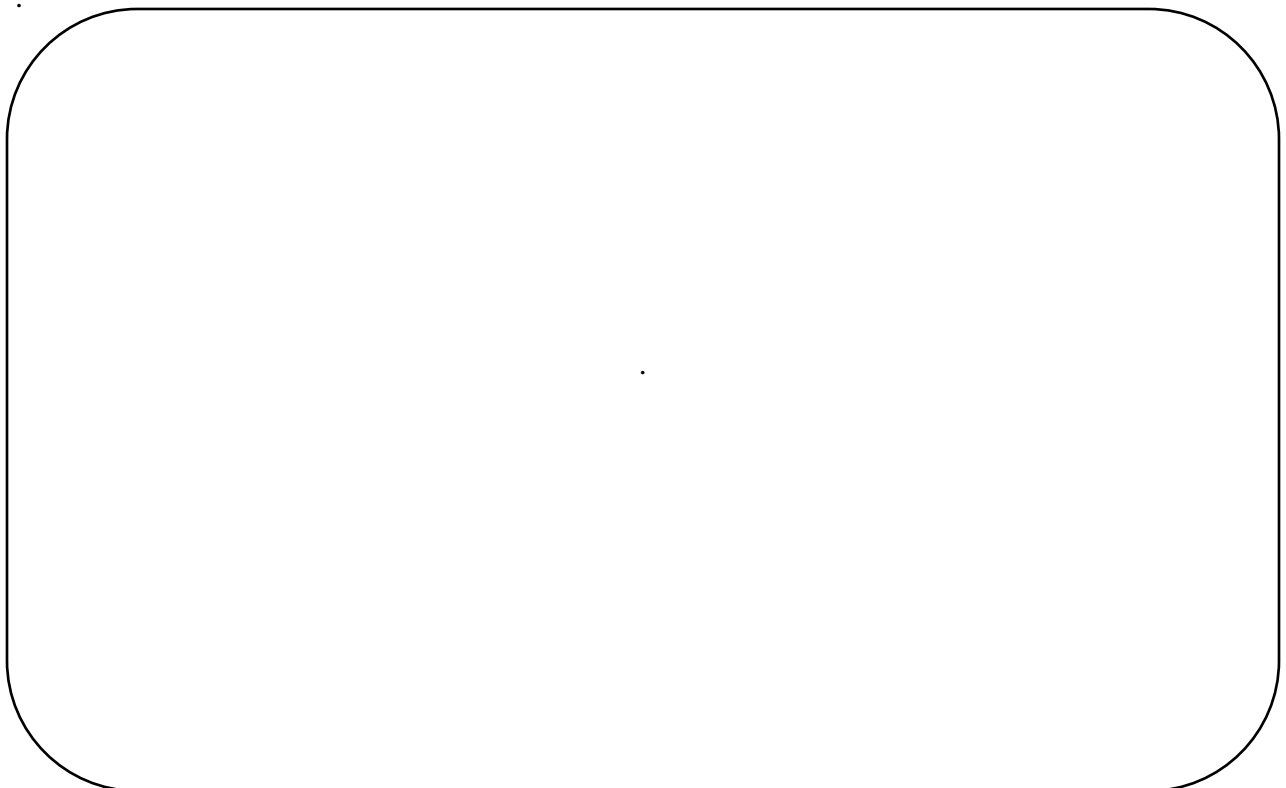
*How is your overall mindset as you move through your daily life and parenting?*



*Has your overall mindset shifted in our time together? If so, how?*

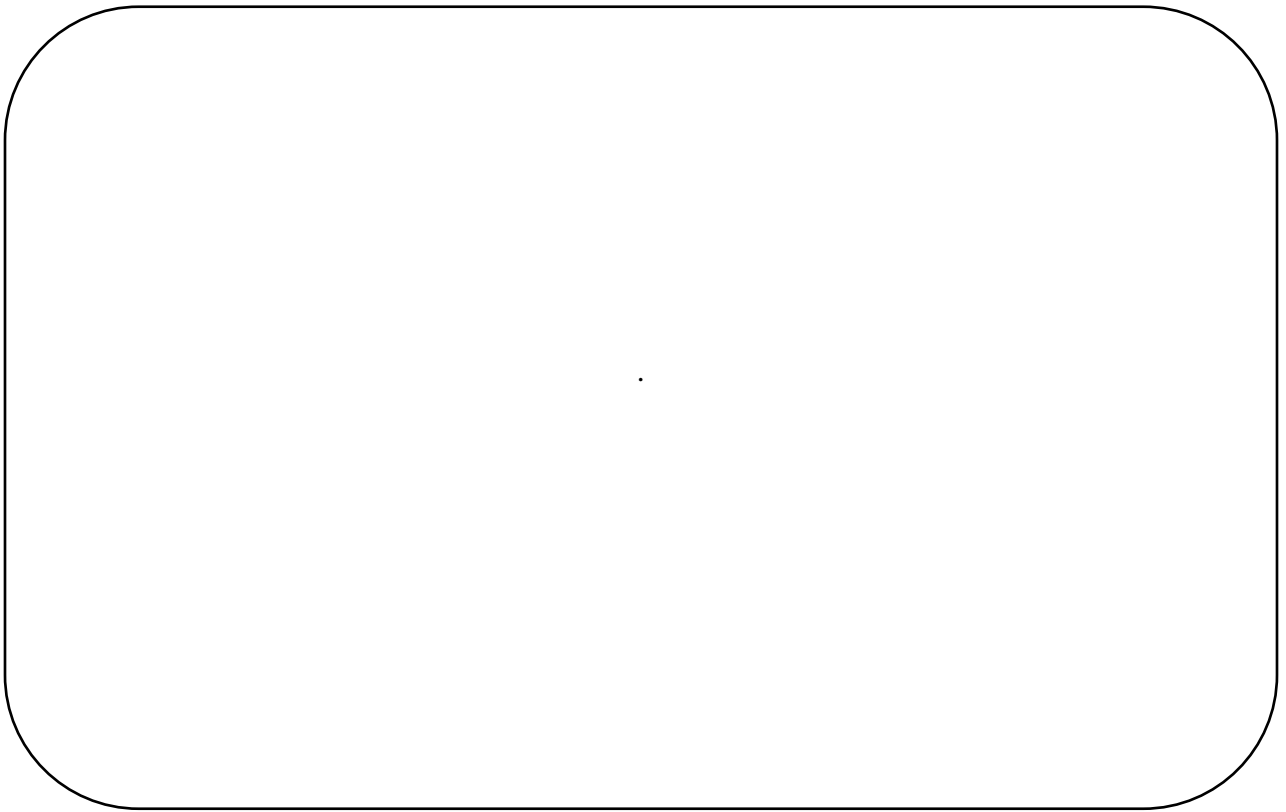


*Are you able to notice when a limiting belief arises or is present in your thoughts?*

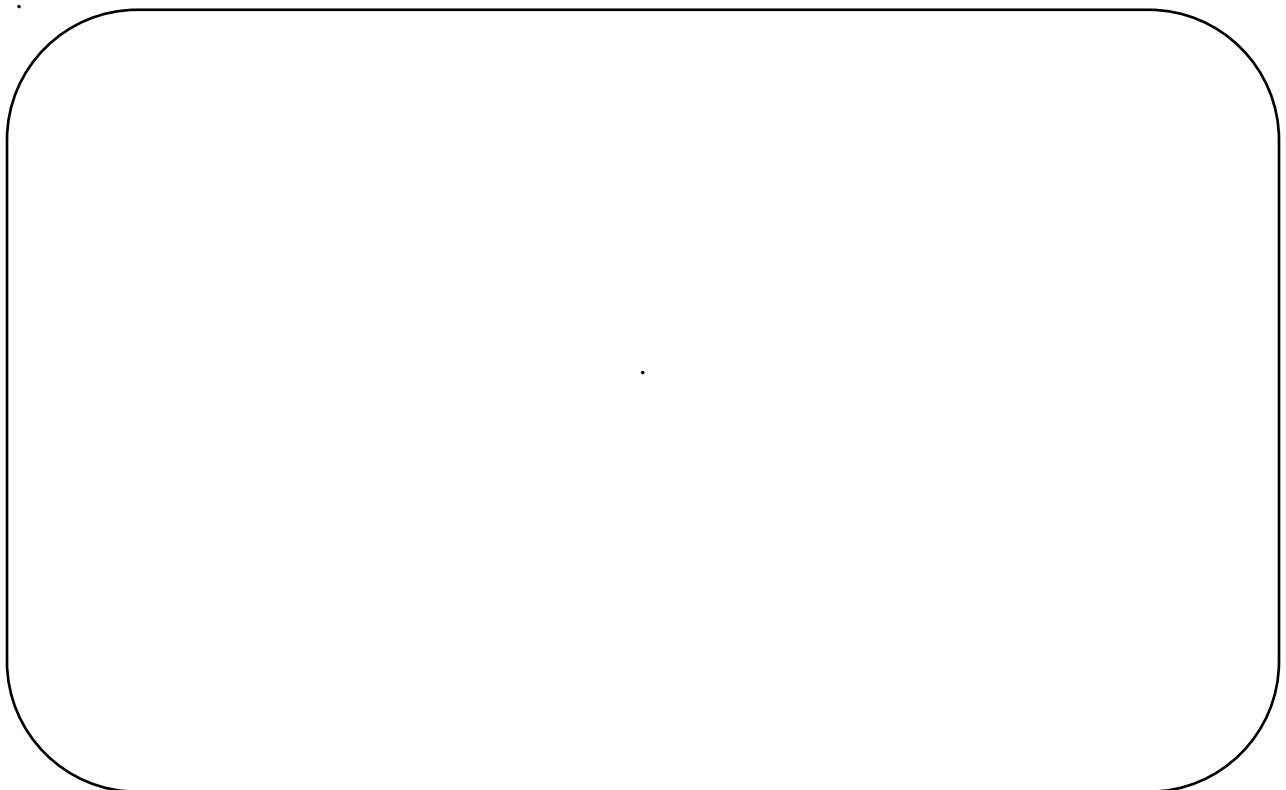




*What do you do now when a limiting belief arises?*

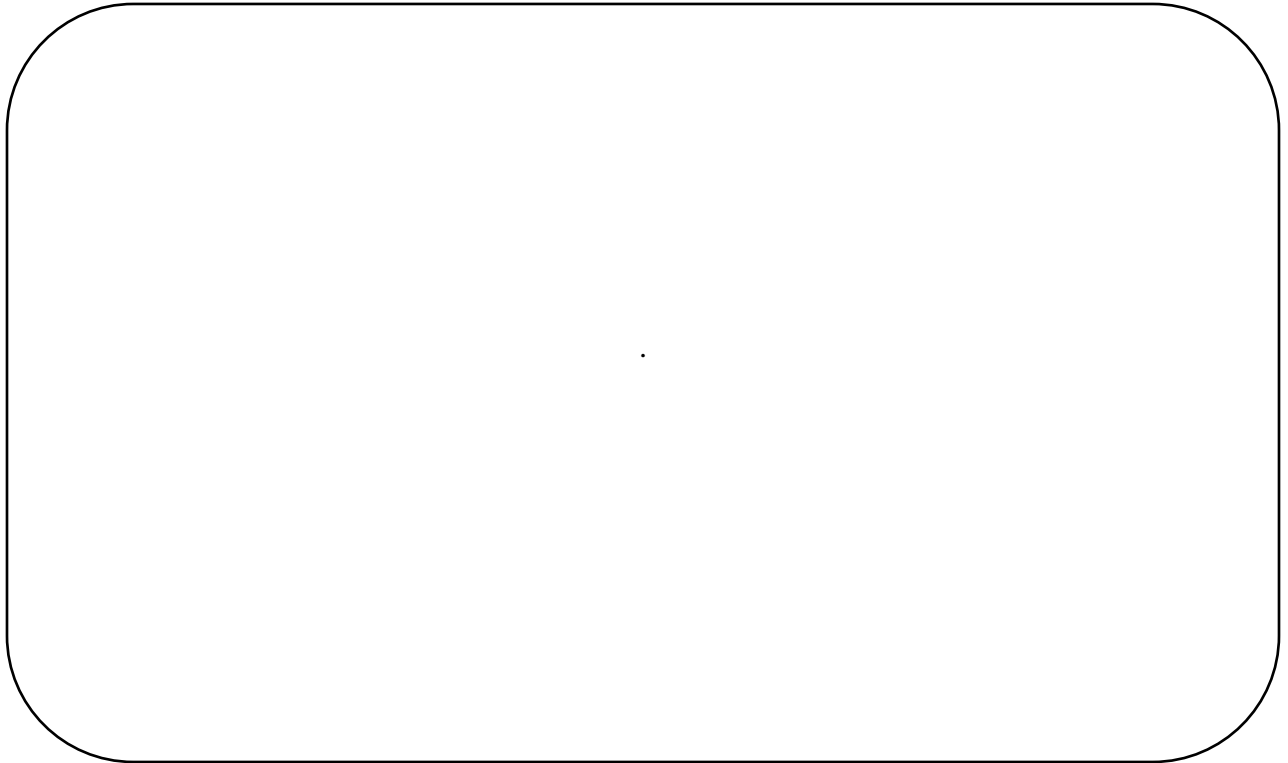


*Are there any areas where you would still like to improve around your mindset?*

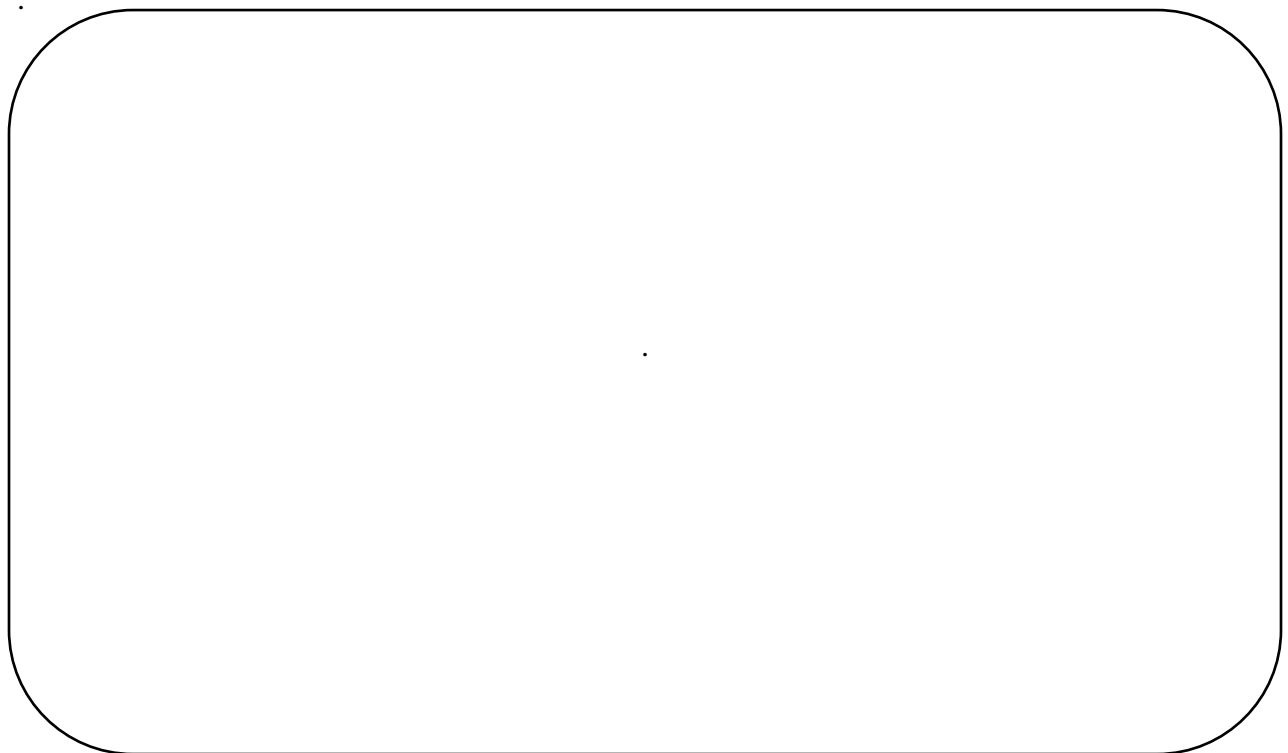


## **Your Emotional Landscape**

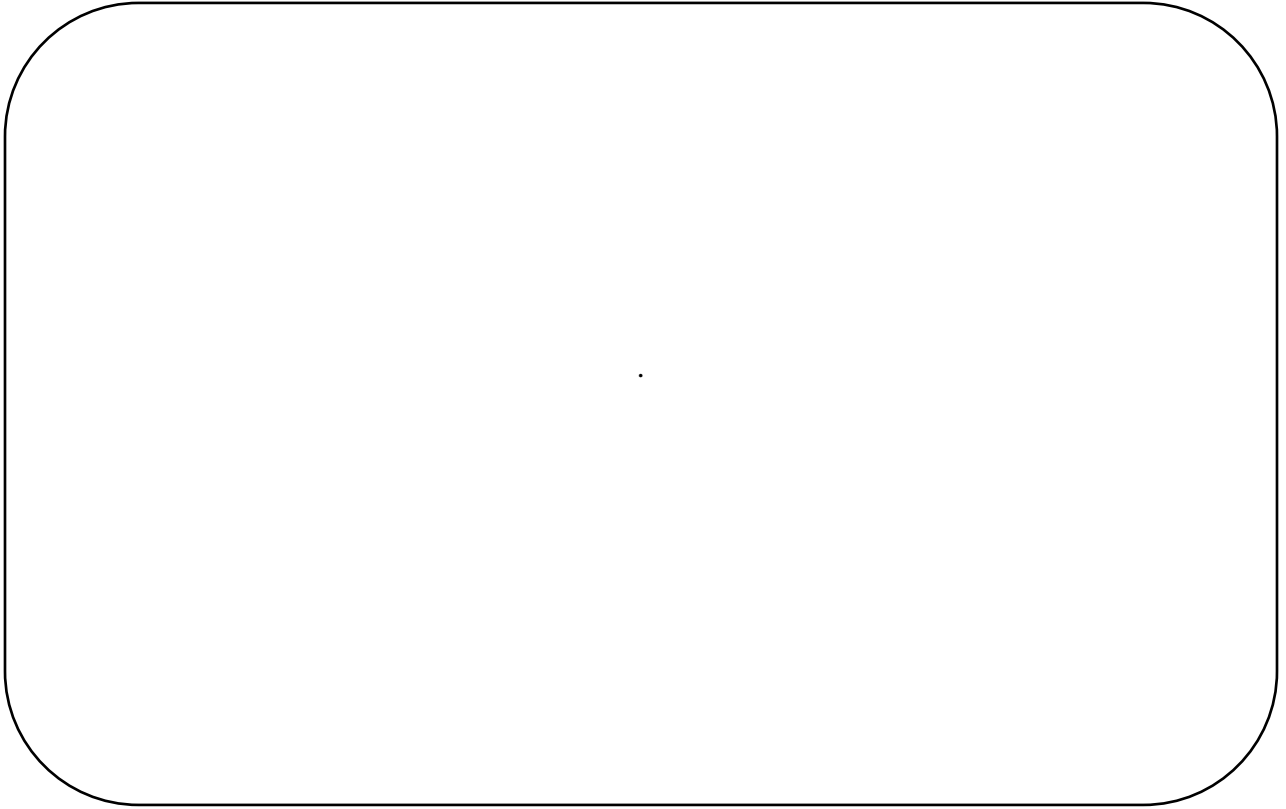
*When you think about your life now and your parenting, how do you feel?*

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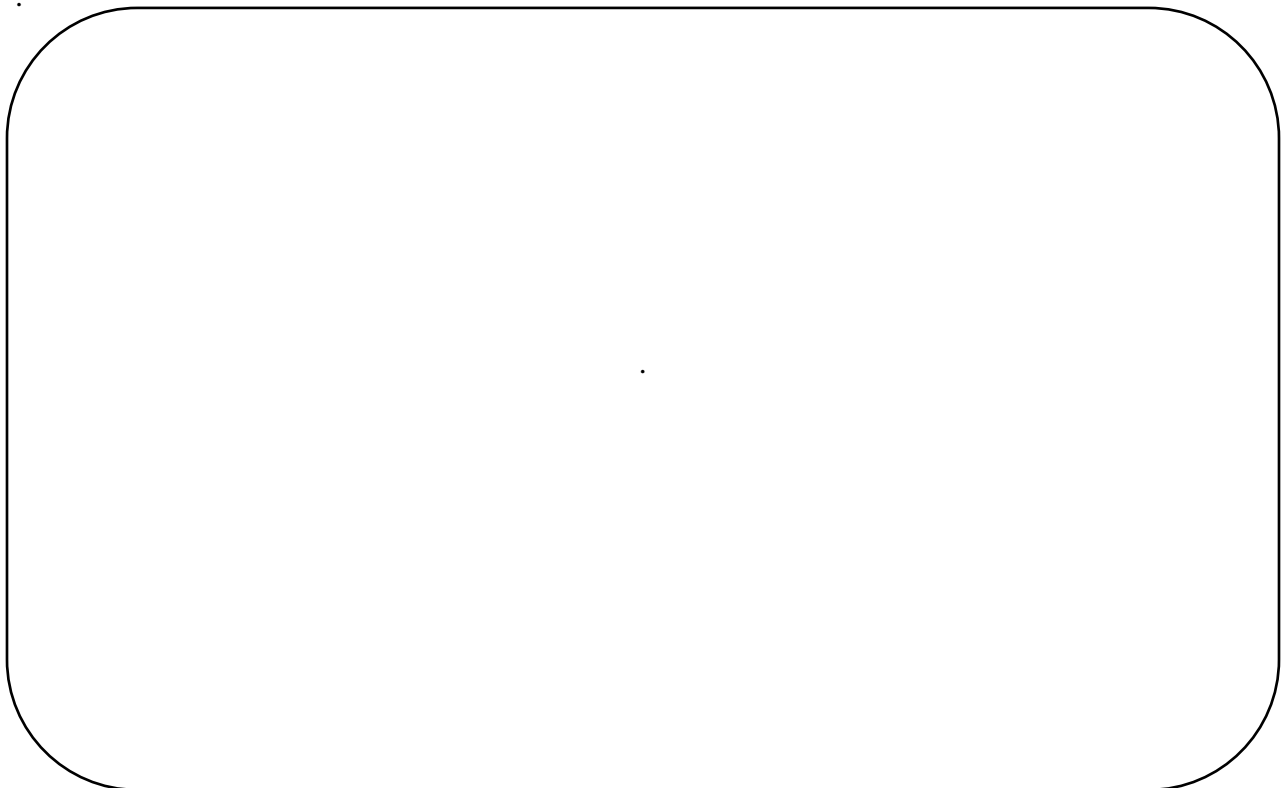
*Are you able to identify certain emotions in your body as they arise? Can you give an emotion a name as it arises?*

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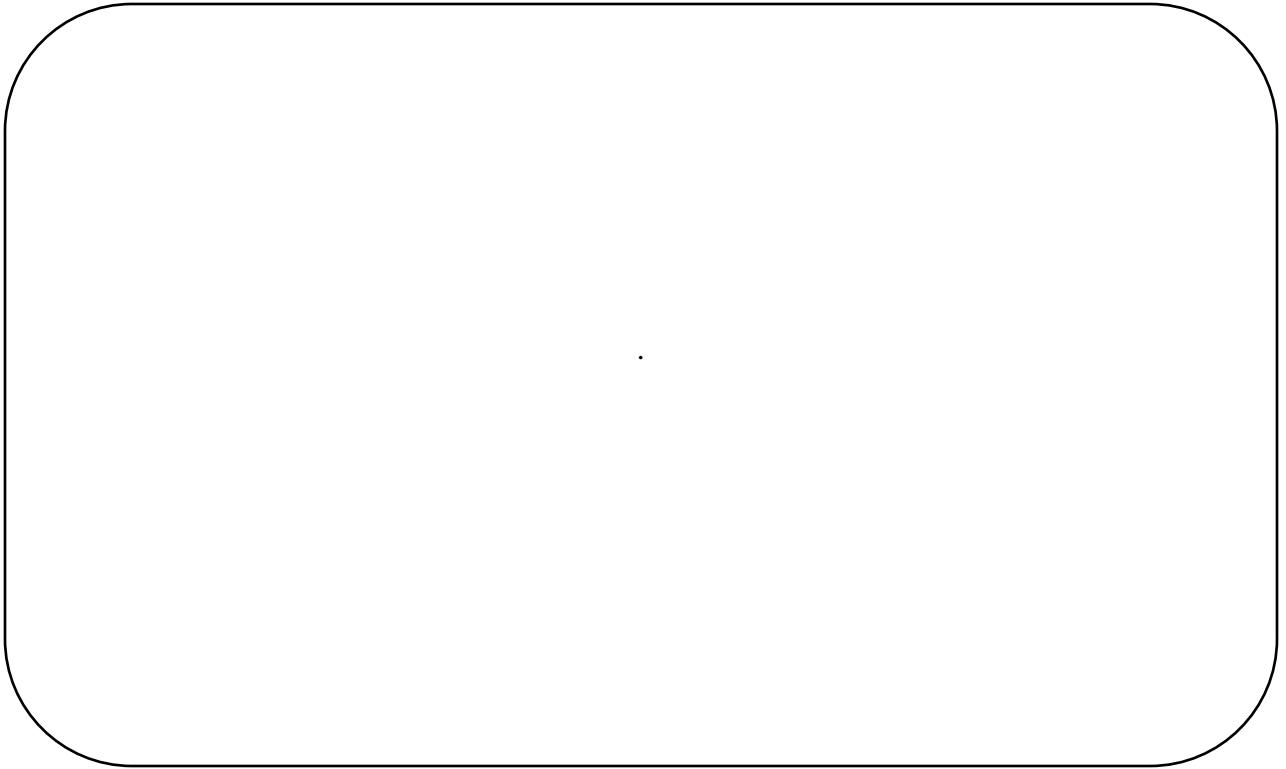
*How do you express/communicate your emotions with others?*



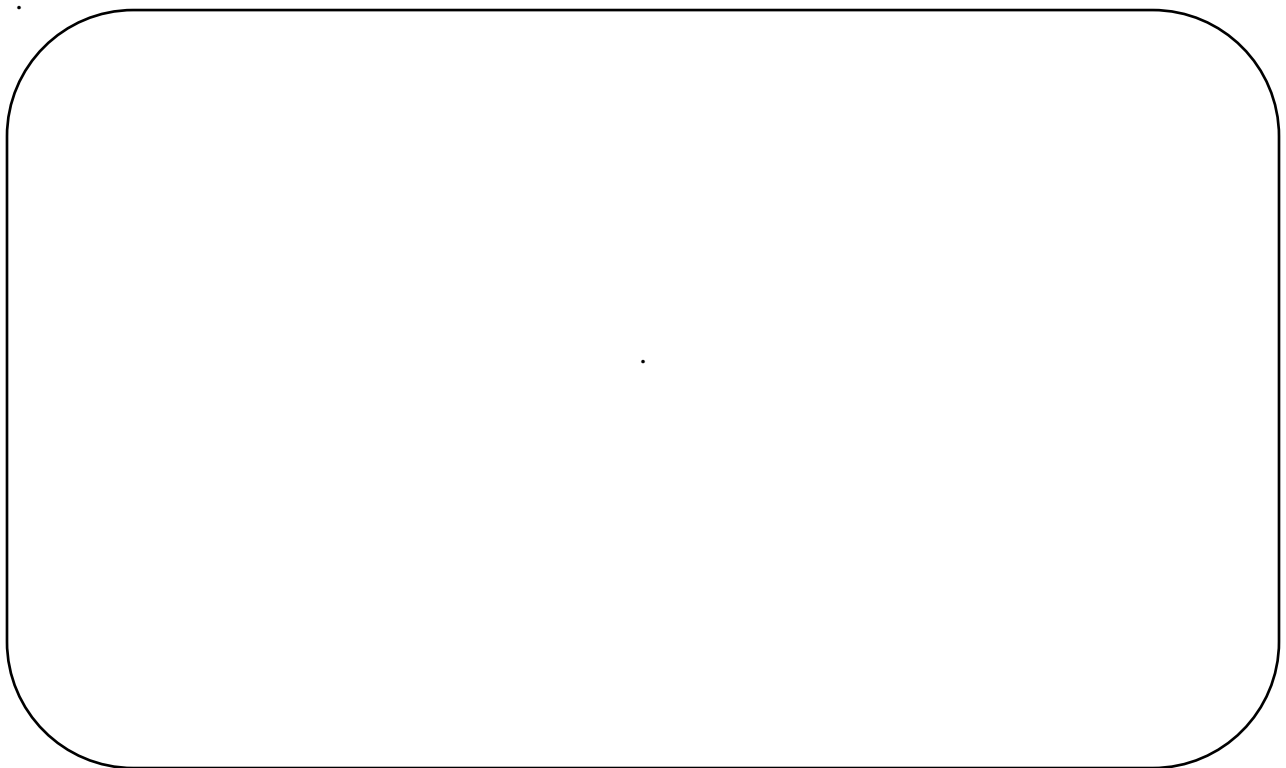
*How do you feel about encouraging your child to express/communicate their feelings with you?*



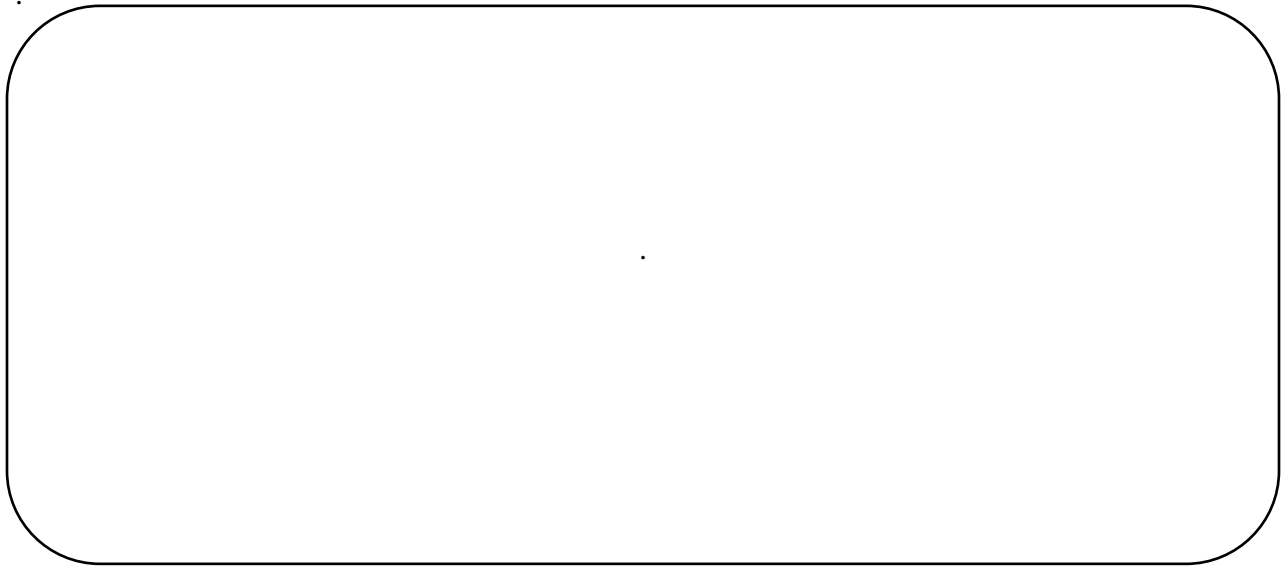
*How has your awareness of your emotions/your emotional landscape shifted in our time together?*

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*How Do you find that one emotion stands out as being very strong and can overtake your decisions or actions in any moment? If so, which emotion and what happens?*

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*Are there any areas where you would still like to improve around expressing your emotions and/or encouraging your child to express their emotions?*



## **Your Core Needs**

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As you approach this area, remember that life doesn't appear right away exactly as we want it to appear. You have your own unique time frame for attracting/manifesting your desired health, wealth, career, relationships...your life design.

Be aware that you are exactly where you need to be and that you can constantly and consistently move towards getting your needs met as a person and as a parent.

### **Your First Three Core Needs**

*How do you feel about your core needs right now? Using the Basic Human Needs chart on the next page, identify three core needs that are not getting met:*

<b>Core Need #1</b>	<b>Core Need #2</b>	<b>Core Need #3</b>

# Basic Human Needs

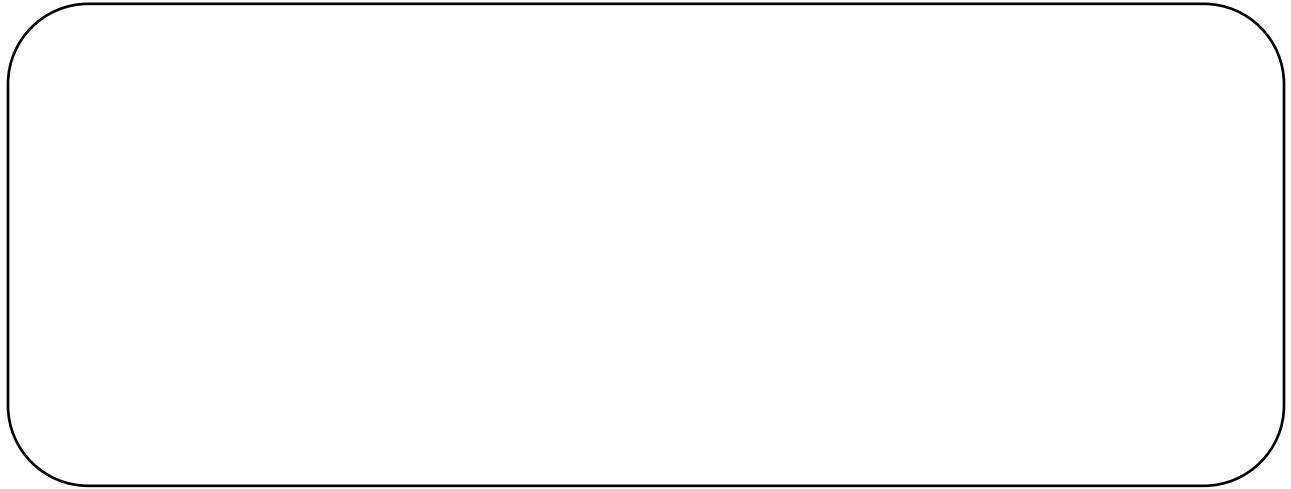
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Acceptance	Warmth	Meaning
Attention	To Understand and Be	Awareness
Affection	Understood	Celebration of Life
Appreciation	Physical Well-Being	Challenge
Autonomy	Air	Clarity
Connection	Food	Competence
Belonging	Movement/Exercise	Consciousness
Cooperation	Rest/Sleep	Contribution
Communication	Sexual Expression	Creativity
Closeness	Safety	Discovery
Community	Shelter	Efficacy
Companionship	Touch	Effectiveness
Compassion	Water	Growth
Consideration	Honesty	Hope
Consistency	Authenticity	Learning
Empathy	Integrity	Mourning
Inclusion	Presence	Participation
Intimacy	Play	Purpose
Love	Joy	Self-Expression
Mutuality	Humor	Stimulation
Nurturing	Peace	To Matter
Respect/Self-Respect	Beauty	Understanding
Safety	Communion	Autonomy
Security	Ease	Choice
Stability	Equality	Freedom
Support to Know and Be	Harmony	Independence
Known	Inspiration	Space
To See and Be Seen	Order	Spontaneity
Trust		

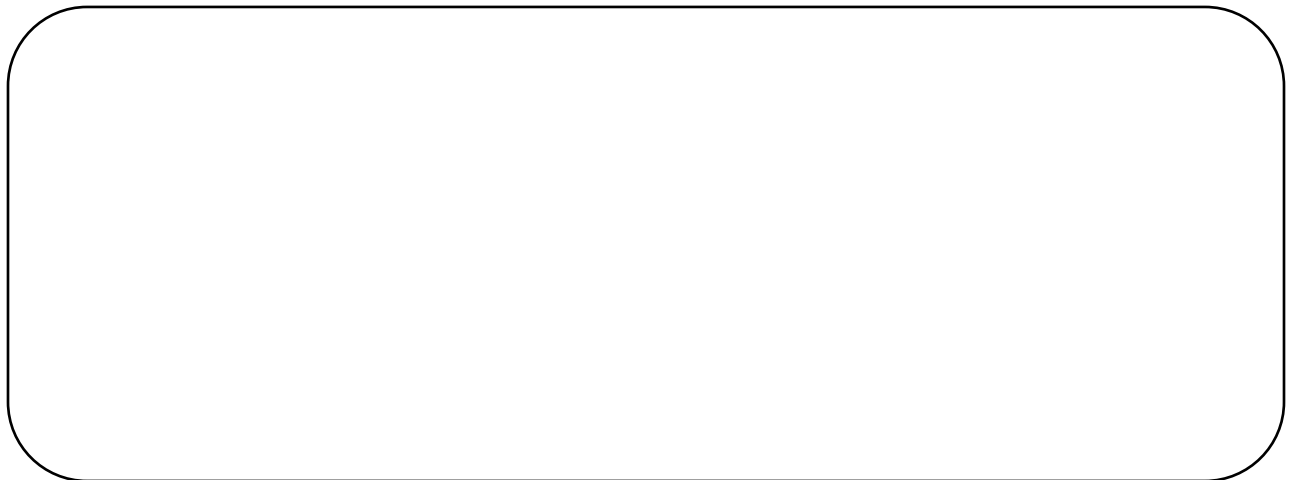
Take your top three core needs that are not getting met and answer the following questions for each one:

**Core Need #1:** \_\_\_\_\_

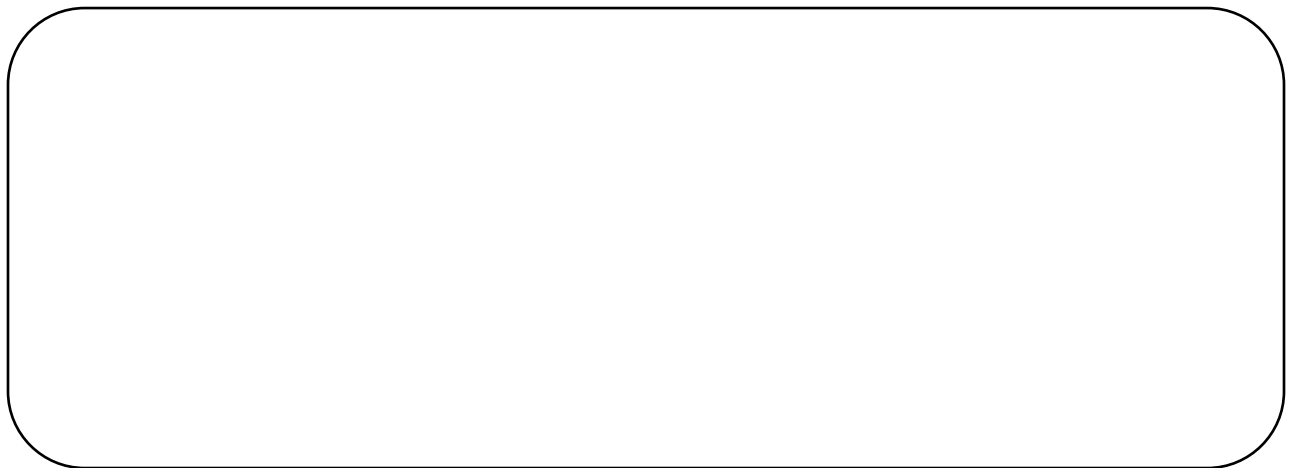
*What would I need to let go of in order to get this need met?*



*Who would I need to be in order to get this need met?*

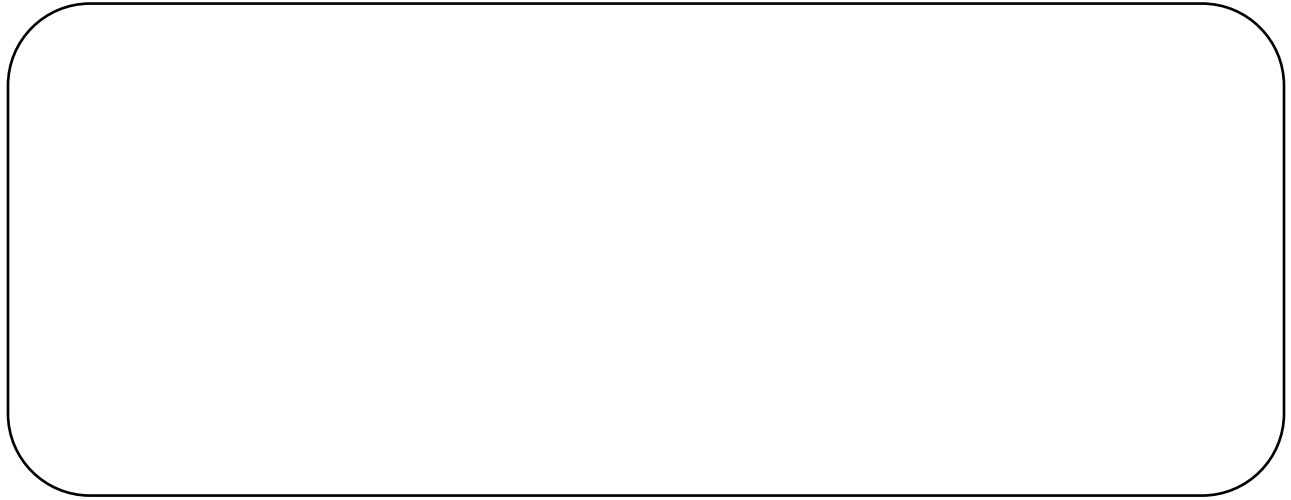


*What steps could I take right now to get this need met?*

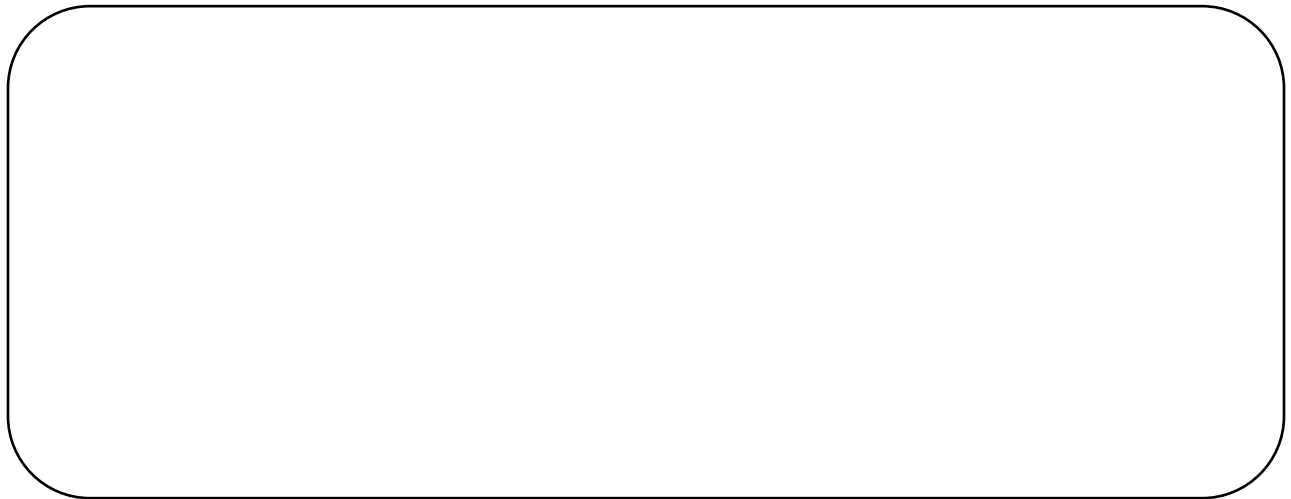


**Core Need #2:** \_\_\_\_\_

*What would I need to let go of in order to get this need met?*



*Who would I need to be in order to get this need met?*



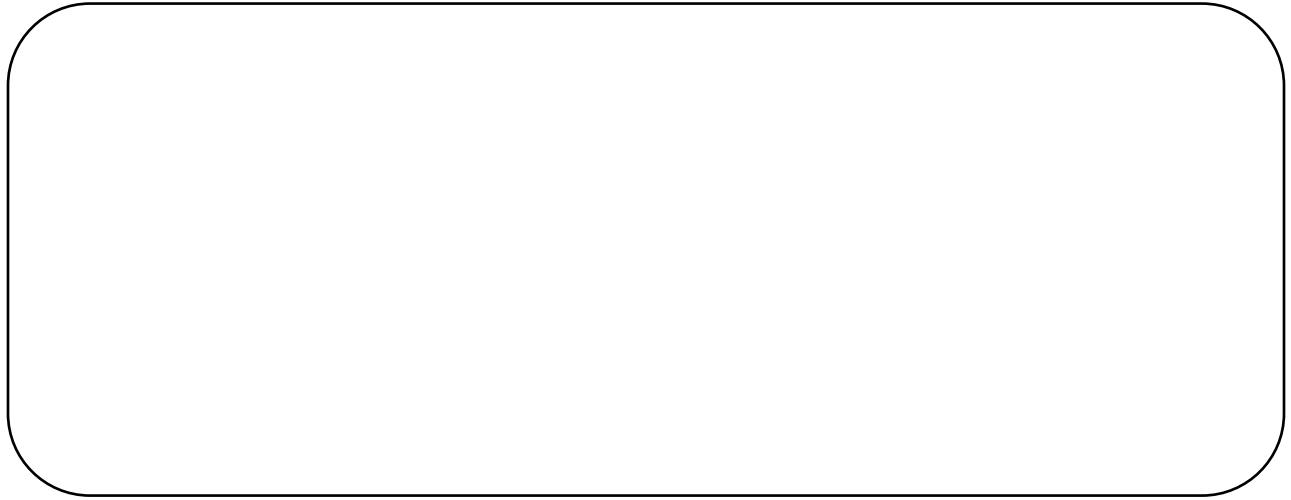
*What steps could I take right now to get this need met?*





**Core Need #3:** \_\_\_\_\_

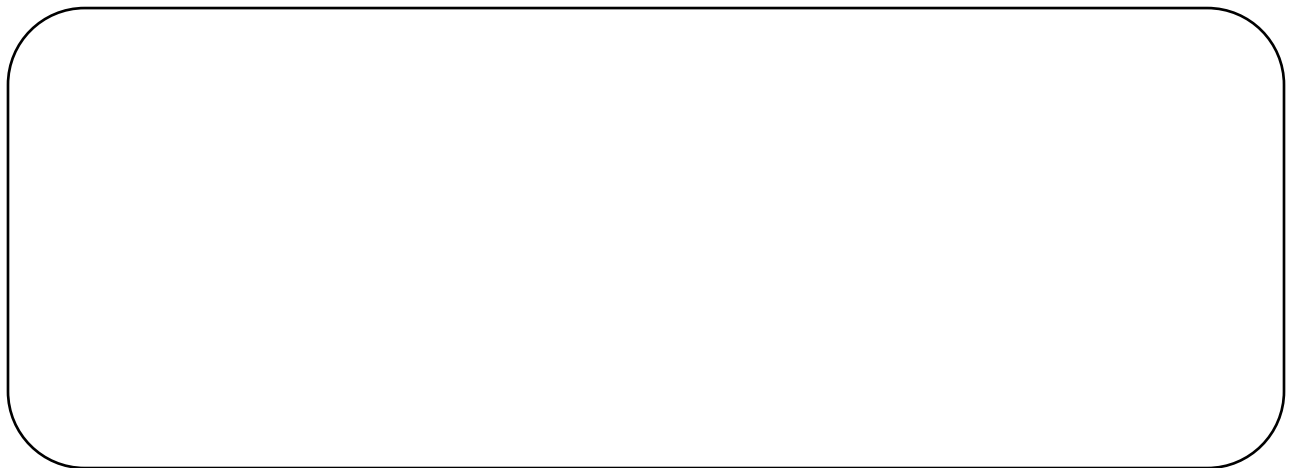
*What would I need to let go of in order to get this need met?*



*Who would I need to be in order to get this need met?*



*What steps could I take right now to get this need met?*



Using the same Basic Human Needs chart, identify three core needs that ARE getting met since our time together here:

Core Need #1	Core Need #2	Core Need #3

### Your Child's First Three Core Needs

How do you feel about your child's core needs right now? Using the Basic Human Needs chart, identify three core needs for your child that are NOT getting met:

Core Need #1	Core Need #2	Core Need #3

Using the Basic Human Needs chart above, identify three core needs for your child that ARE getting met:

Core Need #1	Core Need #2	Core Need #3

Since our time together, practicing the PEACE process as an approach rooted in empathy and curiosity to every parenting scenario, are you finding yourself able to access what your child may be needing beneath their surface behavior? Are you able, without urgency, to fix or rescue, simply NAME what the need is, either in your head or out loud?

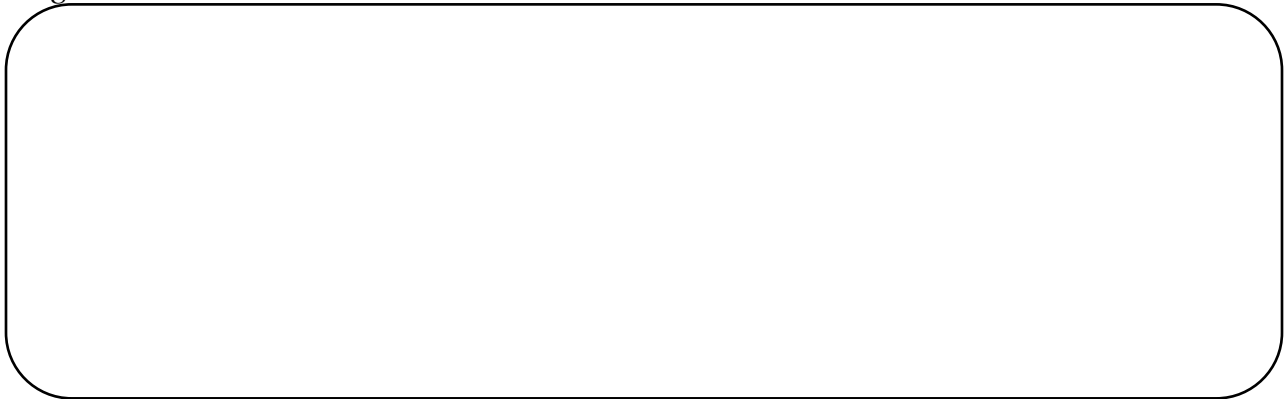
# Social and Personal Relationships

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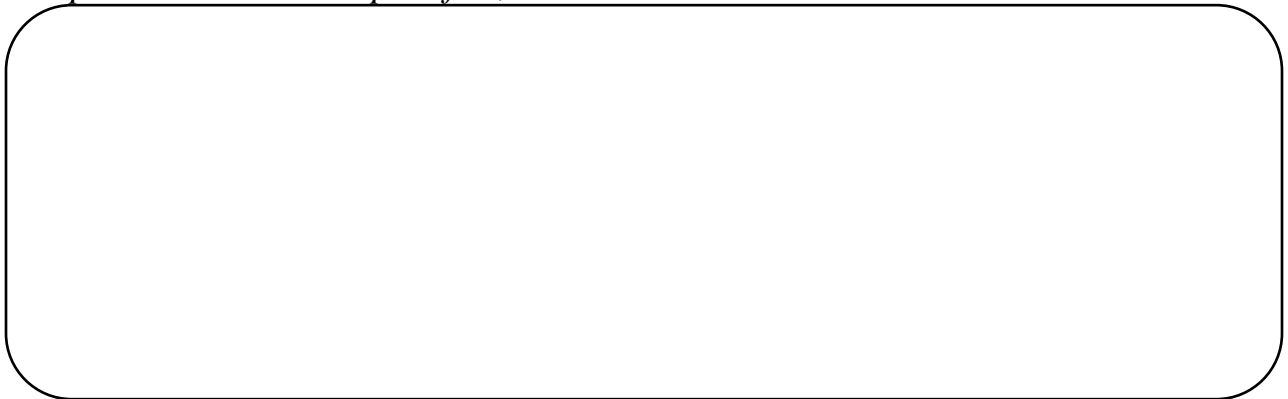
*How do you feel about your social and personal relationships right now?*



*How has your view of your social and personal relationships shifted since our time together?*

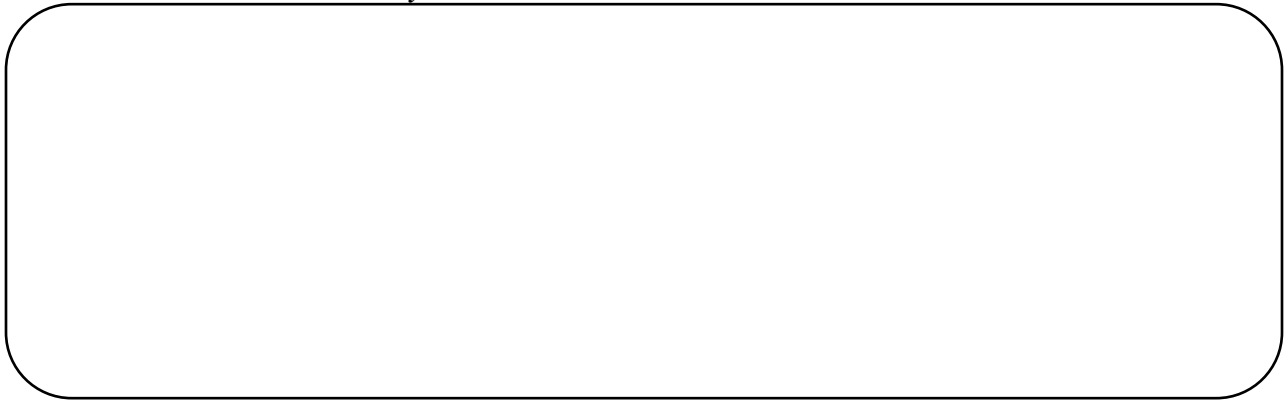


*Are there any areas where you would still like to shift/improve around your social and personal relationships? If so, which areas?*

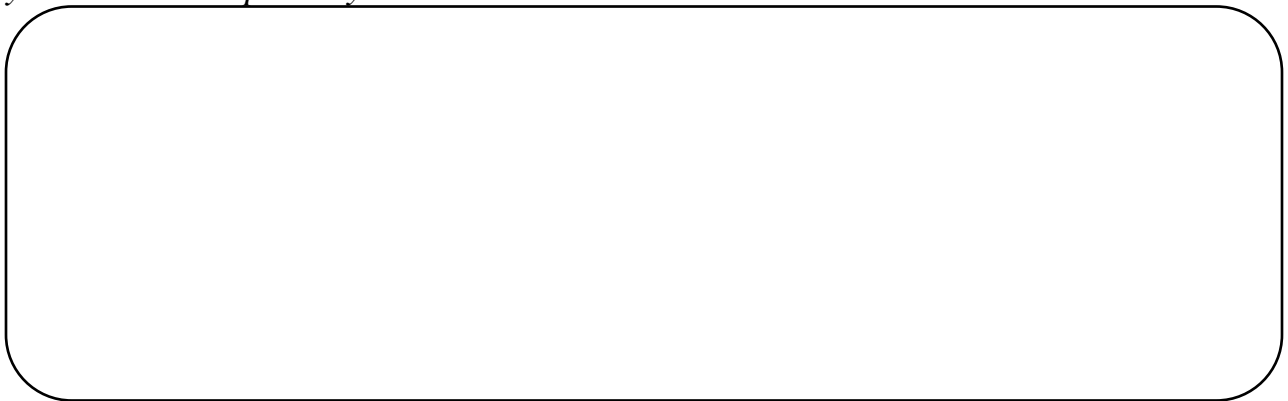


## Focus And Moving Forward

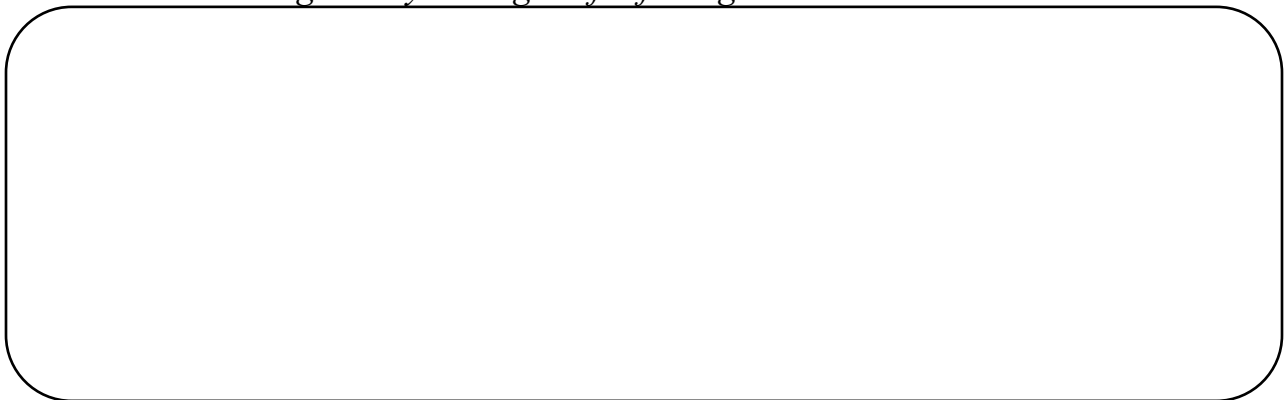
*If there were one area of your parenting that you'd really like to focus on now, what would that be and why?*



*What are three things you could celebrate right now about your parenting and your relationship with your child as it is now?*



*What are three things that you're grateful for right now?*



# Celebration And Overcoming Breakdowns

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*Now is the time to celebrate our time together and all of the shifts you've been making in your life and parenting. Conscious, peaceful parenting is an ongoing life process. It's not something that you wake up one day and will have completed. It's the process and your use of the tools that we've been learning together that will continue to bring about the peace, connection, and cooperation that you so desire.*

*When times become challenging with your child, I invite you to return to your original intention for your relationship. Remember, only you can set your intention and take responsibility for the energy that you bring into the space with your child. In order to have a clear reminder of your intentions, I invite you to create your own parenting manifesto, or statement for yourself. Claim for yourself and your family that you will invite a new paradigm of peace, communication and connection into your family. Here is an example you can use as is, or modify for your family values and goals.*

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## **A Parent's Manifesto**

*I commit to listen to you, to hear your voice even when it's saying something I may not like.*

*I commit to respect your feelings and needs.*

*I commit to offer you the space to express who you are and what you're feeling.*

*I commit to not take anything you do or say personally.*

*I commit to believing in you and your abilities even when you don't believe.*

*I commit to listening deeply to the calling of your heart.*

*I commit to taking a moment to calm myself down before coming to you with any anger, judgment or criticism.*

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Thanks for taking your precious time to fill out this assessment and evaluation questionnaire. I'm so looking forward to our continued time together and as always, I'm holding the space for you to realize your greatest life dreams and greatest relationship with your family.