



WEEK 2 | YOUR TRANSFORMATIVE PARENTAL JOURNEY

Setting Your Intentions as an Empowered Parent

Grounding Into Your Strengths as a Parent

As we move through this work, we must connect daily to what is going well. Every morning or evening, look at the list below to remind yourself that as transformation occurs and the unknown emerges, the slightest bit of appreciation or blessing keeps us anchored, held, and courageous.

What/whom/where do you LOVE about your family life right now?

What aspect of your family life, or relationship with your child/children do you have a generous appreciation for?

Share an aspect of your family life, and/or parenting, that you feel proud of?

What is true about who you are? Write down expansive + life affirming “I am” statements:

→ I am _____

→ I am _____

→ I am _____

What are your strengths? (As defined by you!)

What do you appreciate about yourself as a parent?

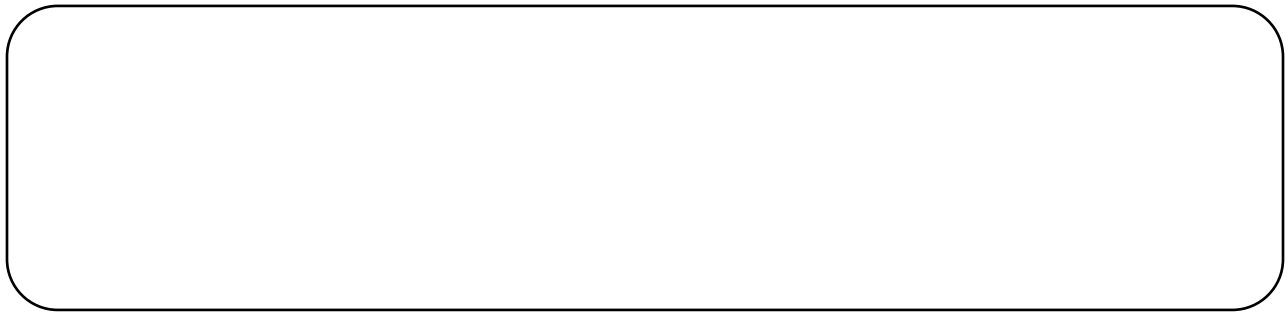
What do you appreciate about your Child/Children?

If you could tell yourself, as a parent, anything kind and loving right now, what would it be?

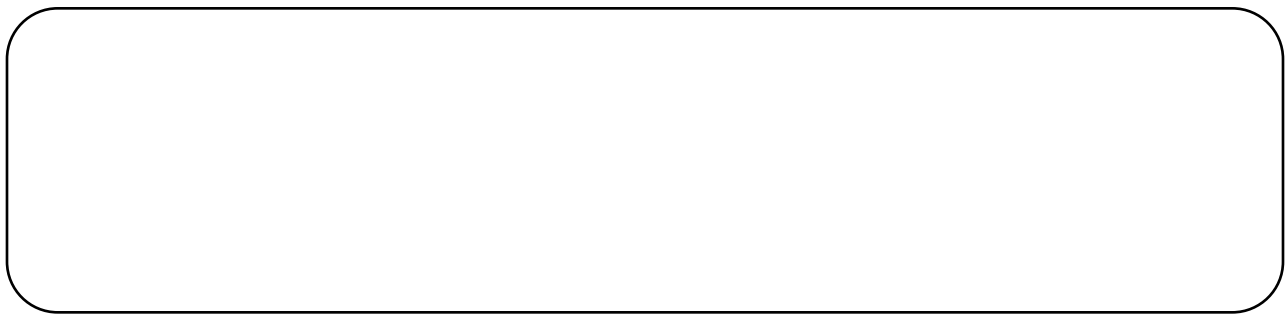
Support for Inner & Outer Resourcing

Let's look at how you already support yourself on a daily or weekly basis. You have no doubt been through growth oriented, and potentially challenging "growing pains", as a parent and person. How have you supported yourself through transitions in the past? It is vital that you believe you are supported in this process in ways that validate your own innate capacity, agency, and self-responsibility. We do not expect perfection!

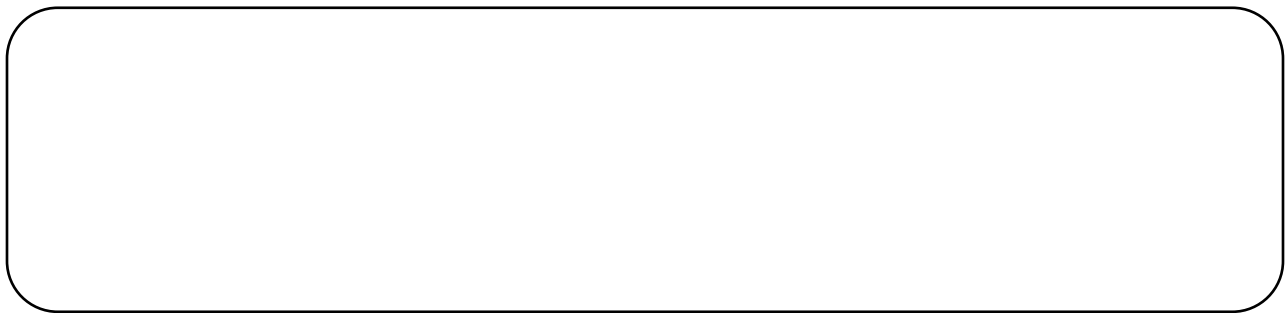
What are your favorite ways to process new information? Talking to a friend, taking a long walk reciting the information you just read, journaling, etc..?



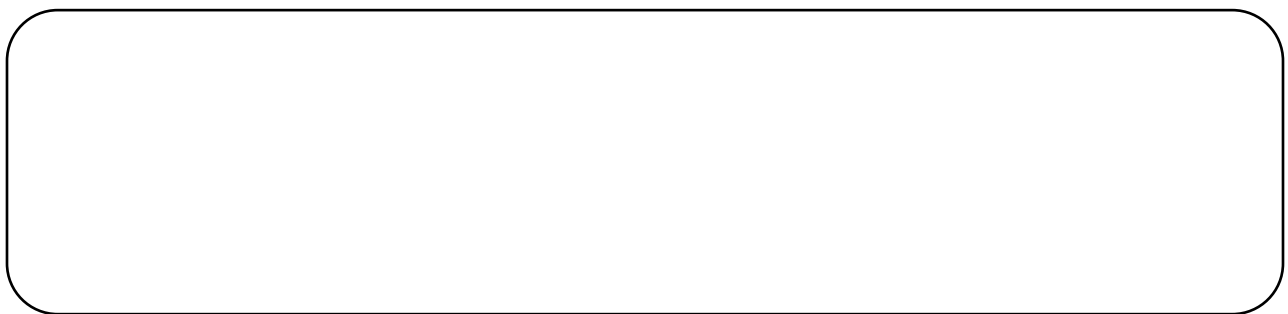
When you are going through a challenging time, how do you support yourself through discomfort? Exercise, extra rest, herbal teas, massage, etc?



What is your “go-to” tool for de-stressing? Aromatherapy, breathwork, prayer, your favorite comedy, etc?



Is there a supportive tool or practice that you’ve always wanted to try, but felt nervous to? Yoga, dance, EFT tapping, joining a weekly walking club, taking an art class, etc?



Setting Your Intentions as an Empowered Parent

As we journey together, you will be able to make profound shifts in your parenting and relationships. You will be asked to shift your ways of thinking and acting towards your child. This process can be exciting, motivating, AND challenging at times. So, here is where you can be prepared for the journey.

First, we will focus on your intentions for taking this course, both for yourself and your relationship with your child. Remember, this is about you and your relationship with your child! We are not trying to specifically change, fix, or alter the behavior of your child. You will be focusing on YOU, your parenting, your relationship to motherhood, and how that affects the way you interact with your child.

You are the model for your child. You set the stage. So, it's very important that you have clear intentions for yourself and your relationship with your child. Doing this will help you stay on the path towards transformation.

There are no wrong answers to any of these questions!

What are 3 goals/intentions for your relationship with yourself?

a.	b.	c.
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What are 3 goals/intentions for your relationship with your child(ren)?

a.	b.	c.
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What are 3 goals/intentions for your family as a whole?

a.	b.	c.
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What Are Your Top 3 Personal Values?

It's time to define the things that are important to you. Below is a list of widely held common values. You may hold some values that are not on this list. Feel free to add more if you care deeply about something that is not on the list.

This exercise gives you a framework for identifying your personal core and present life values. Review the list of values on the attached list. Circle or mark 10 values that you feel are most important in your life today. You don't have to think about this too much. It is usually fairly accurate to quickly identify the values that resonate with you, move you, and jump out at you. **BE HONEST!** Don't select something (or not) because you feel it is something that you should or shouldn't value.

Circle all of the values on the List of Values found on the next page that resonate with you. After you've got your list of everything that you personally value, you'll want to simplify! Pare it down and highlight your top three.

Write each of these three values that are most important to you:

→**Use the List of Values found on the next page as a reference point**

a.	b.	c.
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What qualities would you like to see in your child/children when they are adults?

List of Values

Accomplishment/Success	Charity	Connection
Equality	Gentleness	Improvement
Meaning	Power	Skill
Accountability	Cleanliness, orderliness	Cooperation
Fairness	Global view	Independence
Money	Quality of work	Spirit/Spirituality in Life
Accuracy	Collaboration	Creativity
Faith/Faithfulness	Gratitude	Individuality
Openness	Reliability	Strength
Adventure	Commitment	Determination
Family/Family Feeling	Goodness	Stability
Oneness	Resourcefulness	Delight of being
All for one and One for all	Communication	Joy
Flair	Hard work	Integrity
Others' points of view	Respect	Success
Beauty	Community	Democracy
Freedom/Liberty	Happiness	Intelligence
Peace/Non-violence	Security	Teamwork
Calm/Quietude	Competence	Discipline
Friendship	Harmony	Intensity
Personal Growth	Self-reliance	Tolerance
Challenge	Competition	Discovery
Fun	Health	Justice
Pleasure	Service (to others, society)	Tradition
Change	Concern for others	Diversity
Generosity	Honor	Kindness
Perseverance	Simplicity	Trust

Your Default Pattern

As we move together through the program, you may be challenged and you will revert to your default pattern of thinking and acting. You can expect this! It is normal and understandable.

The good news is that you can plan for this to happen by recognizing and defining your default pattern. This process is hugely beneficial to you and will determine the success that you have as you integrate this deeper emotional work into your life.

We all get flakey when we feel challenged. When we start something new, we're excited and enthusiastic about the future outcomes. All possibilities immediately open up. Suddenly, with a new burst of energy, we feel lighter, hopeful and fulfilled. If only for a moment, there's a new freshness in our lives.

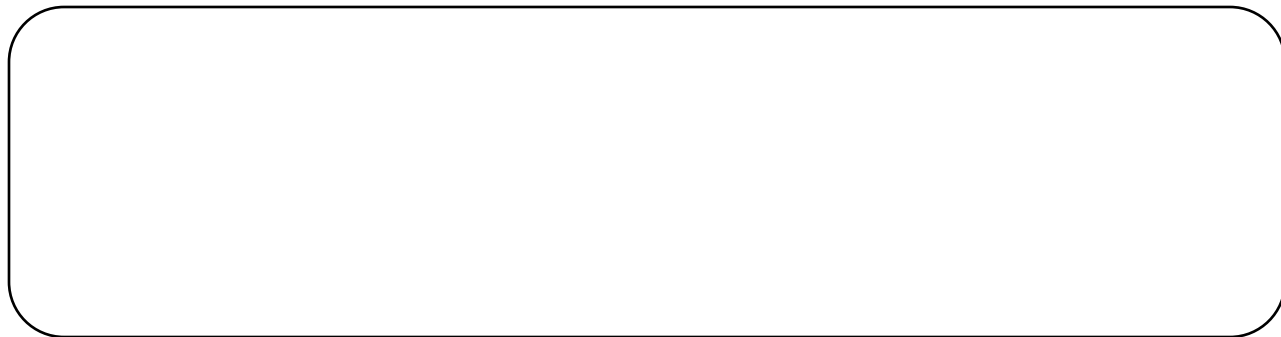
And then, at some point along this journey (this happens with ANYTHING new that you take on in life), you will be challenged. You will hit a roadblock--some obstacles, some place where you'll just feel like quitting and giving up. It's right here within these moments of challenge that we want to explore here. What happens to you within these moments of challenge? Do you become distant? Maybe distracted with other things? Maybe you'll make excuses for not continuing with homework assignments--you'll feel too tired, or perhaps you'll discount everything that you've been learning and chalk it up to "just another theory," and then go back to your old way of doing things.

All of these behaviors that you do when you're challenged are your default patterns. You WILL go to your default pattern throughout our time together. What we want to do now is define your default pattern. Because this has been your blind spot in life--it's what you don't know that you don't know. And once you can define your default pattern and bring it out into the light, then you'll be much more aware when it starts to appear in your behavior.

During our time together, you'll be asked to do certain exercises and homework assignments in order to really embody the transformation this process offers.

Go ahead and answer the questions below. You will be setting yourself up for success! This is a journey and it doesn't end after our time together!

Where are you most challenged in your parenting at this time? What specific scenarios or dynamics are causing stress or tension in yourself, and your home?



What patterns, behaviors or choices do you make when you feel the most challenged that aren't in service to change? (Hint: There may be more than one.) This is your default pattern.



Do you have any medical conditions that we should know about that are affecting your body or mind? Reminder, if at any time you need additional support while in this process, please seek support.



Where are you likely to start sliding on your commitment to be fully present and do this work?



Take a deep breath. Thank you for doing that work. It will serve you throughout our time together, more than you know!

Active and Reflective Listening

How to be an active listener for your child:

1. Slow down, show up, and listen intently

This won't happen perfectly, or all of the time. Do your best each day to approach your interactions with your children with a clear intent to show up, slow down, and listen to their voice as if it were the most precious thing in the universe. What if, every day, you could stop what you're doing, get to eye level with your child, and listen with so much presence, that you feel like your heart is going to explode? This is what presence feels like!

2. Refrain from interrupting

Accept imperfection, and take a "noticing" approach. How often do you interrupt your child? Their brains move so much more slowly than yours. They take a lot more time to process their thoughts, memories, and desires. Can you listen to your child's natural processing without interrupting them and taking control of the conversation?

We teach our children by modeling. Are you modeling non-interruption? When our children tell us their feelings, their stories, and their fears, can you listen and do nothing but hear them? No fixing. No rescuing. Just hear them.

3. Refrain from Labels and Judgement

Can you listen to your child as they tell a story, ask a question, or share their thoughts and fears without labeling them? Notice when you have labels come up in your mind, thoughts like "gosh why does this kid have to be so obnoxious and loud?" or, "he doesn't ever tell the truth, he's not honest". Judgements and labels are normal, they are deeply conditioned within us as we perceive our children. But they are rarely useful in creating a powerful relationship with our children.

4. Refrain from Comparison

Notice when you are comparing your child to someone else. Maybe this is their sibling, cousin, or friend. Can you show up, and unconditionally accept your child as their own unique self....more unique than a fingerprint or a snowflake, and drop comparison?

Reflective Listening to Show Our Child We Hear Them

- Repeat back what your child said to let them know you heard them.
 - If your child comes to you and shares a long, expansive story, you can repeat back all or some of what they shared with you. We don't need an elaborate response. For many children, hearing you repeat their words is all they need to feel seen, heard and appreciated.
 - For some children, having their words repeated back could be uncomfortable at first. If your kids are older and are not used to hearing you repeat back their words, then let them know what you're up to! Help them understand why you are repeating their words back so it's not confusing for them. "I'm working on hearing what you're saying more accurately!"
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Take a deep breath. Thank you for doing that work. It will serve you throughout our time together, more than you know!

Blessings and welcome to our journey together.