

MY PARENTING MINDSET

REFLECTIONS ON MY AUTHENTIC PARENT-SELF



1 PARENTING VALUES IMPORTANT TO ME:

LIST THE PARENTING VALUES AND CHARACTERISTIC THAT ARE IMPORTANT TO YOU.

2 LIFE STRESSORS GETTING IN THE WAY OF ME BEING MY BEST PARENT-SELF:

LIST YOUR CURRENT LIFE STRESSORS.

3 NEXT STEPS

LOOK AT YOUR LIST OF PARENTING VALUES AND IDENTIFY ACTIONS THAT WILL LEAD YOU CLOSER TO THOSE VALUES.

1 ACTION I WILL **START** DOING IS:

1 ACTION I WILL **STOP** DOING IS:

1 ACTION I WILL **CONTINUE** DOING IS:

Pay attention to these three as you move along your day and week, setting an intention each day to start, stop, and continue. Notice and reflect on your progress with kind objectivity, and if you have a parenting partner ask for their feedback. Take it in and remember that parenting is a process.