

Worksheet 4: Looking Forward – My Parenting Vision

Think about the kind of parent you want to be, even when things are hard.

The kind of parent I want to be (in 5 words):

What I want my kids to remember about this time:

One thing I'm modelling for my kids right now that I'm proud of:

One thing I'm modelling that I want to change:

What I hope my kids learn about relationships from watching me:

What I hope they learn about resilience:

Three things I want to do more of with my kids:

1.

2.

3.

Three things I want to do less of (worry, overthink, yell, etc.):

1.

2.

3.

