



What are the relationships amongst members of your family like?

What kind of parent have you been?

How would you like your child to describe what it was like to grow up with you as a parent?

What could you do more of right now to help steer toward these goals? What could you do less of?

(Think of concrete, achievable steps you could take today... you don't have to have the total plan, just a few steps in the right direction.)

Once you've written this down, you have a road map for the parenting journey you mean to be on. There will be days you lose your way – when you're just not parenting the way that you want to. Forgive yourself, apologize as needed, then use these goals to help course-correct and get back on track.