

BE THE PARENT YOU WANT TO BE

1 The purpose of this exercise is for you to know yourself better so that your focus can be completely on the outcome that you want to produce. If you've never done any personal growth work before, the idea here is to determine what thoughts, beliefs, or memories may be coloring your perception of what is currently happening. The power to affect change is only in the present and happens best when your focus is on the desired outcome and not on yourself or the other person.

Write or speak these answers without an editor or filter. If you are speaking, use a recorder so you can listen to the answers. This is not for a grade! Spelling doesn't count! Grammar doesn't count! What counts is you understanding where your power lies and how to apply it. Write or speak freely on today's question for 3-5 minutes. It is most helpful to refrain from judgement about the truth.

HOW DID YOU LEARN TO READ?

WHAT WAS THE BEST THING ABOUT LEARNING TO READ?

WHAT (OR WHO) DID YOU HAVE TO OVERCOME IN ORDER TO LEARN TO READ?

WHERE DO YOU STRUGGLE WITH READING TODAY?

WHAT WOULD YOU LIKE FOR YOUR CHILD'S JOURNEY IN LEARNING TO READ?

6 Go back and review your answers from those five questions. Underline key words or phrases that stir strong emotion in you. Notice any patterns?

Imagine the parent you would like to be, you can use a real, fictional, or imaginary role model. As if you were that person, write down a short description of that parent. Start with "I am ..."

