

## SETTING THE INTENTION FOR WHO YOU WANT TO BE

Take a moment to reflect. Imagine your ideal parent / caregiver self, how you'd like to be interacting with the kids in your life so that you can have the relationship you want, feel connected to them, and know that you are supporting them to be their best selves?

This can be based on yourself in your best moments, something you conjure up, or even on a friend or other role model.

What adjectives would you use to describe how you would like to be? Some examples might be loving, calm, present, silly, confident, open, playful, good listener, compassionate, empathetic, fair, curious, etc.

### Three Adjectives

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**Why is it hard for you to stay in this “ideal” space? What interferes?**

**What one thing will you do to try to stay in this space more?**