



## Module 7

### Evaluation and Celebrating Successes

As you complete your experience through ***Becoming Me While Raising You: A Journey to Self*** it is helpful to take a step back and reflect on where you are now on your personal and parenting journey (mentally, emotionally and physically) compared to where you began. The goals that were set in the beginning...have you achieved them? Are you much further along in the process?

Please take your time with the following questions.

Sometimes, our minds will jump to focus on problems or 'what's wrong', **make sure** to allow yourself the space here to celebrate your successes!

I look forward to our discussion on 'the other side' of this questionnaire 😊

#### MINDSET

1. How is your overall mindset as you move through your daily life since we began our work together? What about your mindset specifically around parenting your son/daughter?

2. Has your overall outlook shifted? If so, how?

3. Are you able to notice when a limiting belief arises or is present in your thoughts?

4. What do you do now when a limiting belief arises?

5. Are there areas where you would still like to improve your mindset?

## **YOUR EMOTIONAL LANDSCAPE**

1. Are you able to identify certain emotions (positive or negative) as they come up in your body?

2. Are you able to pause when triggered and respond rather than react to the situation?

3. How has your awareness of your emotions shifted in our time together?

4. How do you express/communicate your emotions with others differently now than before you started this course?

5. At this time, how do you feel about encouraging your child to express or communicate his (her) feelings with you?

6. Do you find that one emotion stands out as being very strong which may overtake your decisions or actions in any moment? If so, which emotion and what happens?

7. When you think about your parenting today, how do you feel about it?

8. Are there any areas you would like continue to improve with regard to expressing your emotions and/or encouraging your child to express his/her emotions?

### **Social and Personal Relationships**

1. How do you feel about your social and personal relationships right now?

2. How has your view of your social and personal relationships shifted in the process of working through this course?

3. Are there any areas where you would still like to shift/improve with regard to your social and personal relationships? If so, which areas?

### **FOCUS AND MOVING FORWARD**

1. If there were one area of your parenting that you'd really like to focus on now, what would that be and why?

2. What are three ***things that you could celebrate right now*** about your parenting and your relationship with your child as it is today?

3. What are three things about life in general that you are grateful for right now?

### **CELEBRATION AND OVERCOMING BREAKDOWNS**

Now is the time to celebrate your work through this course and all of the shifts that you've been making in your life and parenting.

Mindful parenting (conscious parenting a/k/a intentional parenting) is an ongoing life practice. It's not something that you wake up one day and will have completed. It's the process and your use of the tools that we've been learning together that will continue to bring about the peace, connection, and cooperation you so desire.

When times become challenging with your son or daughter, I invite you to return to your original intention for your relationship. Remember, only you can set your intention and take responsibility for the energy that you bring into the space with your child.

In order to have a clear reminder of your intentions, I invite you to create your own parenting manifesto, or statement for yourself. Claim for yourself and your family that you will invite a new paradigm of peace, communication and connection into your family.

Here is an example for you to use, feel free to modify this for your family values and goals.

## A Parent's Manifesto

- 1. I commit to listen to you, to hear your voice even when it's saying something I may not like.*
- 2. I commit to respect your feelings and needs.*
- 3. I commit to offer you the space to express who you are and what you're feeling.*
- 4. I commit to not take anything you do or say personally.*
- 5. I commit to believing in you and your abilities even when you don't believe.*
- 6. I commit to listening deeply to the calling of your heart.*
- 7. I commit to taking a moment to calm myself down before coming to you with any anger, judgment or criticism.*

Thank you for taking valuable time to fill out this assessment and evaluation questionnaire. I'm so looking forward to our final session together and as always, I'm holding the space for you to realize your greatest life dreams and greatest relationship with your family.

Light & love on your journey...

*Kim Muench*