

Empowering Parents To Raise Confident, Resilient and Happy Kids

Step 5: Heart centered Connection

Daily Deliberate Practice is key!

First of all, make sure that you have gone through all of the previous steps.

Focus on what is working and what is going well.

Tool:

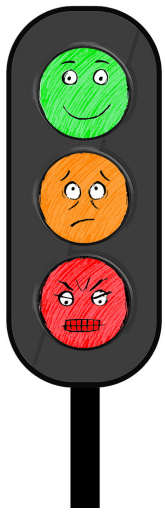
Cup your hands and place them over your eyes with your eyes closed.

Take breaths in and out for a few minutes.

This is a great way to calm your senses.

Write down what is working for you?





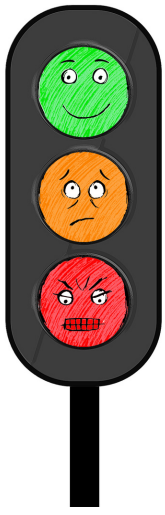
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Gratitude.

I am grateful for:



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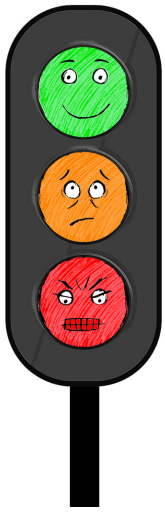


Visualise everything going well.

Close your eyes and visualise:

- Responding calmly
- Communication going well
- Making time for you
- Organised
- Happy peaceful family





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"The work we do on ourselves becomes the gift to everyone else"

You are important and you matter.

By working through each step I have shown you, you will be more connected to your heart and soul which will then give you the connection with your family.

Remember your kids want your connection, not perfection!

Libby

x