

## Week 5. Navigating the “IT”: INTERFACE WITH THE WORLD ~ My Roles as a Parent

### WORKSHEET 1: Reflecting on who I am as a model



“We teach who we are”

The example we provide is one of the most effective and immediate ways to teach. We can use many parenting and teaching methods and techniques, but **at the base of these is the reality that we teach and pass on who we are.** According to some research, about 90% of children’s learning is by imitation.

The steps to engaging this role as an awareness practice are:

1) **Imagine that everything you do and say** (including your energy and your moods) **might be copied.** Or will at least imprint upon your child and his initial understanding of the world and orientation to the world, to relationships, to how things are and how he is supposed to be in and navigate this world.

2) Given this, the next step is the question: **What do I currently provide as a model,** as orientation? Here some questions to ponder:

- a. How do I feel about myself? How do I relate to myself?
- b. How do I relate to others?
- c. What is my relationship with Life?
- d. How do I respond to challenges, problems; what triggers me?
- e. How do I take care of myself and others?
- f. How do I live my spirituality?

3) And then the third step: **What would I like to continue doing and what would I do differently?** This step connects with the vision we hold for our child. And also with the vision we hold for ourselves. It invites us to listen to the future, to what our children and what we could be, to listen to our potential. And also to include that which is already present and alive in us that we'd love to share and pass on to our kids.

4) The fourth step is to **make conscious choices and enact these**, as well as to appreciate and continue those choices and actions that already serve our children.

#### **EXERCISE:**

\*\* Think of 3 things that you currently model to your child that you'd like to transform.

- 1)
- 2)
- 3)

\*\* Consider how your higher self might model/act. Do this with compassion/patience and a willingness to stretch/grow. Write down how the above 3 could be transformed:

- 1) >>
- 2) >>
- 3) >>

\*\* Commit to the *practice* (not the perfection). Possibly engage an accountability partner, someone to touch in with to help keep you engaged in this practice.

A suggested **3-line reminder** for all three roles (model, guide and gatekeeper):

Replace assumptions with **inquiry!**

Replace habits with **conscious choice!**

Put conscious choice into **action!**