

## Week 6. THE “I”: MY GIFT AND WORK AS A PARENT



### JOURNALLING REFLECTIONS

In each of the six areas we looked at as part of a transformative toolkit for “I” the Parent, which areas do you feel most familiar and connected with? Which ones would you like to give more attention to? What might be next steps for you to take in each area?

Self-awareness:

State-shifting/choice-making:

Self-knowledge:

Shadow work:

Perspective taking:

Self-care (body, mind, heart, spirit, social):