GROWING
TOGETHER PARENTING

From Values to Conscious Parenting

A gentle reflection workbook to help you pause, reconnect with yourself, and bring more intention to the parent you want to be.

> *“The shift often begins with us — not because everything is our responsibility, but because we can choose how we show up.”*

A space to pause • reflect • reconnect • grow

Before you begin

Parenting can easily become a cycle of reacting: responding to behaviour, solving problems, managing routines, and trying to keep everyone moving. This workbook invites you to step out of that cycle for a moment and look inward.

When we become clearer about our strengths, our support systems, our values and our triggers, we create more choice in the moments that matter. This is not about becoming a perfect parent. It is about becoming a more conscious one.

You may want to revisit the earlier Growing Together Parenting reflection, “What Kind of Parent Do I Want to Be?”, before completing this workbook.

Click here to read the blog post →

A gentle reminder

You do not need to answer every question in one sitting. Choose a quiet moment, write honestly, and allow yourself to notice what comes up without judgment.

My intention for this reflection

Step 1 — Ground Yourself in Your Strengths

Before we look at what feels difficult, let's make space for what is already working. Parenting can make us very good at noticing what we could have done differently. This step asks you to notice what you are already bringing to your family.

What are you already doing well in your parenting?

What moments make you feel proud?

When do you feel most connected to your child?

What strengths do you bring to your family?

What kind words can you say to yourself as a parent today?

Step 2 — Identify Your Inner & Outer Support

Connection is not only something we offer our children. We need it too. Support can help us regulate, recover, reflect and return to parenting with more capacity.

What helps me recharge?

Think about the small and big things that help your body and mind come back to yourself.

- ■ Sleep / rest
- ■ Time alone
- ■ Creativity
- ■ Play
- ■ Food / nourishment
- ■ Movement
- ■ Nature
- ■ Conversation
- ■ Quiet
- ■ Other: _____

My personal recharge list

Who helps me feel seen, heard and supported?

One small step I can take to strengthen my support this week:

Step 3 — Clarify Your Personal Values

Values are the qualities and principles that matter deeply to us. They can become a compass for our parenting — especially when the moment feels messy or uncertain.

Rather than asking only, "How do I want my child to behave?", try asking, "How do I want to show up in this relationship?"

Choose the values that resonate with you

- ■ Authenticity
- ■ Gentleness
- ■ Kindness
- ■ Collaboration
- ■ Friendship
- ■ Harmony
- ■ Peace / Non-violence
- ■ Fun
- ■ Diversity
- ■ Charity
- ■ Connection
- ■ Respect
- ■ Trust
- ■ Gratitude
- ■ Personal Growth
- ■ Health
- ■ Happiness
- ■ Pleasure
- ■ Honor
- ■ Family / Family Feeling

My Top 3 Personal Values

Value	What does it mean to me?	How will I live it?
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Now take your three values one step deeper

For each value, consider what it means to you, how you want your child to experience it, and one small way you can bring it into everyday family life.

1. My value: _____	**My child experiences this when I… _____**
It may be difficult when… _____	**One small action: _____**
2. My value: _____	**My child experiences this when I… _____**
It may be difficult when… _____	**One small action: _____**
3. My value: _____	**My child experiences this when I… _____**
It may be difficult when… _____	**One small action: _____**

Step 4 — Name Your Challenges & Triggers

Self-awareness is not self-blame. Naming what activates us can create a little more space between a trigger and our response. That space can become a place of choice.

Think of one recurring parenting moment.

The situation was…

What did my child do?

What happened inside me — body, thoughts, emotions?

What felt triggering for me?

How did I react?

Looking back, what might I have needed in that moment?

Pause & notice: Is there a pattern here? Does this situation connect with an old expectation, fear, belief or experience? What would it look like to respond from one of your chosen values instead?

From Reflection to Intention

You have explored your strengths, your support, your values and your challenges. Now bring them together. The goal is not another list of things to do. Choose one small intention that feels realistic and meaningful.

When I am at my best as a parent, I want to feel…

The value I most want to bring into my parenting right now is…

One situation where I want to practise this value is…

When I notice myself becoming activated, I will try to remember…

One small action I will take this week:

You do not need to change everything at once. Conscious parenting begins in the small moments when we pause, notice, reconnect and choose again.

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Let’s grow together.

If this reflection brought something to the surface — a question, a pattern, a challenge or simply a desire to parent with more intention — you don't have to figure it all out alone.

Growing Together Parenting
Parent coaching rooted in awareness, connection and growth.