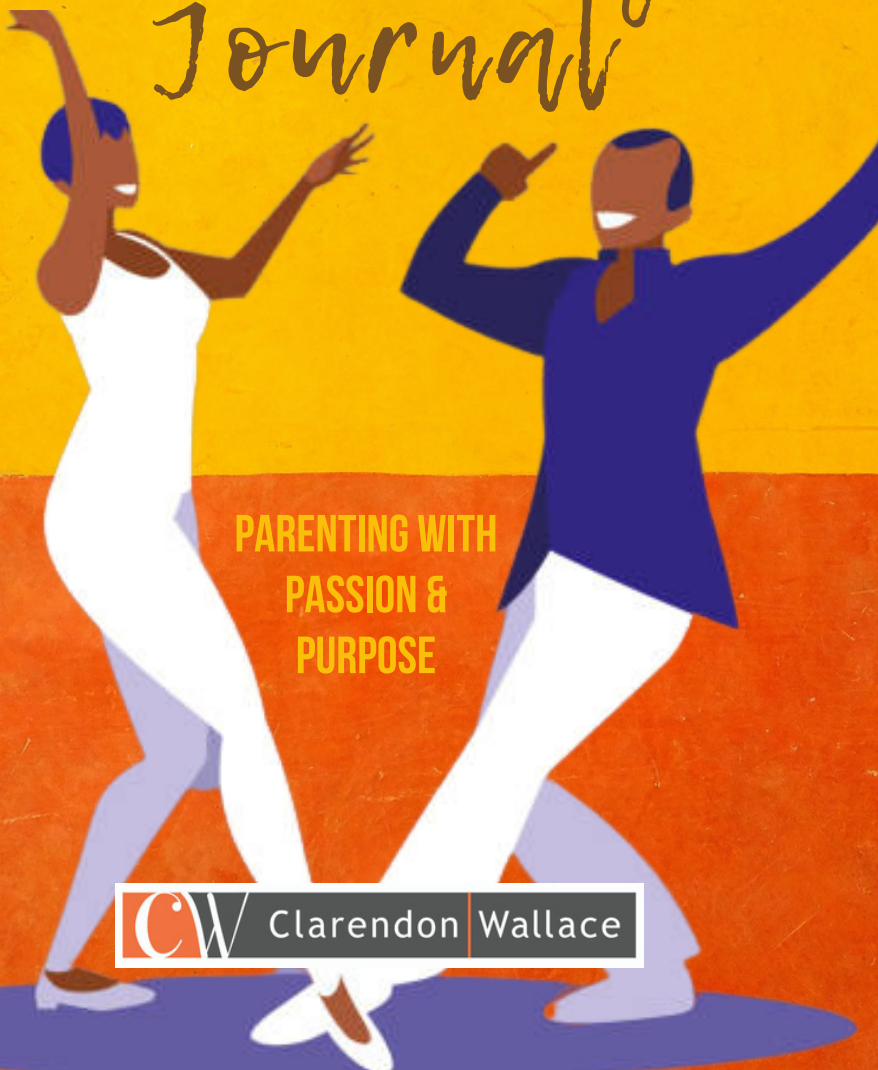


BY LORENE PHILLIPS
ENRICHMENT SERIES

21-DAY

Parenting Journal



PARENTING WITH
PASSION &
PURPOSE

CW Clarendon Wallace

*Because it takes 21 days
to start a new habit ...*

The quality of our children's
upbringing is our primary
responsibility. Be intentional.
Develop amazing adults on
purpose!

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Congratulations

About the author

Welcome

Parenting is by far the toughest, most challenging, self-revealing, humbling and vulnerable role I have ever been responsible for in my life.

I've done it three times! And I am still in awe at what a unique and incredible honour it is to influence and love another human being unconditionally.

But I don't think my experience would have been the same without journalling.

Putting thoughts to paper is amazingly therapeutic and empowering.

It frees you to release what is out of your control and focus instead on what is. Journaling helps you create and maintain a positive mindset. This supports a balanced thought life, which allows you to show empathy and compassion to others. Best of all, you become a nicer person – and a much nicer parent.

That's why I am inviting you on this wild ride with me. For 21 days I'll walk alongside you through this coaching journal to achieve your ultimate goals as a parent.

They say it takes 21 days to start a new habit. I challenge you to create a new habit of becoming an intentional parent as you strive to develop amazing adults.

Louene

How it works?

You're ready for change. You want the best for your kids. You know you need help and you've been waiting for this moment.

"When the student is ready, the teacher appears."

Tao Te Ching

EVERY DAY IS A **NEW** BEGINNING

- Each day we will take on one of the core principles that helps our children become amazing adults.
- I'll pick your brain with probing questions.
- You'll answer honestly and 'put it to paper' i.e. journal.
- Most importantly, you'll take the necessary actions to get your desired results.
- This journal will help you track your journey.
- It'll keep you accountable and I will too.
- Together, we will celebrate each win and milestone and recalibrate when things need tweaking.
- After 21-days, you'll amaze yourself—if you stay the course—and set in motion a generational legacy to be super proud of.


So let's dive in.

DAY 1

“When in doubt choose the kids.” (unknown).


Parenting is a gift of time that we should use mindfully to develop our children’s character, meaning and purpose. This mindset will help us to hold the line, especially when we must make those difficult decisions.

What type of person do you dream of your child(ren) becoming? Write it here:



“Our overall goal is that our children grow in love for God and others as they grow in submission to the Lordship of Christ.” Stephen J. Cole

What one thing can you change to create time for your family and communicate to them that they are a priority?




DAY 2


Put your mask on first.

We must lead our parenting with our own self-care. Studies prove repeatedly that when we take care of ourselves first, we are then able to give the best versions of ourselves to others. Our children deserve our best self.

List (3) activities you enjoy doing:



Which of these (3) can you start doing 3x this week. Be specific and choose a day and time. Note it below:



Describe how it will make you feel when you perform this activity.



TIP: Tell your family.

DAY 3

Establish clear home/work structure.

When there is structure our children feel secure and have a strong sense of belonging. Creating structure is a great life skill.

Identify and write down your family routines for the mornings and end of day.



How do you plan on communicating this (bear in mind the children's age)?



TIP: Use technology or calendar apps to help you make it age-appropriate.

DAY 4

Be serious about fun.

When we intentionally build great memories with our children, we create a harmonious home, build lasting relationships and we get an opportunity to share our values with our kids. That's priceless!

What fun activities did you enjoy as a kid?

Now think of a fun and memorable activity (or 2) that you can start doing together?

Discuss with your kids and see if together you can think of a new family activity to begin. Write it below:

TIP: Do not forget board games!

DAY 5

Prioritize social - emotional learning.

The world of the future does not require us to compete for tasks that can be performed by AI. Instead, we need to focus on developing 'soft skills' that will beat AI anytime. Hard skills are ok but soft skills are necessary. Curiosity, innovation, mental resilience, compassion, listening, respect, problem-solving, adaptability, collaboration, and trust are excellent soft skills that are all transferable.

Let's intentionally cultivate an environment at home that targets and rewards these soft skills. This brave new world desperately needs these skills to create a future reimagined.

How can you teach your children how to be competent in self and social awareness, self-management, relationship skills, and responsible decision making?



Describe (2) ways you can partner with your children to teach them what good self-management looks like?



DAY 6

Mind your manners.

Good etiquette prepares our children to be confident and succeed in life. How would you rate your family's overall social etiquette? Eating etiquette at mealtime? Social interactions such as making introductions? What about how your children interact with others? Are they confident and polite or do they seem awkward or totally unaware of 'the right things to do'? This is an opportunity to make proper etiquette and decorum a part of your family's core value.

What (2) things can you start doing differently as a family to be better in this area? List them below:



TIP: This is a life skill that will set you and your family apart for life - it will be your 'X' factor. Start early and see what happens!

DAY 6
Mind your manners.

How can good etiquette benefit you and your kids?

Write (3) things you can STOP doing that will improve the social interaction at home:

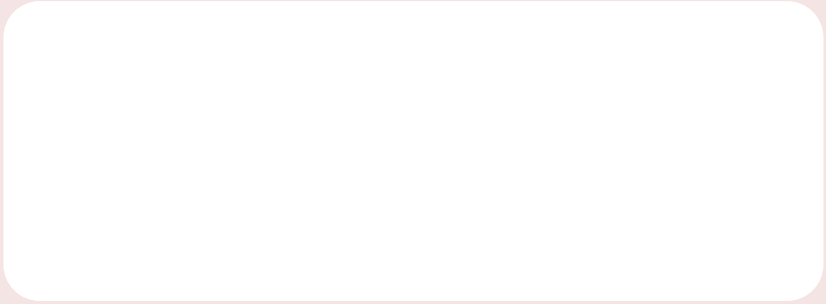
TIP: Make a dinner reservation at a family restaurant and give your family an opportunity to practice their table manners, 'please' and 'thank you'.

DAY 7

Work-life Balance.

Balancing the demands of work and home has gotten more complicated. Like it or not, co-mingling our remote work-life and our children's school life is becoming the 'new norm'.

List below your top (3) areas of concern that you would like to specifically address:



How are you dealing with each of these challenges right now?



TIP: Develop a less-hurried and proactive approach to homework to successfully navigate the remote routines and achieve a better work-life balance.

Here are (3) ideas to help your family with work-life balance:

- 1. Provide a quiet place to study*
- 2. Create a homework routine*
- 3. Teach your kids time management skills*

DAY 8

Money matters.

Managing money well is a skill we need to teach our children as early as possible. It is our responsibility to teach and model the fundamentals of good money management for our children. This should include the following concepts: saving, investing and borrowing.

Our children must be financially literate. Being a great steward of your money will set your children up to succeed financially, and to live a financially responsible life, enabling them to achieve the things that are important to them and help others.

When our children were younger, we taught them about splitting any money given to them into the following 3 categories or jars: GIVE, SAVE and SPEND.

What activity can you think of for your family to develop a healthy attitude to money?



TIP: Show them how to set up a basic budget, and how to track their spending. Find ways that work for your children.

DAY 8
Money matters.

*...the LOVE of money is the root of all kinds of evil.
(1 Timothy 6:10 NIV); ... but whoever gathers money little
by little makes it grow. (Proverbs 13:11 NIV)*

How can you help your children understand that their value and worth is not tied to the money they possess, but in the character of who they are?



DAY 9

Intimacy with God.

Help your children know God for themselves.

We have a God who loves us and is infinite in His knowledge and understanding of us. He is familiar with us because He created us, and He desires this close relationship with each of us. Close relationships are part of God's will for human life.

... *If anyone hears my voice and opens the door, I will come in and eat with that person and they with me.*
(Revelation 3:20)

How do you help your children to know God for themselves on this level?

A large white rounded rectangular box with a soft drop shadow, intended for the user to write their response to the question above.

DAY 9

Intimacy with God.

Help your children know God for themselves.

The next time you experience difficulty—where appropriate—speak with your children in terms they understand, and let them know how you feel, and what you are doing.

How committed are you 1-10 (highest)?

As parents, how can you specifically model the character of God to your child(ren)? Describe (1) such way.

TIP: Establish trust with your children and allow them to share in some of your struggles and hurts. Let them see your intimacy with Christ through all types of life situations.

DAY 10

Courage & Resilience:

The difference between a setback and failure.


How do we develop the trait of courage and resilience in our children? By giving them the opportunity to try new things and fail. The earlier you do this, the better able our children will be at understanding that failing at something does not make them a failure, and neither does it define them. Instead, failing teaches you what not to do or what to do differently the next time.

"The battle is won when we keep getting up" - Singer Mandisa, Out of the Dark, Keep Getting Up.

How can you help your child(ren) to show grace next time he/she suffers a loss?



What one thing do you need to change as a parent to help your child(ren) become stronger after experiencing a setback?



DAY 11

Choices:

The way to empower our children.

Teaching your children about the power of choice is uplifting. It is important that they understand that they were created to choose right from wrong and to be responsible for the outcome of those choices.

"Life is a matter of choices, and every choice you make makes you." John Maxwell

Can you think of an opportunity to help your children learn the benefits and consequences of choices while at home?



What plan(s) do you have in place to deal with situations when your children make bad choices?



DAY 12

Worldview:

How do you see the world?

Everybody has a worldview... Your worldview generates the basic assumptions that you bring to the questions of life, to the decisions you make, to the opinions you form, and to the conclusions you draw. The media, particularly television and movies, continue to be the avenue through which Hollywood shapes our view on things. It is changing the way we see the world, our worldview.

"But in your hearts set Christ apart as holy [and acknowledge Him] as Lord. Always be ready to give a logical defense to anyone who asks you to account for the hope that is in you, but do it courteously and respectfully." The Amplified Bible. (1987). (1 Peter 3:15).

Author and apologist, Ravi Zacharias defines worldview through 4 questions:

1. **Origin** - Where did I come from? What does it mean to be human?
2. **Meaning** - Is there purpose to life?
3. **Morality** - How should I live? Is there an objective right and wrong?
4. **Destiny** - Ultimately, where am I headed?

Parents get on the same page about the answers to these questions. Make your faith and purpose relevant to your children. Now share it with them.

DAY 12
Worldview:
How do you see the world?

Where can you go to discuss and research your position?

Write down your joint responses to these questions:

Any one of these questions proved particularly difficult for you (both)? Why do you think that was the case?

DAY 13
Social Media:
The Internet of things.

Social media in and of itself is not wholly negative. It is our use and understanding of this tool that can be incorrect. How are we as parents using social media and are we modelling the right perspective? We are in the age of the 'digital natives' where technology is an integral part of everyday life - for better or worse. If you were not a fan of the internet and devices, maybe, it is time to become open in embracing the positive aspects and learn along with your kids.

In what (2) specific areas can you start overlaying your values based on what is topical in social media with your children right now? If you do not do that someone else will. Would you prefer it was you?



How can you manage usage of devices and be flexible?



DAY 13
Social Media:
The Internet of things.

How can you manage content quality and quantity for your family?



What healthy boundaries can you start setting to manage the use of social media/internet (age appropriately)?



Are there online tools you can use to help you with this? Write it here:



Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23 (NIV)

DAY 14

Friendships:


Cultivating healthy relationships.

It is crucial that we teach our children the value of good friendships, and more importantly, how they can be a good friend. It is important that you discuss with your children in specific ways what a healthy friendship looks like, and equally important, what attributes make up an unhealthy relationship.

How can you make your home a place where your children's friends want to hang out?



Can you share an example from your life where you made some poor choices in friends?



"Do not be misled: 'Bad company corrupts good character'" (1 Corinthians 15:33 NIV)

DAY 15

Develop the leader in your child.

Parents, here are the traits of a great leader and look for opportunities to develop these in your children sooner than later.

***Courage:** Despite obstacles, great leaders create their own path and take advantage of unexpected opportunities to charter a new course.*

***Self-belief:** Regardless of disappointments, great leaders do not doubt themselves. They strategically forge ahead.*

***Resilience:** Great leaders grow their grit from the inside. Angela Duckworth in her book 'Grit' shares the impact of passion and perseverance in growing your grit so you can succeed. This is the secret sauce parents. Intentionally impact the lives of others: Great leaders successfully share their talent to improve the lives of others.*

How would you say you are handling challenges? Are you setting a good example?

List (3) examples you can share with your children when you demonstrated courage and self-belief.

DAY 16

Tell your children your story.

It is crucial that your children know your story. Your story is the essence of who you are. Your children can handle your story. Through your stories, your children can learn about your values, your passion and how you handled successes and failures. This is how our kids will know about WHO they are. Telling your story provides an opportunity for you to share your history and sets your children up to thrive in the real world.

It is us as parents/adults that should do the 'Showing' Not just the 'Telling'.

What stories would you like to tell your kids that share your core values and beliefs?

How can you do a better job of sharing the fullness of your story - your history with your children?

If you could only have one value for the rest of your life which would you pick? Write it below:

DAY 17

Stress management.

Learning to shift our productivity mindset to one of self-care will significantly improve our level of engagement, creativity, and productivity. You can experience burnout from boredom, overload, and worn-out burnout. Teach your children how to identify when they are burnt out vs. just having a 'bad day' and then knowing what to do about it.

What are some examples of burnout you can share with your children? Digital fatigue, even after a full night's sleep, and lack of motivation are two. List others here:



Identify some ways you can work with your children to address these toxic stress levels. Consider: Getting support from a friend, family member, therapist or a coach who can challenge and provide another viewpoint.

How can you make your family's health and wellbeing a priority?

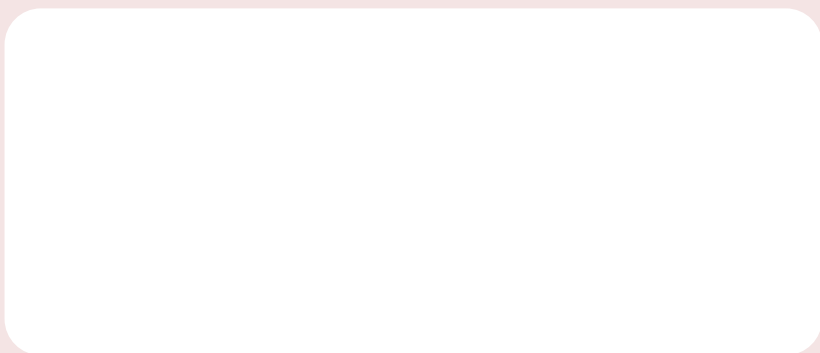


DAY 18

Fathers and father figures.

Fathers, continue to 'step-up' and 'lean into' your roles as dads. Seize the moments to become more involved in all aspects of your children's lives.

Fathers how are you modelling for your children what it looks like to have equity of roles at home? Identify (2) ways:



What life-skills would you like to teach your children? How about a hobby or a sport? Write them below. These are great opportunities to bond and share with your children something you excel at:



DAY 19

Success.

What does success look like for you?

Typically, we graduate from university and we either take the first job we are offered or we go into a career we are told we 'should' pursue.

Let us try and do it differently for our kids' sake.

Work with your children to help them determine their ideal career preference and how that aligns with their values and beliefs.

Open yourself to the possibility that the career you would like for your child(ren) may be different from their expressed interests! That is ok because it is not about you, mom and dad.

Do you know the interests, hobbies and leisure activities your children enjoy the most? Write them below. This information will help you gain some understanding of their ideal future career path.

Make a list of your kid's likes and dislikes and help them determine the motives that drive your sense of success.

DAY 20

You cannot have it all.

I read recently that people who are driven to excel have this unconscious propensity to underinvest in their families and overinvest in their careers. Be careful this is not your story. Take your pick: a rewarding career, a healthy marriage, idyllic vacations, or happy kids?

You can only pick (3). Write them here and explain why these matter to you and the success of your family:



What can you do more of to stay connected to your friends and family?



DAY 21

The value of chores.

Chores are by far the best way to teach and train your children to develop among other things, the following core set of values:

- *Work Ethic*
- *Responsibility*
- *Dependability*
- *Citizenship*
- *Teamwork*
- *Confidence & self-esteem*
- *Sense of contribution & achievement*

The earlier you start the better it will be for your child(ren) and for your family.

How can you start making chores in your home an intentional way to develop your children's character?

Think of (2) practical things your child(ren) can start doing right away that can remove some of the pressure at home?

ACTION PLAN: *Develop a Chore Chart with a list of age-appropriate tasks. This is an opportunity to develop independence and crucial life skills such as teamwork, a sense of achievement, responsibility and contribution.*

Congratulations

*"A journey of a thousand miles begins with one step."
Chines Proverb*

You've done it! Keep reinforcing the values, attitudes, choices, decisions and actions you admire in you're kids. Model the person you would like them to become. Keep them accountable and you be accountable too and watch them blossom into amazing adults.

"One hundred years from now it won't matter what car I drove, what house I lived in, how much I had in my bank account or what clothes I wore. But the world may be a little better place because I was important in the life of a child."

Author Unknown

About the author



Lorene Phillips is a former (re)insurance executive turned founder of Clarendon Wallace, an executive coaching and consulting firm. She is an executive coach, family lifestyle coach, speaker and author. Lorene and A.W. Eugene Phillips have been married for over 26 years. They have three young adults and co-authored the book '**29 Keys to Parenting and Win!**' Lorene empowers parents and guides them through the steps needed to make an impact in their personal and professional lives.

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