

SMALL ACTIONS CAN MAKE A BIG IMPACT

THE PARENT RETREAT

A Purpose-driven Parenting Journey

Activity Book

www.theparentretreat.com

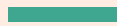
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THIS ACTIVITY BOOK BELONGS TO:


MY PROMISES TO MY CHILD:



In my journey to be a better parent, I will be kind to myself and I will do my best to:

1. _____
2. _____
3. _____
4. _____
5. _____

Date: _____



MY PARENTING JOURNEY, MY GOALS

THE RELATIONSHIP I HAVE WITH MY CHILD NOW IS:

I HOPE WE GROW TO BECOME:

I CAN DO THIS BY:

I HOPE MY CHILD WILL GROW UP TO BE:

I WILL ACTIVELY HELP MY CHILD BY:

WORDS OF ENCOURAGEMENT TO MYSELF:

Appreciation & Love Notes

CHILD'S NAME:

NICKNAME:

AGE:

DATE:

My child's strengths are:

My child's dreams are:

I can help my child achieve his/her dreams by:

My child may need some help in:

I will help my child overcome his/her fears and challenges by:

The values that I hope to impart to my child are:



peer review

(reflect on each other's parenting style to help each other grow)

I THINK YOU'RE A GREAT PARENT BECAUSE:

SHARE WITH ME WHAT ELSE DO YOU HOPE TO
ACHIEVE IN YOUR PARENTING JOURNEY:

SHARE WITH ME WHAT ARE YOUR THOUGHTS ON
HOW YOU PLAN TO ACHIEVE THIS:

SHARE WITH ME WHAT YOU MIGHT NEED A LITTLE
HELP WITH:

let's do this together!



MY PARENTING PLAN

for the next ___ months

**NEW EXPERIENCES I WANT
FOR MY CHILD:**

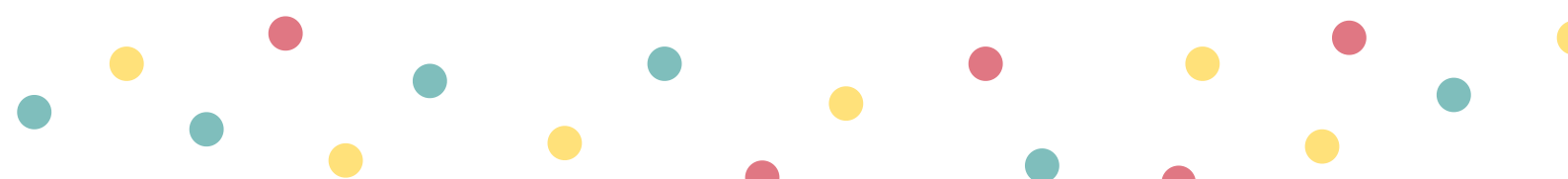
**I WILL DO THIS BY EXPOSING
MY CHILD TO:**

**NEW SKILLSETS THAT I HOPE
MY CHILD WILL PICK UP:**

**I WILL DO THIS BY TEACHING
MY CHILD TO:**

**OTHER ACTIVITIES THAT I CAN DO TO SPEND QUALITY &
MEANINGFUL TIME WITH MY CHILD ARE:**

THINGS I WANT TO SAY MORE OFTEN TO REAFFIRM MY CHILD:



3 / 6 Months Review

(*CIRCLE ONE OPTION; THIS REVIEW IS TO BE COMPLETED 3 OR 6 MONTHS AFTER THE ABOVE EXERCISES)

WE HAD A GREAT TIME DOING:

Light blue rectangular area for writing.

WE LAUGHED OVER:

Light blue rectangular area for writing.

UNEXPECTED FUN EXPERIENCES
INCLUDED:

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I DISCOVERED NEW THINGS
ABOUT MY CHILD:

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I THINK I DID WELL IN:

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I WANT TO TRY DOING MORE:

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DATE OF REVIEW:

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GREAT JOB! BUT PARENTING IS A LIFELONG JOURNEY... TIME TO START OVER AGAIN!