Parents, how full is your emotional cup?

Discover the Possibilities . . .

for Nurturing Yourself

ME

Adult Relationships

Do I interact, offer support and rely on 1, 2 or 3 adults that I trust?

My Voice

Do I feel heard in my primary relationships? Am I speaking up in a way that people hear me?

Creativity

Do I set aside time to express myself in creative ways?

Self Compassion

Do I practice gentleness and grace with myself? Do I accept my imperfections?

Contributions

Do I feel that I am contributing to my family and/or my world in meaningful ways?

Limit Setting

Do I hold myself and others accountable in ways that promote growth for all?

Physical Nurturing

Do I feed, groom, exercise, receive touch and rest (sleep) my physical body on a consistent basis?

Personal Capability

Do I challenge myself and take steps to achieve my personal goals and grow in my skills?

Think It Through Parenting

THINKitTHROUGHparenting.com