



Module 4

**Staying Strong As A Parent:
How Cultivate Unshakable Self-Empowerment**



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ACTION GUIDE

**“If there is anything we wish to change in
a child, see if it's not something that could
better be changed in ourselves.”**

Carl Jung

Five Ways You Disempower Yourself

1.

2.

3.

4.

5.

“I don't know the key to success, but the key to failure is trying to please everybody.”

Bill Cosby

Ten Ways to Cultivate Unshakable Self-Empowerment

1.

2.

3.

- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

“If you want to succeed in your life, remember this phrase: The past does not equal the future. Because you failed yesterday; or all day today; or a moment ago; or for the last six months; the last sixteen years; or the last fifty years of life doesn’t mean anything. All that matters is: What are you going to do, right now?”

Anthony Robbins

Seven Essential Parenting Practices

1.

2.

3.

4.

5.

6.

7.

“There are countless ways of achieving greatness, but any road to achieving one’s maximum potential must be built on a bedrock of respect for the individual, a commitment to excellence and a rejection of mediocrity.”

Buck Rogers

ACTION STEPS:

1. Nurture yourself. Take one specific action to fill up your tank, so you can care for others in a deeper, more purposeful way. I will _____.
2. Schedule your complimentary Coaching Session (60 minutes) with Sherlyn Luedtke by calling Present Parent Training at (818) 583-7264.

Three blocks of time that would work for me are:

Day/Time _____

Day/Time _____

Day/Time _____

The most important goal or intention I want to realize is:

_____.

3. Your Own Action Step: _____.

ANSWER KEY:

Five Ways You Disempower Yourself

1. Blaming, Complaining, and Justifying
2. Running on Automatic Parent and/or Rebelling
3. Believing Your Negative Self-Talk
4. “Should-ing” Yourself
5. Seeking Approval From Others

Ten Ways to Cultivate Unshakable Self-Empowerment

1. Honor Your Greatness
2. Nurture Yourself
3. Be Thankful
4. Forgive Yourself and Others
5. Continue Your Learning
6. Celebrate All Wins
7. Live on Purpose
8. Visualize Your Success
9. Work With a Coach
10. Stay Present

Seven Essential Parenting Practices

1. Practice What You Preach
2. Pause
3. Pray
4. Plan
5. Persevere
6. Play
7. Push Yourself