

MODULE 3: Parenting SWOT Workshop™



Lesson Title: *Know Yourself. Grow Yourself.*



Module 3 Worksheet: Parenting SWOT Analysis

Name: _____

Date: _____

◆ **Strengths**

What am I already doing well in my parenting?

1. _____
 2. _____
 3. _____
-

◆ **Weaknesses**

Where do I feel stuck, frustrated, or inconsistent?

1. _____
 2. _____
 3. _____
-

Opportunities

What tools, supports, or habits could help me grow?

1. _____
 2. _____
 3. _____
-

Threats

What internal or external challenges are getting in the way?

1. _____
 2. _____
 3. _____
-

Module 3 Journal Prompts

Prompt 1:

How do I normally respond to my own parenting mistakes?

Prompt 2:

What surprised me when I looked at my strengths?

Prompt 3:

Which area do I want to focus on improving this month, and why?

✨ Weekly Affirmation

“My awareness is not my weakness. It is my power.”
