

Module 1: Purposeful Parenting Workbook

Lesson Title: Parenting With Purpose – Rewriting the Narrative



Parenting Belief Quick Check Worksheet

Name: _____

Date: _____


Instructions:

Check the box next to the beliefs you've thought, felt, or said at least once.
Then choose one to reflect on at the bottom.

- ☐ I should already know how to parent
- ☐ I'm messing up my child's future
- ☐ My child's behavior means I'm a bad parent
- ☐ I'm too tired to be consistent
- ☐ Yelling is the only thing that works
- ☐ I'm doing better than I give myself credit for
- ☐ I want to break the cycle, but I don't know how
- ☐ I'm not the parent I thought I'd be
- ☐ I want peace in my home, but I don't know where to start
- ☐ I deserve support, too

 **CBT Reframe Practice: Choose ONE belief from above to challenge.**

- **Original Belief:** _____
- **Feeling it creates:** _____
- **Behavior it triggers:** _____
- **New Thought / Reframe:** _____
- **New supportive action:** _____

 *"When I change the thought, I change the outcome."*



Journal Prompts: Your Parenting Mirror

Prompt 1:

What kind of parent did you *think* you would be?

Prompt 2:

How has your parenting journey been different than you imagined?

Prompt 3:

What beliefs were passed down to you about parenting?

Prompt 4:

Which of those beliefs are helping you, and which are holding you back?

✨ **Affirmation Space**

“I am not parenting from perfection. I am parenting from purpose.”

Write your own:
