

## PARENTING ON PURPOSE

### CHOOSE ONE CHILD

Write the name of one of your children here - only one.

### THOUGHT DOWNLOAD

Set a timer for 3 minutes and write down everything that comes to your mind. Do not sort anything out or judge it - just write everything that comes up. Don't worry you can shred it later. :)

thought download:

### DECLUTTER

What do you want to get rid of and which ones do you want to keep?  
Circle the thoughts and feelings you want to keep and cross out the ones you want to get rid of .

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### GATHER YOUR FAVORITES

Gather all your favorite thoughts and rewrite them here.

Spend time practicing those thoughts and trying new ones on.

### FIND EVIDENCE

Over the next week look for evidence that proves one or two of the thoughts above are true. Write that evidence here.