

# Parenting Transformation Tool



# Therapeutic Journal

**For a complete Individualised  
assessment complete and forward  
to:  
[charlotte@thethinkingpod.com](mailto:charlotte@thethinkingpod.com)**

# Therapeutic Questions



**1 - How would you describe yourself?**

**2 - How would your best friend describe you?**

**3 - Are there similarities?**

**4 - What would you say are your best qualities?**

**5 - What were you like as a child?**

# Therapeutic Questions



**6 - What did you want to be when you grew up?**

**7 - How were your dreams responded to as a child?**

**8 - How did your parents respond to you emotionally as a child?**



**9 - How did you feel when you found out you were becoming a parent?**

**10 - What have you found most difficult about parenting?**

**11 - How does your child know you're listening to them?**

**12 - How do you feel when you're being listened to?**



**13 - How do you feel when you say no to your child?**

**14 - How were boundaries put in place when you were a child?**

**15 - How are boundaries implemented at home now?**

**16 - What are your thoughts about boundaries?**

**17 - How was conflict managed as a child?**



**18 - How do you manage conflict at home now?**

**19 - How does conflict make you feel?**

**20 - What are your expectations of your child?**

**21 - What are your child's strengths & weaknesses?**

**22 - What life skills do you want your child to develop?**



**23 - What is your greatest area of weakness as a parent?**

**24 - What values do you want to instil in your child?**

**25 - How do you communicate with your child?**

**26 - What are your thoughts about how to build a stronger relationship with your child?**

**27 - Does your parenting style get in the way of your good intentions?**



**28 - How do you manage differences of opinion?**

**29 - How do you view your child's difficult behaviour?**

**30 - How have these questions made you feel?**



Parenting Transformation Tool

# Personal Development Tasks



# Who am I?

One of the first tasks to complete is to begin to think about what makes you you.



Use this space to write out the qualities & traits that make you who you are. On the next page write out who/what has influenced these qualities/traits.

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**What would I like  
to change?**

**You're here because  
there is something you  
want to change. Let's  
think about that.**



**Write out what you would like to change  
Remember this is an opportunity for you to be honest,  
no one else is going to see this, it is for you to work on  
you.**

## Strengths & Weaknesses

What are they?  
How can I use them to  
my advantage?



**List here your strengths and weaknesses.  
Then use them to think about how you can use them to  
your advantage and what you might like to work on.**

## **Skills**

**What skills do you  
have?**

**What areas could you  
improve on?**



**Thinking about your skills, both as a parent and in  
other aspects of your life.**

**Which do you want to improve on?**

**How might you do this?**

**Make a plan? Set a goal, work towards it.**

## Goals

Use this page to think about how you might build on the skills you've listed



Goals and how to build on them

## Time management

How do you manage  
time?



**Use this space to think about how you can better manage time and prioritise tasks you need to get completed.**

# Values

What values do I value  
and how do they  
impact my day to day  
life?



Use this values list to think about your values

## Values List:

Authenticity Adventure  
Balance  
Bravery Compassion  
Challenge  
Citizenship Community  
Creativity  
Curiosity  
Determination  
Fairness  
Freedom Friendships  
Fun  
Generosity Growth  
Honesty  
Integrity Justice  
Kindness  
Knowledge Leadership  
Learning  
Love Loyalty Openness  
Optimism Recognition  
Respect  
Responsibility Security  
Self-Respect  
Social Connection  
Spirituality Stability  
Status Wealth Wisdom

# Emotional Intelligence

How do feelings impact you? How do you manage feelings?



**Use this space to think about the feelings that you can freely and openly talk about and those that you find more difficult - what is it about those feelings that are more difficult to think about.**

## Seeing the difference

Imagine things were  
just how you would like  
them to be.



**Use this space to let your imagination run wild.  
Imagine that you get up tomorrow and life is  
exactly how you want it to be, alongside your  
parenting role, what about other aspects in your  
life....**

# Self-Reflection & Awareness

What are three things I'm grateful for today?

- 1.
- 2.
- 3.

How do I feel right now? What might be the cause of these feelings?

What are the positive qualities I see in myself?

What habits would I like to change or improve in my life?

“You can't pour from an empty cup—take care of yourself first.”

# Weekly Goals



(01)

(02)

(03)

Create achievable goals for the week ahead. Focus on goals that are small enough to boost your confidence.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Notes

# Daily Goals



## REACH YOUR GOALS

### THE GOAL

#### WHY IS THIS GOAL IMPORTANT?

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#### HOW WILL I STAY ACCOUNTABLE?

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#### ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

#### PURPOSE & MOTIVATION

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#### THE CHALLENGES

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#### NOTES:

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#### YOUR CELEBRATION

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