



## Destini Ann Davis

Destini Ann Davis is a parenting coach and self-love radical who believes that in order to love, respect, and honor our children, we must first learn to love, respect, and honor ourselves. Through her popular TikTok, YouTube, and Instagram channels, she challenges parenting norms by offering safe spaces where parents can have frank conversations about difficult parenting topics. She teaches with empathy and empowers parents to shift the cultures of their homes to parent with more grace, presence, and intention. From the public school system to her own home, Destini Ann has been developing her connection-based parenting approach for over 10 years.

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## You are a good parent!

It's easy to doubt ourselves on this journey we call "parenting." When traditional parenting approaches aren't working, it can feel like we're failing both ourselves and our kids. TikTok star and peaceful parenting coach Destini Ann Davis wants you to know that you don't need to be perfect to be an empowered parent, just present! In *Very Intentional Parenting*, Destini Ann will help you find that peaceful parent that is inside us all and help you develop a more collaborative, trustful, and mutually respectful relationship with your child.

Here's what you'll discover inside:

- A personal exploration of your personal childhood experiences and how those experiences can have a significant impact on your own parenting style. Destini Ann will help you dig just deep enough to reassess your beliefs so you can become a more compassionate and engaged parent.
- Practical guidance that will empower you to change the way you think about both your role and your child's role in your relationship.
- The four core principles of intentional parenting that together will change the way you see parenting. You'll go from surviving to thriving in the many roles you play as a parent
- Six intentional parenting tools to resolve conflict peacefully, help your child feel more safe, and help them build their skills so they can calmly manage their own emotions.

\$24.99 USA / \$33.99 Canada

ISBN 978-0-7440-5706-5 Printed in the USA



Very Intentional Parenting

DESTINI ANN DAVIS



# Very Intentional Parenting

## Awakening the Empowered Parent Within

DESTINI ANN DAVIS



## Awaken the empowered parent within

Parenting is no easy job! And if it's not approached from a place of compassion and understanding, it can be even tougher—for both you and your child. Destini Ann Davis wants you to know that you don't have to be perfect to be an empowered parent, just present. And if you approach parenting from a place of mutual respect and shared understanding, both you and your child will benefit from a stronger, more empowered relationship. Destini Ann gets you started by helping you explore your own established beliefs about what parenting means to you and how your past experiences can impact your own parenting style. She then helps you understand four core principles of intentional parenting that together will help you create your own parenting toolkit. Once you've adopted these principles, she shares six gamechanging tools that can have a significant impact on your intentional parenting journey. It's time to believe that there is a great parent within you, and if you work with your child instead of against them, you can make powerful shifts in your family that will create loving and lasting relationships with your children.

# **Very Intentional Parenting**

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Empowered  
Parent Within



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**Senior Editor** Brook Farling  
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**Compositor** Ayanna Lacey  
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First American Edition, 2022  
Published in the United States by DK Publishing  
6081 E. 82nd Street, Indianapolis, Indiana 46250  
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22 23 24 25 10 9 8 7 6 5 4 3 2 1  
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Library of Congress Catalog Number: 2022931014  
ISBN: 978-0-7440-5706-5

DK books are available at special discounts when purchased in bulk for sales promotions, premiums, fund-raising, or educational use. For details, contact: SpecialSales@dk.com  
Printed and bound in the United States of America

Author photos © Demel Bolden

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### Foreword

I met Destini Ann in September of 2021 after following her on Instagram for weeks and feeling truly enamored with her ability to express complex topics in understandable language. I remember the day that my business partner and I were watching her reels and saying to each other, “Wow, she’s amazing. We’re obsessed with her. Let’s figure out how to work together in some way!” Then, truly only hours later, I opened Instagram to see this first direct message from Destini: “Someone referred me to your page. I’m obsessed. I’d love to collaborate on something if you’re ever interested.” And here we are, one year from that first connection. What began between Destini and me as a mutual admiration society is now something deeper and more special: Destini is someone I consider a true colleague, thought partner, and friend.

And so, you may be wondering, who am I? First, let me introduce myself: my name is Dr. Becky Kennedy, and I’m a clinical psychologist specializing in parenting, anxiety, and resilience. I am also a mother of three, an early riser, and a forever learner. And that last phrase, “forever learner,” is probably at the core of my identity. There’s nothing that gives me as much purpose or joy as thinking, considering new ideas, and problem solving about tricky dynamics in family systems. Over the past two years, I’ve developed *Good Inside*—a new approach to help parents manage the struggles in their homes. *Good Inside* is based on my core belief that we are all, well, good inside, and we are all doing the best we can with the resources we have available in the moment. And yet, parenting from a *Good Inside* perspective is not an “anything goes” or “soft” method. Yes, it requires us to tap into validation and empathy, but it also requires us to embody our authority and set firm boundaries.

So how does one “do” *Good Inside* parenting? Well, it starts with a commitment to oneself. Yes, that’s right: *Good Inside* parents know that they cannot give out what they have not given in; in other words, they know that parenting is a journey of self-discovery and

## Foreword

that the more they work on their triggers and their coping skills, the more they *and* their kids will benefit. This isn't selfish. It is simply effective as kids develop in the context of their relationship with their parents. And so, the sturdier a parent is, the safer a child feels, and that safety allows for healthy development.

What does it mean that children develop in the context of their relationships with their parents? Glad you asked! This is an important one, and it's something that's at the heart of my approach and also Destini's. Kids don't learn how to cope with emotions from school or a book; kids learn how to cope with emotions through their experiences with their parents. In other words, a child learns to manage strong feelings, safely express anger, and tolerate frustration (all massively important life skills!) by absorbing what happens in their family homes during emotional moments. Here's what this looks like in real life: as your child is having a tantrum, they are taking in *your reaction* to their tantrum and whether it's possible to be calm amidst a swirl of big feelings. So yes, parenting "strategies" and "scripts" are useful. Still, it is even more useful to remember that more than anything else, a child's emotion regulation development comes from our *relationship with them during tough moments*.

And why does emotion regulation matter so much? Aren't emotions kind of "soft" compared to the important "hard" skills in life? If you're wondering this, you're not alone. I hear this all the time from parents! I hear things like, "I'm just not a 'feelings' person. I focus on the important stuff in life," or "My family never helped me with my feelings, and I turned out just fine." I get it. I really do! And I'm not here to convince, but rather to just present how I see it. To me, emotion regulation—the ability to manage one's feelings—is not some soft or nice-to-have skill; by contrast, I see emotion regulation as the single most important skill to develop throughout our lives. After all, emotion regulation is at the core of how we function throughout adulthood. When it comes to dealing with getting fired from a job, we lean on our emotion



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regulation skills; when it comes to talking to a partner about something we need from them, we need our emotion regulation skills; when it comes to telling someone, “No, I don’t like that. Stop right now,” we need our emotion regulation skills. Emotions are at the core of who we are, and emotion regulation is at the core of how we function. After all, our mental health comes from our ability to manage the emotional demands of life. While it is never too late to develop one’s emotion regulation skills further, helping our kids develop these skills *early* is the most powerful gift we can give them.

Now let’s get real: if you’re like most adults, right now you may be thinking, “Hmm... okay... maybe this makes sense, but how can I give my child emotion regulation skills if no one helped give these skills to me? How can I be the type of parent for my child that I want to be if I never had this type of parenting modeled for me?” And then you may jump to this thought: “I’m too tired. I can’t do this.” Whether you are in “How can I be this type of parent” mode or “This feels too overwhelming” mode, you’re in luck. Why? Because you now have Destini’s book, which takes big concepts and breaks them down into relatable language and manageable steps. Destini is a parent coach who is also your biggest cheerleader. So keep reading.

Destini gets it. She has a way of blending sophisticated topics with authentic examples and a realistic tone. She knows firsthand how hard parenting is and how hard it is to change your parenting approach. So if she’s explaining how to manage a tantrum, it’s because she just managed a tantrum; if she’s sharing how to manage your own feelings, it’s because she is still working to manage her *own* big feelings. Destini is like that wise (and fun!) friend you always want to have lunch with. She offers knowledge without judgment and advice without superiority. She believes in you, truly, because she knows what it’s like to feel down on oneself and what it takes to turn that feeling around. Destini will help you feel better about your parenting, but she’ll also help you feel better about *yourself*.

## Foreword

After all my years in training and practice and after working with thousands of families, here's something I know with utter confidence: parenting is hard. It's hard for you, it's hard for Destini, and it's hard for me. And it's not your fault that parenting feels hard. As I often say, it feels hard because it is hard! We are supposed to feel things as they are. And yet, at the same time, this is true too: parenting can be joyful. Not all the time, but definitely more of the time. And so we are left with this: parenting is hard *and* parenting can bring joy. One isn't more true than the other; instead, two things are true. And here's something else I know: right now, it's probably really hard to find the joy in parenting. This doesn't make you a bad parent. On the contrary, this makes you a perfect fit for the journey ahead in this book. You're in the right place. And you have the right leader here in Destini. So with all of that in mind, let's jump in.

Dr. Becky Kennedy

## Very Intentional Parenting

### Introduction

They called it “Honesty Hour for Moms.”

I sat down on what was, hands down, the nicest couch I’d ever seen. We’ll call it cashmere, but I honestly have no clue what material I was disgracing with my ripped thrift store jeans. Silly me! I must have missed the “wear your best outfit” memo.

I’ve never seen whites so white or creases so creased. These women did not come to play. But there I was with an unidentifiable stain on my NSYNC T-shirt... yeah.

Now, there are moments when you feel like a glorious unicorn in a field of common horses—like you walked in and everyone instantly thought, “Damn... why didn’t I bring a glitter horn?”

Well, let me tell you, this was not my majestic unicorn moment. It was more like someone invited Little Orphan Annie to the Met Gala and said, “Come as you are.”

Not only was I underdressed, but I was clearly underprepared for the next 60 minutes of my life. I sat up on that fancy couch, took a deep breath, and tried to release any judgment.

No, for real. I tried really hard to have an open mind.

But somewhere between “Hello, mom friend” and “Do you have a Pinterest?” I knew damn well this was not about to be the “Honesty Hour for Moms” Facebook had advertised! (Thanks for nothing, social media.) So, for the next 60 minutes I listened to my new “mom friends” complain about parenting struggles that I’d literally pay to have.

I heard everything from “My toddler almost stressed me out this morning!” to “I haven’t washed clothes in two days.” I mean, call me insensitive, but come on... two days?! You’re freakin’ killin’ it! And you almost got stressed? Ha! I don’t even think I have an “almost” emotion.

## Introduction

Now, by no means am I trying to make light of their struggles, because I could see in their caffeine-buzzed eyes that they had bigger struggles, too! And I thought, “If a circle of moms isn’t the best place to be real about motherhood, what is?” It got me thinking: If they can’t even be honest with other moms, who the heck are they being honest with? Who are they talking to about the 3 a.m. night terrors? Or not having an answer for “Can I make Puppy come back alive?” Are they just sitting with the guilt and shame and stress that comes with mothering in the age of social media? Or worse, are they perpetuating the guilt, shame, and stress of today’s parenting challenges with things like this bullshit “honesty hour”?

And so on that day, I decided to share my authentic journey more openly. I started posting online about my challenges and the resources that have made me a better mother. Through this journey, I’ve met so many incredible parents and I’ve gained so much support. What I’m most proud of is how much my journey has empowered so many other parents and caregivers to be their best selves. Though I couldn’t wait to leave that catastrophe of a “mommy meetup,” I am grateful for the path it set me on. Now, as a parenting coach, I get to create an authentic community for parents to share their experiences in a vulnerable way. My platform has become an *actual* honesty hour! Together, we are healing intergenerational wounds, reparenting ourselves, learning new skills, and building the most amazing connections with our kids. This is intentional parenting! It’s about reclaiming our identities as caregivers. We get to be curious about what’s not “working” and create the narratives that support the family dynamics we truly desire. And guess what? I want to invite you into this community. I want to take this journey with you. I want to support you as you peel back the layers, excavate your power, and become the intentional parent you are meant to be.

## **Very Intentional Parenting**

In my online community, I spend a lot of time talking about the self-awareness that is required to be an intentional parent. Intentional parents come in many different forms: some are very organized and meticulous, creating complex schedules and enrolling their kids in the best institutions; others are spontaneous and free, allowing their children to discover life organically. Some moms discipline their kids with a serious tone and by counting to 10, while others choose “time-in” corners and positive reinforcement. But intentional parenting is not just about the specific choices we make. Rather, it’s about making conscious choices from a place of power. When we focus solely on our children’s behaviors, we give that power away. Parenting is leadership.

It’s my hope that through this book, you will learn how to keep your parenting power.

Hear me clearly: you are doin’ a good job! You are the kind of parent who reads parenting books, for goodness’ sake! And now is your opportunity to take it to the next level. You get to move into empowerment. You get to show up as the relentless table shaker who takes radical responsibility for your family. You get to grab the bull by the horns and be the change in your home. This doesn’t mean you ignore your children’s behaviors or shame yourself when you mess up. It’s quite the opposite. By taking responsibility, you are choosing to make decisions that align with your values. This positive step will help guide your children’s behaviors and also help keep you out of the shame cycle that comes from parenting without intention.

Are you down? Well, you bought this book, so I sure as hell hope so!

# Part 1

# Radical Responsibility

As a parenting coach, I get countless questions. They are all over the place and address a wide range of topics, from toddler hitting to dealing with an uncooperative co-parent. Some parents reach out simply because they're looking for ways to make life easier. They rarely have time for themselves because they're overwhelmed with their kids, their spouses, and their mile-high to-do lists. They feel unappreciated and spend countless hours picking up after their kids, repeating themselves, and handing out punishments.

All of these questions have brought me to a very clear conclusion—parents are desperately seeking ways to change their child's behavior. For a while I only approached these kinds of questions with constructive advice. I thought, "These parents need help. They need resources." So I dug into my toolkit and began helping my community. I leaned on all of the research I've done and the training I've received on parenting and developmental psychology to offer realistic solutions for the problems they were facing. At first, this seemed like a great approach. Many of the research-based strategies I use are extremely impactful, and I started getting messages about how well and how quickly they were working. But then something interesting happened. The same parents kept returning day after day with more questions about their children's behaviors.

And that's when it hit me. All of the parenting tips and tools mean nothing if you don't start with what I now see as the most important piece of the puzzle—the parent. You have so much power! You are actually the expert in your family. And how you show up to the parenting journey has the greatest impact on whether or not you can spark real and lasting change. Sure, your

life would be easier if your 8-year-old would just stop talking back. But managing the chaos is a lot easier when we focus on our own emotions, beliefs, and behaviors first. So this is where we're starting. Not with tips to keep the toddler in his bed or with advice for dealing with the kid who won't do her homework. We're starting with personal responsibility—a Radical Responsibility to enact change within ourselves. So in order to create lasting change in the dynamics of your family, we're going to first start with the behaviors of the one person you can control: *you*.

# 1

## Setting Your Intentions

When you get in your car, you don't just say "Hey Siri, take me there!" or "Hey Siri, put me around this area." No, you type in a specific destination. So, as you begin to reclaim your power and shift the dynamics in your family, you will need to clearly define your destination. As you learn to be the guide who was sent here to help your child thrive, you will need something to be tethered to. Of course, you won't always know which way to go or what route to take. Sometimes, there will be roadblocks and detours, and all sorts of annoying delays on your journey. But having a clear destination for your parenting intentions will keep you on course.

### **My Parenting Intention**

I don't always have the right words or the right tools for every moment. But what I do have is a deep understanding of my beliefs and what my desires are for my family. When my three-year-old started hitting (something I never experienced with my oldest), I remembered my intention and responded with compassion for her. When my oldest, in her anger, told me she hated me,



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I remembered my intention and responded with compassion for her. When I was going through my divorce and hit rock bottom, I remembered my intention and responded with compassion for myself.

I'll be honest, there are moments when I feel completely discouraged and disconnected from my role as a mother. Even as I'm writing this book, I'm going through one of the toughest seasons in my life. My intention for my family is what I'm anchored in—it's why I practice breathing when I want to yell. It's why I see our family challenges as opportunities for us to grow. It's why I continue to be gentle with myself when I'm late for the play date or when I lose my patience. Sometimes it feels like I'm walking slowly with my eyes closed and my hands tied behind my back. But my intention for my family is quite literally what keeps me walking in the right direction. This is the start of intentional parenting—knowing who you are, where you want to go, and what you value. These are the things that make up your intention for yourself and your family.

## **Your Parenting Intention**

The following sections are some gentle reminders for defining your journey, along with a few questions to help you uncover your personal parenting intention. So it's time to grab your journal or notebook and begin doing the work. Take time to think and write down your answers. (This book is interactive for one main reason: if you don't do the work, I'll end up doing it for you. I don't want you to just take my insights and make them your own, I want you to take the knowledge I give you and use it to bring out all of the powerful tools you already have inside yourself.) This section, like the rest of the book, is an excavation process. We are digging out all of your greatness so that you can serve your family authentically.

## 1 Setting Your Intentions

### **Reminder: You Deserve to Be Celebrated**

None of us get it right all the time. I promise you that! I want to yell almost every single day. And I don't always have the compassion my kids deserve; I'm not always fun, playful, or excited about being a parent. But I'm getting better. And better is *fantastic*. Better is more than enough. Perfection is bullshit! It's crippling because it forces you to believe that some end goal has more value than where you currently are, and that's just not true. You've already broken some generational cycles. You've already done some healing. You're already giving your kids so many great skills and tools. And that all deserves to be celebrated. *You* deserve to be celebrated. You are the kind of parent who reads parenting books. You are amazing already!

So consider the productive ways you are already parenting with power and intention. These will be the building blocks for your success as a parent. A lot of times we get so caught up in what's not working, but the best place to start creating your parenting intention is with an honest evaluation of what *is* working! This will empower you to keep striving toward confidence and ease in your parenting.

Ask yourself:

- What do you love about yourself as a parent?
- What do you love about your family?
- What is something you love about parenting?
- What simple pleasures do you and your family enjoy?
- What was a parenting win this week?
- What are your strengths as a parent?
- What strengths do you notice about your family?

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### **Reminder: Challenges Are How You Grow**

I've reminded you to celebrate yourself and that is a really important step when you're measuring personal progress. However, that's not the whole picture. In order to really see your progress, you also have to be willing to look at your challenges. By seeing where you've been and where you're currently at, you'll be able to better measure your progress over time.

Some days are going to be a complete shit show. You're not always going to know what to do or what to say. And you will face challenges that will test you. In those moments where you feel completely defeated, I want you to remember this: you can learn anything and you can develop new skills to support yourself and your family. Taking a growth mindset is going to be one of your greatest assets on this journey, so start looking at challenges as growth opportunities. When your child is screaming in the middle of the store, that is an opportunity to increase your tolerance for discomfort. When your child's heart is broken because they got picked last at school, that is an opportunity to increase your compassion. Every step of the way, you'll have opportunities to increase your knowledge, kindness, respect, emotional intelligence, patience, and so many other things. Our children, if we let them, give us the opportunity to expand into more conscious, intentional humans. It is in the messiness that you'll have the opportunity to become the best version of yourself.

Ask yourself:

- What are your current challenges as a parent?
- How do you typically respond to challenges?
- What are your fears in parenting?
- Who or what supports you through your challenges?
- Do you ever feel confused, lost, stuck?
- What aspects of parenting do you feel you need more support or more information on?

## 1 Setting Your Intentions

### **Reminder: Your Values Will Guide You**

There are very few things in parenting that are actually right or wrong, or good or bad. Rather, we simply all have our own opinions that are based on our values. This means that no one gets to tell you what is or isn't right for your family. *You* get to decide. Some parents choose to sleep train their kids, while others co-sleep with their kids. Some parents find a lot of value in formal academics while others prioritize learning through experience. I'm not here to tell you what should matter to you, I simply want to encourage you to make parenting decisions that are rooted in your personal values—not in fear, other people's opinions, or your own ego. Intentional parenting means parenting from the essence of who you truly are. When you do that, it's so much easier to parent with confidence and to trust the process. It's when we parent in ways that are out of alignment with our personal truth that we feel insecure.

In the moments that you don't know what to do, return to your values. When you make a decision and something just doesn't feel right, ask yourself "Does this go against my values?" When you get parenting advice, crosscheck it against your values.

Now you may have never taken the time to actually think about what your values are. Or maybe you already make values-based decisions, but for some reason you still don't feel confident in your path. Or maybe you already make values-based decisions and you parent with consciousness and intention. Either way, let's take some time to define, clarify, or revisit your values!

Ask yourself:

- What kinds of things make you smile?
- What kinds of things make you feel frustrated?
- If you could do one thing all day, what would it be?
- When do you feel safe?
- Do you ever feel embarrassed? When?

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- What makes you feel special?
- What are you good at?
- What do you wish you were better at?
- Who are your heroes? Who do you admire? What do they do that you find admirable?
- How do you think other people should be treated?
- How do you think you should be treated?
- What are five things that are really important to you?
- What do you like to do with the people closest to you?
- What is something that you absolutely cannot stand?
- What do you like to do by yourself?
- What makes you feel nervous?
- When was a time when you felt super excited?
- When do you feel calm or peaceful?
- If you could change one thing about the world, what would it be?

Finish the exercise by completing this statement: “I love \_\_\_\_.”  
(Write the first thing that comes to mind)

As you review the answers to the preceding questions, consider the following list of possible values and choose 15 that resonate most with you. (You can also add your own if you don't see them on the list.)

Acceptance

Adaptability

Achievement

Adventure

Accountability

Authenticity

Acquisition of money

Beauty

## 1 Setting Your Intentions

Calm	Generational wealth
Challenge	Generosity
Change	Global awareness
Charity	Goodwill
Cleanliness	Gratitude
Compassion	Growth
Competition	Happiness
Connection	Hard work
Consistency	Health
Cooperation	Honesty
Courage	Honor
Courteousness	Humility
Creativity	Humor
Curiosity	Independence
Discipline	Individuality
Determination	Inner peace
Equality	Innovation
Excellence	Integrity
Excitement	Intelligence
Fairness	Intimacy
Faith	Justice
Family	Kindness
Financial stability	Knowledge
Freedom	Leadership
Friendship	Legacy
Fun	Love

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Loyalty	Romance
Meaning	Safety
Nonviolence	Security
Open-mindedness	Self-awareness
Openness	Self-care
Order	Self-improvement
Patriotism	Self-love
Peace	Sensitivity
Perfection	Service
Perseverance	Simplicity
Personal development	Skillfulness
Personal growth	Social status
Philanthropy	Solitude
Pleasure	Spirituality
Power	Stability
Preservation	Status
Privacy	Strength
Progress	Success
Prosperity	Teamwork
Punctuality	Tolerance
Quality	Tradition
Quiet	Trust
Regularity	Truth
Reliability	Unity
Resourcefulness	Well-being
Respect	

## 1 Setting Your Intentions

Once you've created your list of 15 core values, answer the following questions about each value.

1. How long have you had this value?
2. Where did this value come from?
3. How often do you model this value? (Often? Sometimes? Rarely?)
4. Say to yourself “\_\_\_\_\_ is really important to me.” How do you feel when you hear this? Does this statement feel true? Untrue? Natural? Forced? Uncomfortable?
5. Can you describe an instance when you've chosen this value over something else?

In completing this exercise, you will gain a better grasp on what really matters to you. Once you've narrowed down your list, I invite you to further narrow your list down to the three that resonate with you the most. (You'll need these later in the process when you clarify your intention, but for now, just jot them down.)

Before you move on, it's important to remember a few things about your values. First, your values may change as you learn and grow, so this list may shift. You should feel free to return to this practice whenever you feel especially out of alignment or insecure in your parenting.

Second, it's important to be honest with yourself when defining your values. The more comfortable you are with your true values, the easier it will be for you to respect and honor your child's values. Because, guess what? They're not you. Though you're doing the work of intentional modeling, they will inevitably write their own story. So in order to accept the truth of who they are, you first have to accept the truth of who you are. So be honest with yourself about what you value and recognize when something is a true value versus a desired value. For example, I really wish I valued order and organization. I think my life would be so much easier if I just had



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a desire to clean my house every day! But I don't—like, not at all. There are so many things I value more than order and organization, and it's evident in the things that I choose over them. If I parent from my desired values, I will make hypocritical decisions and struggle to gain my children's respect. (Imagine me constantly yelling about their clothes on the floor. Ha!) Now it doesn't mean I don't encourage them to clean their rooms, I definitely do, but it's certainly not a focus in my house. And if I want it to be, then I have to first develop that value within myself before I expect to instill it in my children.

Lastly, no value is better than another. Your values are not wrong. They're just... your values. A mom whose top value is kindness is not a better parent than a mom whose top value is wealth. (Read that last sentence again.) We all have different experiences that shape who we are. It's okay if you have different values than your parents, your neighbors, or even your friends. In fact, it's not just okay, it's a relief. Thank goodness we don't all have to think alike!

### **Reminder: You Get to Create Your Own Parenting Intention**

Now that you have a good sense of who you are as a parent, it's time to create who you'd like to be! (You'll want to return to this exercise as you read through this book.) Creating personal goals will allow you to apply the information in this book in a way that feels authentic to your journey. I don't want to create carbon copies of the parent I am. Rather, I want to empower you to become the parent that *you* desire to be. So it's important to clarify exactly who that parent is!

Ask yourself:

- How do you *want* to feel as a parent?

## 1 Setting Your Intentions

- What are the general emotional states you would like to experience in your parenting? (Happiness? Excitement? Joy? Peace?)
- How would you like to be described as a parent?
- What do you want your children to thank you for?
- What are three to five parenting goals for this year?
- What is one parenting goal for this month?

Now let's piece it all together to create a tangible representation of everything we've just uncovered. This will be your *parenting intention*. It's important that you do this before you read any further in the book. If you aren't able to write these responses out right now, put the book down and come back to complete this exercise when you have time. By doing so, you'll be able to consistently return to your parenting intention to support your goals.

Answer these questions to define your parenting intention:

- I am \_\_\_\_\_.  
(List things you love about yourself.)
- I am \_\_\_\_\_.  
(List your strengths as a parent.)
- Sometimes, I struggle with \_\_\_\_\_.  
(List your challenges.)
- When I am challenged, I typically respond by \_\_\_\_\_.
- When I need support, I can \_\_\_\_\_.
- My top three values are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- I actively strive to model and encourage these values in my home.

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- The kind of parent I strive to be is \_\_\_\_\_ . I will work daily to be this kind of parent.
- Because I want to feel \_\_\_\_\_ , this year I will work on the following goals in my parenting: \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , and \_\_\_\_\_ .
- My first step toward my parenting intention will be to \_\_\_\_\_ .  
(List your parenting goal for this month.)

Write down your parenting intention and keep it somewhere you can refer to it whenever you need to do so. (That might be on your mirror where you can see it every day or maybe in your meditation corner where you can visit it during quiet time.) Just put it somewhere you know you'll read it often.