
Mindset



Parenthood

WHAT YOU PRACTICE IN YOUR DAILY LIFE IS WHAT YOU WILL PORTRAY AS A PARENT. BEING INTENTIONAL ABOUT YOUR ENERGY AND THE MINDSET YOU CHOOSE TO APPROACH PARENTHOOD IS IMPORTANT.

VISUALIZING WHAT YOU WANT CAN HELP IN VARIOUS STAGES OF PARENTING, WHETHER YOU'RE TRYING TO CONCEIVE, EXPECTING, HAVE A NEWBORN, OR ARE BATTLING THE TODDLER YEARS.

BE DIRECT (BUT, REMAIN OPEN). WHETHER YOU ARE PREPARING FOR YOUR IDEAL BIRTH OR WANT TO BE PATIENT WITH YOUR TODDLER WHO CAN'T DECIDE BETWEEN THE BLUE CUP AND THE OTHER BLUE CUP, PICTURE JUST THAT. IMAGINE YOUR THOUGHTS IN THEIR IDEAL STATE.

DIG DEEP AND FEEL. EXPLORE THOSE FEELINGS THAT MAY BE SURPRISING OR EVEN ICKY. YOU NEED TO BE ABLE TO KNOW WHY THOSE FEELINGS ARE COMING UP, WHAT THEY MEAN, AND WHAT YOU CAN DO ABOUT THEM. IT MAY ALSO HELP YOU BE BETTER PREPARED FOR A SPECIFIC DETAIL OF YOUR BIRTH OR THE NEXT TIME YOUR CHILD PUSHES YOUR BUTTONS TOO FAR.

FORGET THE WORD "IMPOSSIBLE." WE'VE ALL HEARD STORIES OF UNBELIEVABLE ACTS THAT BLOWS EVERYONE'S MIND. THESE STORIES EXIST IN CONCEPTION, BIRTH, AND PARENTHOOD ALL THE TIME. REMEMBER, THE ENERGY YOU PUT OUT INTO THE UNIVERSE ATTRACTS THE ENERGY YOU RECEIVE BACK SO SURROUND YOURSELF WITH SUPPORTIVE PEOPLE AND POSITIVE STORIES.

HEHE'S FAVORITE MINDSET SHIFTS

I AM GRATEFUL THAT I WAS CHOSEN TO BE THIS CHILD'S PARENT.



I AM GRATEFUL THAT THIS IS TEMPORARY.



I AM GRATEFUL THAT I HAVE PEOPLE WHO LOVE AND CARE ABOUT ME.



I AM GRATEFUL THAT I AM STRONG AND CAPABLE