Tool No. 1: Rooting Down in Your Own Life

Reflection: Rooting Down in Your Own Life

We're so focused on "how to raise a good kid" that we forget to ask:
Who am I becoming while I raise them?

This reflection is your grounding moment — a chance to pause, drop into truth, and root yourself into the kind of adult you're actively becoming.
Take a breath. Don't rush. There's no grade here. Just roots.

Start With This:

What are three core values I want to model for my child — not perfectly, but consistently?

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Which of these do I feel strong in right now? Which ones feel shaky?

Go Deeper:

When my child pushes back or melts down, I usually react from:

- ☐ Calm / Grounded
- ☐ Fear
- ☐ Shame
- ☐ Guilt
- ☐ Exhaustion
- ☐ My own childhood reflexes
- ☐ Other:

What would it look like to respond from a rooted place instead?
(Describe in your own words — tone, posture, words, pace...)

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What's something I learned as a child that I now know wasn't true — but still sometimes believe when I'm parenting?

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One Root, One Shift

Choose one small shift you can try this week to root deeper into your values:
This week, I will...

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Because I want my child to grow up seeing...

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— Melissa | Parenting Dirty

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