
Tool No. 7: Reflection – What Got You Here?

Before you keep pushing forward, take a breath and look back.

This reflection is here for the parents who feel like they're just surviving. For the ones who've been through hell, healed in silence, or changed their entire lives quietly – for their kids.

You are the reason this book exists.

Look at the Path Behind You

Take a few minutes to journal – even in point form.

What were you taught about parenting? About children?

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What part of your childhood do you never want to repeat?

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What part do you wish you could give your kids?

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Name What Changed You

Think about the moments, stories, or people that made you want to do it differently.

What opened your eyes?

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What broke you?

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What made you strong again?

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Let This Be a Reminder:

You didn't get here by accident. You got here because you showed up.

Even when you were tired. Even when you didn't have a roadmap.

Even when no one saw the effort but your child.

That matters.

And it's not too late to become exactly who they need.

– Melissa | Parenting Dirty

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