



HOW CAN I LIVE MORE FULLY ENGAGED AND FULLY PRESENT?

PERSPECTIVE

Where am I in parenting journey with my children

What's the big picture?

How can I 'live more'?

What brings me joy?

PRIORITIES

What are my priorities?

Which ones do I want to cultivate in my children?

VALUES

What are my values? Can I name three?

Why do I do what I do?

- In the area of finances
- In the area of my time
- In my value of people (Who is important to me? And how do I let them know that or feel it?)