

JOANNA TABAKU

# PARENTING MASTERY:

Simple Steps to Raise Kids  
Who Thrive in Life



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**To my twin boys, Kai and Neo, who have been  
my greatest teachers in the journey of  
parenting.**

**To you, the awakened parent amongst a  
sleeping crowd, ready to guide, to lead, to  
awaken the greatness within your children.**

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## **Gratitude**

**I would like to express my deepest gratitude to the following people who have been the inspirations and mentors in my life and whose teachings were used to create my parenting experience: Brenè Brown, Tony and Sage Robbins, Bob Proctor, Oprah, Michelle Obama, Abraham Hicks, my mother and father, my sister, the memories with and of my grandparents and great grandparents. Everything I learnt from you has been instrumental in the creation of this book.**

**Special thanks to my beautiful boys Neo and Kai for helping me question my own authority and approach every single moment of parenting and especially during the writing process.**

## Foreword

Parenting is a journey filled with endless challenges, joys, and lessons. As parents, we often find ourselves navigating a complex landscape of responsibilities, emotions, and expectations. In the midst of this, our greatest desire is simple: to raise children who are confident, resilient, and prepared to thrive in life.

"Parenting Mastery: Simple Steps to Raise Kids Who Thrive in Life" is not just another parenting book; it is a guide born from years of experience, reflection, and a deep understanding of what it truly means to be an empowered parent. This book provides a roadmap for parents who are committed to nurturing their children's potential, while also fostering a family environment rooted in love, respect, and growth.

In these pages, you will find practical advice, actionable strategies, and insightful wisdom that speak to the heart of parenting. From building strong communication with your children to instilling a growth mindset, each chapter is designed to equip you with the tools you need to navigate the complexities of raising children in today's world.



This book draws on a blend of time-tested parenting techniques and modern strategies, all aimed at helping you create a harmonious and empowering family dynamic. The principles outlined here are simple yet profound, and they offer a fresh perspective on how to approach the daily challenges of parenting.

Whether you are a new parent or have years of experience, the lessons within this book will resonate with you. They will inspire you to embrace your role as a parent with confidence and clarity, and to see every moment with your child as an opportunity for growth and connection.

As you embark on this journey through Parenting Mastery, know that you are not alone. The wisdom shared in these pages is here to support you, to encourage you, and to remind you of the incredible impact you have on your child's life.

I invite you to dive in with an open heart and a willing spirit. Together, let's explore the simple steps that will help your children not just survive, but truly thrive in every aspect of their lives.

**This book is a culmination of years of experience, study, and personal growth. It represents my journey as a parent and the lessons I've learned along the way. It is my hope that the knowledge shared in these pages will empower you to become the best version of yourself, both as a parent and as an individual.**

## **Introduction**

This book was written for you - the parent who is awake, who sees the world as it should be, who sees the world as it truly is, underneath a pile of suffering the previous generations largely led by fear have created.

We, parents, have a duty to our children to help them thrive in life, live a beautiful life feeling fulfilled. Simple, but not easy, right?

Our children's future depends largely on our ability to guide them, not just through instructions, but through the example we set. We can't rely on schooling or the rule of "let's see how it goes" - they are too precious to let their lives be left to the already confused world. And how we act, not how we talk - will be followed by our children. So the pressure - or better put - the exciting opportunity is here now!

I wrote this book to help other parents be outstanding guides for their children and I will be sharing here everything I have learnt on my journey as a parent, raising beautiful, smart and, oh - so determined and driven, twin boys. As a consultant, coach and a business efficiency specialist I set out on my parenting journey with a goal - to raise my

kids in the most outstanding way possible. I felt that there was a duty on me - with the knowledge and experience I had - to put it to use as a parent and prepare my children to truly thrive in life and that I was able to do it with the tools I developed through the life experience I was lucky to have. I wanted my kids to have an outstanding life, not follow the status quo because it's easier (at first and then you pay the price!). I then decided that it would be selfish if I kept this to myself, having come across so many parents who needed to learn this in their life, for the sake of the future generations. And having come across some many kids unfortunately hurt by their parents' lack of tools and skill set to be what they truly desire at heart - an outstanding parent raising a thriving child. Thriving socially, emotionally, health-wise, financially and more.

My own upbringing gave me even more experience than my own parenting. I learn so much from my mom and my dad. They did what they felt was best for me, but they acted out of fear and many parents still do this when raising their kids, eventually settling for mediocre because it's *safe*. So with gratitude for my childhood and all the experiences in it, I encourage you all to be grateful to your parents for teaching you what they did - they helped you become who you have become. And I will help

you become even more of a kickass parent who will raise kickass kids!

This book is a journey of transformation, where we - as parents - first evolve ourselves to become the kind of role models our children need, to then - with faith, not fear - step into the role of brave confident guides our children need us to be.

Ready to become your future self, to guide the leaders of the future?

I have only one task - play full out - read and take action - do what I am asking you to do, this way you will make the most out of this book, don't leave anything for later! You'll feel so accomplished by the time this book comes to an end!

As you read this book, you will come across helpful tools and exercises. Some of them are explained fully here, and for others which might be only mentioned here, I prepared for you a whole depository of additional resources, a portal which you can access by scanning this QR code (also at the end of the book) - you'll be taken right to your parenting haven. So let's dive in!



## **Chapter 1: What do YOU want?**

Imagine a ship at sea, with a captain and complete highly skilled crew, with all the technical equipment needed to go on a journey, ready to conquer the world's most exciting corners. Fuel, food, passion. All present.

Suddenly, the captain realises that he doesn't know where they are supposed to go.... Or perhaps she realises there are many places they could go and she doesn't know which one to choose? In either case, do you think this ship will move far from the harbour? Or if it does, will it be a productive and efficient journey? What if the efficiency and productivity don't matter, will it be an enjoyable journey, without a target, a goal, a destination to strive towards?

Of course not, if we don't know where we want to go, any next step taken just feels like we're in the wrong place and it doesn't feel good. I've been there before - doing things for the sake of being busy, filling days with activity, but not really achieving anything. And that was because there was no clear and exciting goal in mind.

In this chapter I want to help you identify what you want for your children, but not in a traditional way, oh no! You will become limitless in your vision, that's how we are going to roll! Then we will dig deep into your heart to find out why you want what you want. With all that established, we will help you figure out who you need to become in order for the vision to become a reality.

Sounds good? Let's go!

## **Vision - Goals**

On the journey of guiding our children toward an outstanding future, the first step is to crystallize a clear vision of what we want for them. This vision isn't merely about academic achievements or material success but about nurturing them into well-rounded, fulfilled, and resilient individuals. It isn't about what they are destined to accomplish but who they must become to make these accomplishments possible, regardless of the challenges life will inevitably throw at them! As Tony Robbins often emphasizes, clarity is power. A clear vision provides a roadmap, a sense of direction that fuels our efforts and keeps us motivated.

Creating a vision for your child's future starts by imagining the kind of life you wish for them in various scenarios. Consider their personal values, relationships, and how they handle success and failure. Use tools like vision boards and journaling to articulate these ideas. Encourage your child to express their dreams and aspirations, making this a collaborative effort.

Your vision should encompass all aspects of life, including emotional well-being, social skills, resilience, and personal fulfillment. I am sure you



also want them to be healthy and financially strong. What does this look, feel like?

Think about the values and principles you want your child to embody, their relationships with others, and their ability to handle challenges. Engage in open conversations with your child to understand their interests and incorporate their dreams into the vision. This ensures that the vision is not just imposed by you but is a reflection of their aspirations as well. Don't worry if you're fearful that you might be imposing something on your kids that isn't what they will ultimately want. We will check on this and adjust as needed later on.

Many parents struggle with the idea of creating a vision, often feeling unsure of where to start. If you find yourself in this position, begin with a brainstorming session where you list everything you wish for your child's future. Narrow it down to key areas such as health, education, relationships, and personal growth. Use tools like vision boards and journals to organize these thoughts.

The best place to start is from grounding yourself, regulating your breathing, allowing the heart and soul to take over the mind (you will know you are in this state if instead of a Mercedes with leather seats and full shebang equipment, you might say

something like “strong financial standing, balanced with fulfillment in what they are, do and have” - good one, huh?).

You might worry about imposing your desires on your child. To mitigate this, make sure to involve your child in the vision-setting process. Listen to their ideas and incorporate their feedback. This collaborative approach ensures that the vision is a true reflection of both your aspirations and their dreams. They might categorize things into experiences ( what do they want to do, see), personal growth (what would they like to learn) and contributions (what would they like to contribute towards, their near and dear ones or another aspect close to their heart and passion).

Remember to use the following to create a compelling vision:

- what values would you like them to follow throughout their life (perhaps courage, playfulness, vulnerability, honesty or something else)
- what would your vision be for their most important life areas:
  - health
  - relationships
  - finances

- personal growth
- career and life's mission
- self-love
- contributions & celebration
- any other important to you are not listed here

Remember, it's not the external visible to others things that truly matter in these areas, like that fully jazzed up Mercedes mentioned before. Tony Robbins shares a powerful story in "Awaken the Giant Within" about a time when he was struggling to define his own vision. He realized that his goals were too focused on external achievements rather than holistic well-being. By shifting his focus to include personal growth, relationships, and contributions to others, he developed a more balanced and fulfilling vision. This transformation not only improved his own life but also allowed him to better guide those around him, including his own children, and millions of others, me included! I included a vision board template and a guided vision creation process on the resources portal.

Many of my coaching clients have benefited immensely from creating detailed visions for their children's futures. They have seen tangible changes in their relationships with their children and also wider relationships. They also created a

clearer path to guiding their children effectively. Through our coaching sessions, they have developed personalized vision boards and action plans that resonate deeply with their family values and are a lighthouse, a North Star - guiding them to the destination they are now so certain about.

Ready to create a vision for your child's future? Let's take a look at the next section to make sure you are not putting limits to the possibilities.

To help you with your vision, reach to my bonus resources page and find a guided visualization I created for you. It will help you get out of your head as someone else is guiding you and it will allow you to surrender to whatever comes to your heart.

## **What's Possible? Are You Limited by Your Own Beliefs?**

It's great that you began to conceptualize a vision for your child's future. Before you dive too deep and perhaps go full speed, consider if you have an unrestricted view of what is possible.

Many of us are confined by our limiting beliefs, often instilled in us from a young age. These beliefs act as invisible barriers that shape our perception of what is possible. According to Bob Proctor, our paradigms—mental programs that have exclusive control over our habitual behavior—play a crucial role in defining our reality. To help our children break free from these limitations, we must first identify and challenge our own limiting beliefs.

To be limitless and allow yourself to create a limitless vision for your child's future, you must first identify where these limits lie.

Start by reflecting on areas where you feel stuck or experience repeated failures. Journaling can be a powerful tool for uncovering these beliefs. Write about your thoughts and feelings in these situations to identify patterns and recurring themes. Begin with small, incremental changes. Use positive affirmations to reframe your thoughts and

visualization techniques to imagine a future without these limitations. Engage in practices like meditation and mindfulness to build self-awareness.

Limiting beliefs can create a restricted mindset, which may unconsciously be passed on to your child. By identifying and overcoming these beliefs, you can model a more open and growth-oriented mindset for your child, encouraging them to believe in their own potential.

Some parents might find it difficult to identify their limiting beliefs. Reflect on your past experiences and the messages you received from your environment. Ask yourself questions like, “What beliefs about success and failure did I inherit from my family?” or “How do my fears influence my actions?” Journaling and self-reflection exercises help uncover these beliefs. Others might find the idea of changing beliefs difficult and overwhelming. Begin with small, manageable steps. Use positive affirmations and visualization techniques, as taught by experts like Bob Proctor and Neville Goddard, to gradually shift your mindset. Remember, consistent small changes lead to significant transformation over time.

As a child I was told that money doesn’t grow on trees and that you have to work hard for it (meaning

be tired and sad and feel stressed) and that some people aren't meant to experience true wealth. I shifted this belief into a belief that abundance comes to us at all times and that when we do what we are passionate about and that is also serving others, we don't feel like we are working and so we spend hours on our mission (but it doesn't feel like hard work because we enjoy it!) and we are rewarded for it. I am now applying it to the vision I hold for my own children. If I hadn't identified this, I would have applied limits to what my kids can be, have and do. I would have not written this book and would have lived a mediocre and hopeful life of "someday". But as Tony Robbin says: the road to "Someday" leads to a town of "Nowhere".

Don't worry, we have all been one way or another conditioned by our childhood, sometimes positively and sometimes in a way that didn't serve us very much. And as Brene Brown says, paraphrasing: no one comes out of childhood in one piece. So let's use our lessons to create an even more empowering vision for next generations.

Many of my clients who are part of our mastermind community, report multiple breakthroughs related to overcoming limiting beliefs and creating unlimited visions for their kids and their whole families. By showing them techniques I learnt from experts like

Bob Proctor, participating in guided visualization exercises and more, they have reported significant improvements in their mindset and their ability to support their children's dreams. Our mastermind sessions focus on identifying and transforming these beliefs, leading to profound personal growth, amongst other progress.

So let's get you to ask yourself, what if....  
ANYTHING was possible? What would your vision be? And whenever that little voice in your head starts to get louder, get back to your heart and ask again: "What if anything was possible?" What would I want for my child?

Do you have it? Let's test it!



## **Why Do You Want This? What's Driving This? Is It Strong Enough?**

Yes, we are not done... yet! We need to test that our vision will be guided by something bigger, something that will not let us fail. When our patience wears down or our fear creeps in. Something that will be so strong it will laugh in the face of frustration or fear!

Understanding the driving force behind our desires is critical. What motivates you to ensure your child's future is outstanding? Is it a deep-seated fear, societal pressure, or a genuine desire to see them thrive? As Abraham Hicks teaches, alignment with our true desires brings about a sense of joy and fulfillment. So a desire is great but we have to truly get to the bottom of why we want what we want. Otherwise the desire will turn into wishful thinking and we will be back on the road to "Someday"... (hint: that's not the road you want to be on, to guide a child to thriving and fulfillment!)

Engage in deep self-reflection and journaling to explore your motivations. Ask yourself why each goal is important and what underlying desires drive these goals. Be honest with yourself about whether these desires come from a place of love and support or from fear and comparison. Reflect on

whether your goals align with your core values and your child's interests. Seek feedback from someone who truly has your back (not just someone who loves you deeply as they might live out of fear and their own limiting beliefs), someone like a mentor or a coach will play a helpful role. This can provide an outside perspective on whether your motivations are aligned with positive and constructive outcomes. If motivations are not strong enough, it can be challenging to maintain the necessary effort and commitment. Revisit your goals and ensure they are truly meaningful to you. Sometimes, adjusting your goals to better align with your core values can strengthen your motivation.

Some parents might be unsure about their true motivations. Spend time journaling or meditating on your motivations. Ask yourself why you want certain outcomes for your child and what you hope to achieve through them. This process can help you uncover your true motivations. Others might worry about their motivations being driven by fear or societal pressure. Recognize these influences and consciously shift your focus towards intrinsic motivations. Techniques from Jamie Kern Lima's "Believe IT" can help in realigning your motivations.

Jamie Kern Lima, in her book "Believe IT," discusses her journey of overcoming societal

pressures and aligning her motivations with her true passions. Her transformation from a struggling entrepreneur to the founder of a billion-dollar company was driven by a deep desire to help others and make a meaningful impact. This authentic motivation sustained her through countless challenges and inspired many around her, including her family.

A couple of great tools I use when assessing my purpose for a vision or a goal and when helping my clients (and I am strongly encouraging you to use now with me), are:

“7 levels deep” - a fantastic and uplifting tool I learnt way back from Tony Robbins and Dean Graziosi which takes your desires all the way back to the core. It’s simple.

Ask yourself why you want the future you want for your child, write down or voice record the answer. When you have the response, ask yourself: and why do I want that (that being the response), when you respond to that, ask the question “why” again. And so on, at least 7 times to really get deep, exhaust the mind and wake the heart.

It might look something like this:

I want my kids to be resourceful, loving, self-loving, living in faith, trusting, confident, having a truly fulfilled happy, healthy and wealthy life.

Why?

Because I don't want them to suffer like I did.

Why?

Because suffering leads to hurt and this leads to more hurt and in turn poisoning your environment who is also hurt rather than saving and uplifting.

Why do you want your kids to uplift and save?

So that they can serve a higher purpose

Why do you want that?

So that they can focus on helping others with their gifts?

Why do you want that?

So that they can instil in other people faith and certainty of endless possibilities.

Why?

So that the world is more uplifted and humanity levels up.

Why do you want that?

Because happier humans make life happier and serve more...

And so on as long as you feel you wanna keep going or that you are no longer in your head (the answers won't be something you'd say to get a good grade at school but something you would say to yourself quietly).

Now you try...

Another way to do this and find the purpose behind your vision is to focus on someone who will benefit from this as it isn't just you as a parent being fulfilled - your child is the main recipient of this, but it goes so much deeper as they will impact their friends and their families and wider communities thanks to this vision being fulfilled. Can you feel your heart beating with more excitement? Yeah, that's it! You've got it! Now keep going!

When you're finished read or listen to your why.

Does it make you cry?

As the saying goes (try it with a southern accent) “if your why don’t make you cry it’s not your why”.

So if it doesn’t, go again. Yes, go again. Only when you have it nailed down can you proceed to the next step as you will only take inspired action if your purpose is strong enough.

As you can imagine, working with my clients, my coaching practice emphasizes the importance of understanding and aligning your motivations. Many clients have discovered that once they connect with their true desires, their ability to guide their children improves dramatically. Our mastermind members often share their experiences and support each other in maintaining this alignment, resulting in a more fulfilling parenting journey.

How do you feel about the vision for your offspring now?

Inspired to talk about massive action?

I bet you are! Just hold your horses for one moment, let’s make sure you know who to align with and become in order to make it happen...

## **Who Do You Need to Become to Make This Come True?**

To guide our children toward an outstanding future, we must first transform ourselves. This involves continuous personal growth and self-improvement. As parents, we serve as role models for our children, and our behavior, attitudes, and beliefs significantly influence them.

Reflect on areas where you can improve and seek out resources or support to help you in your personal development journey. This might involve learning and implementing more about effective communication, emotional intelligence, or stress management. Engage in practices that foster self-awareness and personal growth. This could include reading, attending seminars, seeking mentorship, or simply reflecting on your experiences. Encourage open communication with your child, creating a supportive environment where both of you can grow together.

Personal development legends like Tony Robbins and Bob Proctor (can you tell already I loved and still love learning from them?) emphasize the importance of evolving into the best version of ourselves. This transformation is not about perfection but about progress and dedication. It's

about setting an example of resilience, compassion, and continuous growth. It's about enjoying the process of becoming while loving the version of yourself in the here and now. Wouldn't you love this for your kids to experience from you and in their own lives?

Practice what you preach. Demonstrate the values and behaviors you wish to instill in your children. If you want them to be resilient, show resilience in your own life. If you want them to value learning, let them see you engaged in learning activities. Your actions will speak louder than words and create a powerful example for them to follow.

Through my coaching practice, I've seen parents transform their lives (by making seemingly small changes) and, as a result, their relationships with their children. Clients often report that their commitment to personal growth, inspired by our coaching sessions or mastermind breakthroughs, leads to noticeable improvements in their family dynamics and their ability to guide their children effectively.

To become the version of you who needs to guide your child, you essentially have to become who you want them to become. To do this, regularly evaluate your strengths and weaknesses against the vision.



Identify areas where you can improve and seek out resources or support to help you in your personal development journey.

Our children learn by following what we do, so to walk the walk, you need to identify what attributes you must possess to be an effective guide.

Begin by listing all attributes of a person who achieves the vision, which you created earlier, would possess.

Use statements like:

A person with this vision achieved IS..... (who are they?), HAS..... (what do they have, what skills or attributes - whatever comes to heart), DOES..... (how do they behave?), BELIEVES..... (what do they believe), IS GUIDED BY THE VALUES OF..... (which values are they guided by), SAYS TO THEMSELVES.....(what is their inner dialogue?).

The workbook on designing your future self is very handy and in a more detailed way will help you figure out that version of you to design and become. You will find it in resources.

This is exactly what growing feels like - uncomfortable and unnecessary at first, but so

freeing eventually! Thomas Edison epitomized continuous personal growth. Edison's relentless pursuit of knowledge and improvement not only led to his own success but also inspired and guided countless others. His dedication to personal development serves as a powerful example of how our growth can influence and inspire our children.

Wouldn't you want to leave this kind of legacy with your children, grandchildren and great grandchildren? Woah, am I going too far? Let's just stick to your kids for now, but rest assured what you are doing now WILL impact not one but multiple generations to come!

## **Chapter 2: Where are you NOW?**

Let's go back to that ship about to leave out to sea. The captain now has a clear vision of where this voyage is headed. There is a clear point on the map, or somewhere in the distance that is the destination.

That's awesome. But imagine this - they have no idea where they are... So how on Earth are they meant to plan this undertaking of getting to their destination? Well, the answer is obvious - use the resources they do have to figure out where they are. They could ask someone, they could use a resource like a phone to check on the map where they are or perhaps use other help like the sun, the terrain and more to assess their location.

You can already see from this story that knowing where you are going is important but it is nothing if you don't know where you are. If you know where you're you can estimate what you need to make hitting your destination a reality.

So let's dive deeper into this chapter, to help you assess where you are in relation to your vision.

## **Where Are You Now? Reality Check.**

Understanding where you and your child currently stand is crucial for charting a course to the future. This reality check involves an honest assessment of your strengths, weaknesses, and the obstacles you face. Acknowledge your current situation without judgment, seeing it as a starting point rather than a final destination. I said honestly because I meant it - don't make it worse than it is - we tend to do that. So look at all the things that are already positive, like your strengths and your child's strengths. These can be character traits, skills, habits, world view, values and more.

Evaluate your own situation. Reflect on your parenting style (are you an authoritarian parent, a one who bargains to get their way, a servant leader or a more spiritual wise sage? - find out on my resources portal by accessing my quiz), your relationship with your child, and your ability to support their growth, the values you hold dear and your honest opinion of how close to those values you actually conduct yourself. Be honest about your strengths and areas for improvement. This self-awareness is the first step toward making meaningful changes.

Do the same for your child. For example, assess their values, their habits, their strengths and potential weaknesses. Be an observer not a parent in this case. If you manage this, you will help your child much more and be less judgemental or over optimistic. Remember what I just said moments ago - see things how they are, NOT worse!

Many parents wonder how to objectively assess their current situation. Start by using structured tools like journaling and SWOT analysis. Gather feedback from teachers, coaches, and peers to get a comprehensive view of your child's academic, emotional, and social status. This data-driven approach helps you understand their starting point and identify areas that need attention in relation to the vision you hold for them. Do not get distracted by what doesn't matter and doesn't go into this vision. Assume the rest doesn't exist.

Some parents may find it difficult to be objective about their strengths and weaknesses. Use self-assessment questionnaires and seek feedback from trusted friends, family, and mentors. Self-awareness is the first step toward making meaningful changes and improving your ability to guide your child.

A great tool I used for increasing self-awareness is called Johari Window, created by Joseph Luft and Harrington Ingham which is designed to raise awareness of self, others and relationship with others. You can find the assessment by simply googling "johari window test". You will need to ask at least 3 friends to help you with that, it takes 2 minutes to fill in. Results might amaze you. Your child can do the same exercise.

Another few great assessment tools include: the 5 elements test, the 6 human needs test, the aforementioned SWOT analysis and more. I personally love the kinds of tests in which you can mark responses and without fudging the result find out what outcome your responses had, rather than just noting down a lot of information that my head could take over and make up responses good for public display but perhaps not as deep and honest... and honesty is key. Showing your imperfections. "The truth will set you free" is an excellent statement - be honest about where you are, that's the only way to improve. Be imperfect, be excited about growth!

Brene Brown, in "The Gifts of Imperfection," shares the story of a woman who undertook a thorough self-assessment after realizing she was stuck in a cycle of perfectionism. By acknowledging her

vulnerabilities and embracing imperfection, she was able to transform her life and, in turn, become a better guide for her children. This story highlights the power of an honest reality check. My mastermind sessions often focus on self-awareness and personal growth, resulting in more effective parenting strategies. It's so important to become and stay aware. The truth will set you free! It will also help you see your progress!

Many of my coaching clients have experienced breakthroughs by conducting honest reality checks. One realised she was bringing up her kids to public approval rather than to fulfilment and self-love. Through our sessions, this client learned to objectively assess her strengths and weaknesses, as well as the unconscious traits, leading to significant improvements in her ability to support their children's growth.

## **A Closer Look: Who Are You Not?**

Part of this assessment involves understanding who you are not. This means recognizing the roles, identities, and expectations that don't serve your true self or your child's best interests, that perhaps you have assigned to yourself throughout time. By shedding these layers, you can focus on cultivating authenticity and aligning your actions with your core values.

Consider the societal and familial expectations that may have shaped your beliefs and behaviors. Are there roles you have taken on that do not resonate with your true self? Are there expectations you impose on your child that stem from your own unmet aspirations? Reflecting on these questions helps you distinguish between genuine desires and imposed roles.

Take your time to answer these questions. This book is not one of those - read me fast and forget, instead it is one to help your growth and awareness so that you can make progress.

Encourage your child to explore their own identity. Support them in discovering who they are and who they are not. This process involves trying new activities, exploring different interests, and learning



from both successes and failures. Provide a safe space for them to express themselves and experiment without fear of judgment.

Recognize the power of saying no. Both you and your child have the right to reject roles and expectations that do not align with your true selves. This might involve setting boundaries, changing career paths, or simply embracing a different way of thinking. And yes, it might mean your child setting boundaries with you about their own future versus your old aspirations you might be trying to keep alive in your own child.

Many parents struggle with societal and familial expectations. Reflect on whether these expectations align with your true self and your core values. Encourage your child to explore their own identity by trying new activities and learning from their experiences. This process helps them discover who they are and who they are not.

For example, in my own family meat has always been a main part of meals, when I was younger and still lived in Poland, meat was served for each of the three meals of the day. Which was also a paradigm - that people must have 3 meals per day (and also some snacks in between). It was also agreed that milk and sugar were a normal part of

diet and that eating anything but traditionally was met with what seemed like long political candidate speeches, convincing and even eye rolling. The thing was that this advice was given by people who did not feel or look like they were healthy and defined vitality. But to them it was the normal thing to do and the thought of anyone being different meant explaining to others why they didn't influence the odd one out to not fall out of line.

You have to figure out who you are not and know that those who are truly supporting you will be there with you, no questions asked (well they may ask questions but out of curiosity do not need to influence you). You'll find a very powerful tool to help you identify and overcome who you are not, in the resources portal.

Some parents worry about the consequences of rejecting societal roles. Understand that saying no to roles and expectations that do not align with your true self is a powerful step towards authenticity. Encourage open communication with your child about their experiences and support them in setting their own path and their boundaries.

Many of my coaching clients have benefited from exploring their true identities and setting boundaries with the old and the unsupportive concept and with

the people in their surroundings who no longer align with their new self-concept. Through our sessions, they've learned to reject roles and expectations that don't serve them, leading to more authentic and fulfilling lives.

Neville Goddard's teachings in "Your Faith is Your Fortune" emphasize the importance of self-concept. By changing your conception of yourself, you can change the world you live in. This principle can be applied to parenting, helping you and your child align your actions with your true selves. If something feels right, stick to it. If it feels wrong, run away. And you WILL know it because we all have the ability to tune in and hear our divine inner guidance.

## **What's Stopping You? What Is in the Way?**

You have now identified who you truly are, who you are not and who you are not willing to show up as. That's great. And we all know that it's great to have intentions and ideas and plans. Let me just take you back to a New Year's Eve or New Year's Day and ask about the resolutions you made then. How many of them did you actually commit to and take consistent action on? The guess is not difficult. It's easily answered by the statistics of any gym from December, January, February and March. Memberships go up at the end of December and in January and so do attendances, but from February onwards the attendance slowly drops and so eventually does payment for subscription (if you don't go, you eventually wanna stop paying for what you are not using). Let's stay with health and fitness for a moment. I recently talked to a friend of mine from a high-impact, high-quality membership community we are both part of and he told me he was getting on the plane and out of nearly 200 seats filled with people he could not see one (not one!) occupied by someone who looked fit and healthy. And when you ask people if they want to be healthy, if they want their children to be fit and healthy, you never get "No" for an answer, but the reality as we look around is shocking.

Let me unpack this for you. Our desires don't translate into action because our beliefs stop us from taking action that will result in something different to what it previously was programmed to result in. Until you change your belief you won't get a different result.

You guessed it, to move forward you must (not need to or could!) identify the barriers that hinder your progress. These will in majority be internal, such as fears and limiting beliefs, or external, such as societal pressures and lack of resources (and these, believe it or not, are also internal as we create the reality we focus on - if we focus on being resourceful no resources are lacking and no pressure will bend us). Understanding these obstacles allows you to develop strategies to overcome them and move forward.

Internal barriers often include self-doubt, fear of failure, and negative self-talk. These mental blocks are the most powerful deterrents to progress. To address them, engage in practices that build self-confidence and resilience, such as positive affirmations, mindfulness, and cognitive-behavioral techniques.

Ask yourself - what is it that I believe that is not in line with the vision I have for my ability to guide my

child to the desired future? Better yet, ask what beliefs the person who is the ultimate guide has, then compare them to the beliefs you have currently. If they align, great! Well done, congratulations. You have identified it is not a belief that is stopping you but something else. We will keep digging deep for it, because it always stems down to a belief - it might just be even more deeply rooted and take a bit longer to identify. But the key takeaway here is that you are doing the work, the important work. And if it is a limiting belief that is the identified challenge, you will have to shift it through repetition of the new belief, awareness, showing yourself the pain the old belief caused you in the past and will continue to cause you if you don't change it, and identifying and changing the pattern you have been running with that old belief.

External barriers might include financial constraints, lack of access to quality education, or social stigmas. Don't you see that these are beliefs too? "I don't have access to quality education" is a belief. What if instead you turned it into "I constantly discover new ways of delivering quality education to my children and myself"?

Once these beliefs are addressed, and only then you can engage in practical solutions, such as seeking scholarships, finding community resources,

or advocating for better opportunities. Building a supportive network of friends, family, and mentors can also provide the resources and encouragement needed to overcome these obstacles. It all starts with the belief though!

Work with your child to identify their specific barriers. Encourage open communication about their fears and challenges. Together, brainstorm solutions and create action plans to address these issues. This collaborative approach not only empowers your child but also strengthens your relationship.

Many parents find it challenging to identify and overcome internal barriers. Start by reflecting on your fears and self-doubts. Use positive affirmations and mindfulness techniques to build self-confidence and resilience. Engage in practices that challenge negative self-talk and reinforce positive thinking.

Some parents may struggle with external barriers like financial constraints or societal pressures. Ask yourself “If there was a solution what would be the top three solutions I would like?” You will be surprised by what directed mind can come up with. A great network of support will help you through what seem to be external challenges. For example

one of my mastermind members had asked for support with her financial situation and by receiving 10 other people's points of view and advice she received a holistic library of steps she would then choose from to apply next. She no longer felt alone and with no options. She felt supported and unrestricted!

Tony Robbins, in "Unleash the Power Within," emphasizes the importance of taking massive, determined action to overcome obstacles. By identifying barriers and developing strategies to address them, you can create a clear path towards your goals. This principle applies to both parents and children, helping them overcome challenges and achieve success.

Many of my coaching clients have successfully identified and overcome barriers through our sessions. By using techniques from experts like Tony Robbins and engaging in open communication, they've developed effective strategies to address both internal and external obstacles. The funniest thing is that they all felt the problems were huge and undeniably difficult to manage, but in turn each of them identified the solutions and moved forward.



## **What Is Your Relationship Like? What Kind of Leader Are You?**

So let me know address the elephant in the room.... Read the following words, then read them again.

*You can only help someone change if you have a strong enough relationship to help them through that change.*

Yes, when your kids are very young, they probably obey what you say because you taught them to do this, but as their brains develop, so does the determination and unfolding of their own path. You won't succeed for long if you decide to be authoritarian... So here's a way to change this and develop an evergreen style that will always feel great to everyone involved.

When I worked in business consulting, helping clients make a tangible change which resulted in financial gains, I learnt one very important principle that changed the proportion of assignments completed with success versus those which made a small dent, from 20% to 95%! This principle was AIDDA. Not the aria. That is spelled with one D only! AIDDA was taught to me as a sales technique.

What has sales to do with this? Absolutely everything!!! We market and sell ALL THE TIME. Yes, I am shouting as I type. This is how important it is to remember. The way we interact with others is a constant process of sales and marketing. As a partner, you sell to your partner the version of you they either will do anything for or they will want to avoid. True? With the way you act towards your kids you either help them be excited about doing something or totally hold a grudge against you for pulling them away from their favorite game or hanging with their friends. True? With the way you talk to yourself, you either set yourself up to have an outstanding day or a catastrophe and bad luck-ridden one. True?

Let's get back to AIDDA. So the sales technique, which you now understand as being relevant to you, goes like this:

Attention

Interest

Desire

Decision

Action

You must first catch and hold the attention of the person who you want to take some sort of action on something. In this instance your child. The right kind of attention - you could catch unfavorable attention or a positive attention (it's the second you want of course!). They must like and respect you (or only respect you, as if they only like but don't respect you, you won't have any impact on them). Ideally there is liking and respect. You must obtain this before you move to the next step of generating interest. And this is where most people fail. They try to move too fast, tick the Attention box and get to generating interest. It won't work. It's like building a house on a shaky foundation if you don't fully obtain their positive attention.

This could go like this. You to your child "Hey, I can see you're busy doing your favorite thing, I wanna let you focus on what's important for you right now. And I would love to explore something with you that can make a massive shift for both of us and I wanna make sure that both you and I have full capacity to do it, so could you let me know when you are free to explore this? It would take us 15 minutes or so. I am home and free for the next couple of hours." If they're a younger child you might say to them something like "Hey I wanna talk to you about something that will help you find. More

time for what excites you the most, like this game, can you give me a few minutes after this level is over?”

That actually addressed the first three points of AIDDA, but mainly catching their attention by being respectful of their time and priority and not imposing your own priorities - you respected them so they will now respond something like: “Sure, let me just finish this and I’ll come to you in a few minutes and we can talk” or “Let me pause this now, what is this about?”

You must generate Interest. Meaning that they must be interested in talking to you more about something. Not forced against the wall! That is very different and we will talk about this in the next chapter, when we talk about leadership styles. You must find something that will actually motivate them to want to explore whatever you wanna explore.

The next step is to generate a Desire. This must come from a genuine place of connecting with what motivates your child. What are the needs they want to fulfil in that moment or in general, what do they strive towards. At this point it will be very important to understand what drives us humans. In the next section I will describe in detail the needs that drive

everything we do in life and how to figure it out for others.

This leads to helping them make a decision and ideally it is not about you asking a “yes” or “no” question but them deciding they wanna do it before you even ask. This happens when you show the child enough information so that they can feel the desire and an immediate need to commit to Action. Take some. Sort of action towards what you want to achieve there and then.

Let me put it all together.

You want your child to go to a charity event with you. You know it will develop them and help to enhance their contribution bucket. They want to play games. The games give them a sense of certainty and connection as well as enough variety between levels that they won't get bored. So talking to them about going to the charity event to help pack food boxes and being of contribution won't do anything at all. You might say something like “Hey, I'm gonna need to take this phone away as I want to service it and make sure it works for you, I'm gonna do that on the way to the charity event which I am helping at. If you want, you can go and check it out with me while we wait for the service to take place. Wanna come?” What do you think the

answer will be if the phone is the most important thing in the world for them? Help them have the experience by selling it in a way that will motivate them to do it. The outcome is the experience you want them to have and it will be achieved. Do they need to do it against their will or as a decision they were forced into? No, instead it was a win-win. You generated Attention, Interest, Desire, Decision and Action.

Some things that might help you evaluate where you are now and how you might want to change are the points below:

Evaluate the quality of your relationship with your child. What kind of leader are you? Effective leadership in parenting involves empathy, communication, and the ability to inspire and guide. As a servant leader, your role is to serve and support your child, building a bond based on trust and mutual respect, rather than forcing or bargaining. Strive to be a conscious parent, guiding your child with understanding and compassion. Reflect on your communication style. Do you listen actively and empathetically? Do you create an environment where your child feels safe to express their thoughts and feelings? Improving your communication skills can enhance your relationship and foster a deeper connection with your child.

Be vulnerable with your child (but not to the point you tell them that you make them responsible for the fact you are impacted and affected by their behaviors) and share with them that parenting can feel challenging at times as you want the best for them but also want to balance to give them room for the beauty of their own experience.

Consider your approach to discipline and guidance. Are you consistent in your expectations and consequences? Do you balance authority with understanding and support? Striving for a servant leadership style helps create a nurturing environment where your child feels valued and respected.

Many parents wonder how to improve their relationship with their child. Start by reflecting on your communication style - A and I in AIDDA. Practice active listening and empathy to create an environment where your child feels safe to express themselves. This builds trust and strengthens your bond.

Some parents may struggle with finding the right balance between authority and support. Strive to be a servant leader by serving and supporting your child with understanding and compassion. This approach creates a nurturing environment where

your child feels valued and respected. Two of my coaching clients, a couple, have improved their relationships with their children by adopting servant leadership styles. Through our sessions, they've learned to balance authority with empathy, leading to more effective guidance and stronger connections.

Brene Brown, in "Dare to Lead," emphasizes the importance of vulnerability and empathy in leadership. By embracing these qualities, you can build stronger relationships and inspire those around you. Applying these principles to parenting helps you become a more effective and compassionate leader for your child.



## **What Is Driving Your Child Now?**

Let's understand how your child is wired. When you master this knowledge, you can take steps towards change and help them shape their path to an outstanding future. Knowledge is only potential power. When you put it to use, ooooo, you can make wonders happen.

When I learnt all the money generating techniques throughout my professional career, I knew a lot could be achieved and money could be multiplied in such amazing abundant ways. But it was only when I began implementing these techniques and putting my knowledge into action, and learning from this experience - I received the power this knowledge gave me.

Understanding your child's current motivations and influences is key to guiding them effectively. Explore their interests, strengths, and challenges. Consider their unique design, including the five elements, five love languages, six human needs, and human design principles. This holistic understanding helps you tailor your guidance to their specific needs and potential.

Start by observing your child's behavior and interests. What activities do they enjoy? What

subjects do they excel in? What challenges do they face? These observations provide insights into their natural inclinations and strengths.

The following are great ways of assessing and understanding your child without judgement, just seeing how they are composed.

- The five elements (wood, fire, earth, metal, water) in Eastern philosophy can offer a unique perspective on your child's personality and tendencies. Understanding their dominant element can help you create a supportive environment that aligns with their natural energy as well as help them understand what triggers them and what fires them up.
- The five love languages (identified by Gary Chapman), the ways in which your child feels and expresses love —words of affirmation, acts of service, receiving gifts, quality time, and physical touch—can help you understand how your child prefers to receive love and support. By speaking their love language, you can strengthen your

bond and make them feel valued and understood.

- The six human needs (certainty, variety, significance, love&connection, growth, and contribution) as described by Tony Robbins provide a framework for understanding what drives human behavior. We all are driven by them all but two are usually the most prominent and we strive to fulfil them more than others. Identifying which needs are most important to your child can help you motivate and support them effectively by communicating with them from their needs' perspective. Usually most humans who are not aware have the highest needs for significance and certainty.
- Human design, a system that combines astrology, the I Ching, Kabbalah, and the chakras, offers another tool for understanding your child's unique characteristics and potential. By exploring their human design chart, you can gain

insights into their strengths, challenges, and optimal ways of functioning.

You can learn even more about all of these and take the tests for your and your child using the QR code at the end of this book to gain access to them all and many more in my resources portal.

Many parents struggle to understand their child's motivations and influences. That's because they don't have the right tools and support network. This changes with this book. Start by observing their behavior and interests. Identify activities they enjoy and subjects they excel in to gain insights into their natural inclinations and strengths. Carry out the above assessment methods.

Some parents may find it challenging to tailor their guidance to their child's unique design. Use frameworks like the five elements, five love languages, six human needs, and human design principles to understand your child's personality and tendencies. This holistic approach helps you provide more effective support. Many of my coaching clients have successfully tailored their guidance to their child's unique design thanks to firstly identifying the drivers that steer their child already (thanks to these assessments above). Through our sessions, they've learned to use

frameworks like the five love languages and human design principles to understand their child's motivations and strengths and use them to build an outstanding and fulfilled future with their child. My mastermind clients also use the tools to exchange observations with each other; and discussions often focus on holistic approaches to parenting, leading to more effective guidance and stronger relationships.

Abraham Hicks, in "The Law of Attraction," emphasizes the importance of understanding and aligning with your child's unique energy. By recognizing their strengths and motivations, you can create a supportive environment that encourages growth and fulfillment. Applying these principles to parenting helps you align with the unique energy of each child and guide your child more effectively.

### Chapter 3: Finding the Right Tools to Bridge the Gap

Our now well known ship, its captain and its crew is now clear on where they want to go and they also figured out where they are. But will they get there with just their will and optimism and. The knowledge they have in their heads? We all know the answer to this. They will have to *use* the knowledge they have, work *together* and be very aware of where they are as far as distance from their destination, the methods which help them smoothly get there and the methods that don't work, they'll need to anticipate a storm and have an idea of how they will make sure the storm only makes them stronger not stops them from arriving at their destination. They will have to put more of their knowledge into place not once, but everytime something new is on the horizon. They will need to assess frequently. They will get to their destination because they are determined, they already saw in their vision where they are going - and they are open to *the journey*.

And guess what that ship is your family, that captain is you, that crew - that's your kids. And you are guiding them to get to their destination and to, one day, be the captains of their own ships. Just like the

captain on that ship you must use your knowledge and help your kids use the knowledge they have, so it's not just in all of your heads as the ship won't go anywhere if all you do is think about it but keep doing the same. Something new has to happen, be assessed, approached again, reassessed. You must not be in your head about things but have an open mind that you will get to that destination - that vision - and that right now you probably can anticipate the storm, just don't know when it will hit or how strong it will be and which part of the ship will be affected. Just like that you won't know exactly what challenges life will bring but when you know your crew, know your tools, your equipment and yourself - you can approach any challenge - known or unknown - and make it a success.

Here we will focus on the tools which you can use to make your inner captain stronger and more aware and with the ability to anticipate even more. Let's dive in to help you become that wise experienced captain.

## Two Triads

Read this section multiple times. This becomes your bible. I hope you don't mind me being so direct - because if you are open to it, I will keep guiding you to help you become the best version of yourself and raise outstanding kids. This is *the most important* thing you can learn here and if applied - *will* change your life.

*Our state is everything.*

Tony Robbins talks about “state” being the most vital thing to maintain at the center of everything he does. He emphasizes the importance of physiology, focus, and language in shaping our state. It is a triad of those three: physiology first, focus next and the language to complete the triad. By mastering these elements, you can maintain a resourceful state that empowers you and your child. When you master it, you show your child how to do it and in turn they become masterful at this.

Let's unpack it.

Physiology refers to the physical state of your body. This includes posture, breathing, and movement. By adopting a powerful and positive physiology, you can influence your emotional and mental state.



Encourage your child to engage in regular physical activity, practice good posture, and use breathing techniques to manage stress.

Focus is about where you direct your attention. By focusing on positive and empowering thoughts, you can shape your experiences and outcomes. Teach your child to practice gratitude, set positive intentions, and use visualization techniques to create a positive focus.

Language refers to the words you use to describe your experiences, the meaning you give them. Positive and empowering language can shift your perspective and create a more optimistic outlook. Encourage your child to use affirmations, reframe negative thoughts, and practice positive self-talk.

Let's put it altogether.

Imagine this. You are playing with your kids and then suddenly they start fighting with each other. You ask them to stop, you distract them, you try all the methods you know but they are still fighting and they are not letting go. It looks like it's gonna end in tears. Yours or theirs. Or both. And instead you push your chest out, you stand up and in a high pitched Mickey Mouse voice you say something like "oh crumpets, not again!" And proceed to jump like

crazy on one leg. Guess what - the kids become confused, they are so stumped they stop what they were doing and start laughing or checking your temperature. Either way - you did it - you broke their negative spiralling down pattern. But most importantly you broke yours. Remember the alternative ending - the tears? No one cried, unless they were tears of laughter. This was all coming from the change in your physiology. You did it. You also changed the focus of the situation and focused on making it great and not about not making it worse - and that, my friend, is a huge difference. You gave the situation a whole different meaning, you made it possible to change not something that had to end in tears. When I work with my clients on this - whether in our one to one sessions or masterminds for our members - we spend the most time and attention on making a positive change here and being able to put yourself in the right state at a snap of your fingers. It is, as I said earlier, *the most important part* of the process for making a positive change in your family life now and in the future.

Many parents wonder how they can do it when they are already angry or if they learnt from previous experiences that things have to end in tears and slamming of doors and often if not always, an

immense parental guilt. It's actually simple and when you understand it (not believe it - *understand* it!) - you will never go back to the old behaviour. And with practice you will eventually forget there was such a thing as a negative state. It's simple because the steps here are: do something different that induces high energy, first thing that comes to you, don't think. Start singing, start doing jumping jacks, do a turn, do a funny voice, do a voice that is the negative you but high pitched, say things with your tongue out. Count backwards, like Mel Robbins teaches us in "5 Second Rule" - 5... 4... 3... 2... 1... and go!

The second, wider triad includes the mind, body, and spirit. Balancing these aspects creates a holistic approach to well-being and success. The mind involves mental clarity, focus, and a positive mindset. The body includes physical health, energy, and vitality. The spirit involves a sense of purpose, connection, and inner peace. Encourage practices that nurture all three aspects, such as meditation, mindfulness, physical exercise, and activities that foster a sense of purpose and connection. Lead from the heart. Always check if what you are doing feels right or wrong. If it feels right, continue. If it feels wrong, stop, reassess and change course of action.

Ask yourself - do I need to go into my body now (and perhaps change physiology?), do I need to change the way my mind is directed at present (am I looking at things from an old belief/paradigm?) or perhaps something much higher is not aligned spiritually (am I not aware of something that I could open myself up to by being more curious?)

Many of my coaching clients have successfully mastered the triad concept to improve their state of mind, body, and spirit. Through our sessions, they've learned to adopt positive physiology, focus, and language, leading to significant improvements in their well-being and their ability to lead their child. In our mastermind discussions we often practice ways to get into the right state, we inspire each other with new and funny and cool ideas and stories of how we got to change our state.

One of my stories is a funny one. Picture this. Driving on the freeway, kids start to argue and hit each other in the car, they are crying and hitting and it got past a phase where they would even listen to me ask for peace. So in the midst of this I had a few choices. What came to mind first was: scream, stop the car, throw something to the back of the car, take off my shoe and hit, cry, curse, and many more. But then I remembered - I will only feel worse and so will they. And they will learn that what

I show them *is* the way to respond in such situations. So instead I did my 5... 4... 3... 2... 1... countdown and started laughing like crazy pointing to the front of the car and shouting - “did you see that giant flying chicken?” They immediately stopped, stared at each other in disbelief and burst out laughing. This changed their physiology. Then proceeded to ask about the chicken and then, guess what, said that I am making things up and there is no chicken. This changed their focus. All that was left was approaching their argument and hitting and asking them to figure out what went wrong and what empowering meaning they could give their misunderstanding and what lesson for the future.

You go - what are the three ways in which you can immediately change your state that you now commit to practicing?

Does doing this change things forever? Of course not. Does driving a car once make you an excellent driver? No! This takes practice. And guess what, the more you practice the more you teach your kids and they teach their friends and communities by the way they act and the positive impact becomes immeasurable.

## Connecting with Your Child

As you learnt from the section on AIDDA, building a strong connection with your child is fundamental for anything and especially for maintaining a great bond and being able to act as their guide. Building a connection involves active listening, empathy, and creating an environment of trust and support. Regularly engaging in meaningful conversations, showing genuine interest in your child's thoughts and feelings is the key.

Read the following descriptions of each of the above key skills applying this knowledge to the reality in your household. I don't want to scold you, but the truth will set you free. Do you see yourself as an active listener, an empath and someone who creates an outstanding environment *for your child*?

Active listening means fully focusing on your child when they speak, without interrupting or thinking about your response. Show that you are listening through eye contact, nodding, and verbal acknowledgments. Reflect back what they say to show understanding and validate their feelings.

Empathy involves understanding and sharing your child's feelings. Try to see the world from their perspective and acknowledge their emotions. This

builds trust and helps your child feel understood and supported.

Create an environment where your child feels safe to express themselves. Encourage open communication and be non-judgmental. Show that you value their opinions and respect their individuality.

The above are great if they are all carried out genuinely. And to be genuine about this, we must first get to the bottom of why we want to be active listeners, empaths and creators of wonderful and safe environments? Go back to your why, you won't feel like you're trying to do something. Doesn't feel natural... It will only feel unnatural if you have a hidden agenda, if you feel you're tricking them into something. But we all know you're not, you might just be approaching your child from a new angle and anything we do for the first time or first few times will seem unnatural and clumsy before we practice it and grow into it. If you want something you never had, you're gonna have to do something you've never done before. Otherwise you end up running around in circles. So how do we engage with our child in a way that naturally builds that strong bond?

Ask yourself when you're interacting: "is this coming from a genuine place or am I after something?", "do I want to build love and connection or am I just trying to quickly tick a box?"

Spend quality time together engaging in activities that your child enjoys. I mean it, get down and dirty with something they see as passion. I chase my kids around playgrounds playing crazy tag every time we go to a playground. It lets me run around like a free spirit and also helps me bond with them. I spend time reading Minecraft encyclopedias (Blockopedia) with the boys, creating my own profile and running around in the world they so eagerly build for me, because by understanding their world I can help them develop some of the habits, skills and other necessary elements to be more aware of themselves and others. Only by being able to refer to what makes them feel good I get to be in their tribe, be one of them and for that matter someone who is worth their attention. Get this? This strengthens your bond and provides opportunities for meaningful interactions. Use this time to talk about their dreams, challenges, and experiences while you play. Trust me, the opportunities will be hanging very low and so easy to grab when you do this.



An important distinction that a friend of mine made, who is a father of boys and girls, which helped me immensely with understanding and. Bonding with my own boys was how differently they interact. Girls, in majority, seem to want a nice conversation, you can sit down and look them in the eyes and just enjoy talking for a long time. Boys, however, often need to be doing something while they are talking to you. For example - my boys and I have the best conversations when we are in the car driving somewhere. Their eyes are busy looking at different things but their focus is on the conversation. If I try to sit down with them and have a talk, even a really fun one, they stop focusing and start. Doing something else quickly. Now, some girls you know might be like my boys, some boys might be like the girls I described above. The bottom line is - observe your child and see where and how they interact best and when it is the easiest to connect with them and have a conversation. Is it while doing something, is it while being somewhere?

Think about this aspect of your child. What did you notice?

Now find in your amazing mind 3 different activities you could engage in with your child which they are passionate about and which you could use to bond even more. Yes, this is your space. Do it now.

Now tell me, what are the three?

Amazing!

Some parents may struggle with creating an environment of trust and support. Encourage open communication and be non-judgmental. Whatever your child tells you, in response always say something neutral, like “that’s interesting” or something enthusiastic like “that’s fascinating”, especially if it’s something that could be a taboo or another topic that you don’t usually engage in. It’s very important to come from a non-judgemental angle as what they are sharing with us is usually coming from either their non-judgemental innocent aspect of themselves or something they were nervous about discoursing. I remember my mom gasping when I asked about things that to her seemed taboo or inappropriate. But I was just a child, innocent and curious and wanted to know the meaning of things. Take it this way - the more open and curious you are, the more open and accepting of your opinion they will be. Show that you value your child’s opinions and respect their individuality. This helps them feel safe to express themselves. My clients often talk about their own past experiences with certain topics which made it difficult to be more receiving as they were judged or ostracised by their parents (who in their best

intention only knew this way of acting, learning from their own experiences and previous generations). We change these past experiences into something positive to build on (like the fact that their experiences made them reflective and upgraded their own parenting methods), so that they can have a positive anchor to embed with their kids and not a conversation or situation they'd dread.

Brene Brown, in "Daring Greatly," emphasizes the importance of vulnerability and empathy in building strong relationships. By embracing these qualities, you can create an environment of trust and support. Applying these principles to parenting helps you build a deeper connection with your child. So things like admitting when you're also scared or tired or fearful as well as excited, happy and grateful are very much looked forward to by your child as it shows you're a human and have these emotions too and are vulnerable enough to admit them.

So take it from me, the experiences of trial and error of the mistakes I made, the mistakes my parents made, and the countless mistakes my clients made - the more open, curious and flexible you are in your approach, your way of communicating and your ability to connect with your child heart to heart - really understand *them*, you

will not have any challenges when it comes to having a strong connection.

There's one more thing to mention here as far as building a connection and understanding your child better. When you understand it and apply it, your world will ever be the same!

The bees knees of a child whispering...

Remember we discussed love languages, the human needs and the 5 elements as the decoder of our children's behaviour? Ok, so what if there was something that can help you instantly make a shift while you deepen your understanding and use of these tools and concepts and even before you implement them into your daily life?

I have it here... Meet two buckets. Yes, it's this simple. All children operate from these two buckets:

The Power Bucket

and

The Attention Bucket.

I remember learning about it some time ago and it helped me so much in terms of managing anything that might be a meltdown or a temper tantrum. If

you remember - I previously mentioned the human needs and the main ones for most people being significance and certainty. This is one thing that combines them both and when addressed appropriately, it helps to increase the overall connectedness in the family, the feeling of being seen and cared about.

Kids wake up with these two buckets being empty. Throughout the day they aim to fill them to the brim. As they grow up they fill them in different ways - just like the way we understand our love languages changes with age (for example “physical touch” love language - when they are young might be hugging and as they turn into teenagers it could be a pat on the back or a shoulder rub instead but a hug would get them all worked up). These buckets must be full at the end of each day and at appropriate levels throughout the day. Think about it as a phone battery. If it’s full, we are good, we can get on with our things and feel safe and secure knowing that the phone is there when we need it. How about when the battery reaches level of 11% and we have a long drive to a new destination and no charger - that would make us feel a little agitated right? It’s the same with these two buckets.

Let me explain these further. A power bucket is the way in which the children feel powerful. For

example, making a decision about what food to take for lunch to school, what to wear, in which order to do their homework, what to do after school etc, how to behave when given a gift, what to say when asked something, etc. If the kids feel like a lot of this is out of their control, they feel powerless and often begin to act out, because they want to gain their power so they want to demand it. A simple way to help them fill the bucket is to involve them into your daily activities, spending time dedicated to them and asking them how they would like to spend it, not making plans for them at all times but allowing them to make decisions about that. With younger kids, it's giving them 3 choices that you prepared but they get to decide which one is their choice. One of my clients decided to ask their kids which fruit they would like to buy - a healthy choice of fruit was already made but which fruit it was going to be was up to the child who felt so amazing and accomplished when they got to make these decisions. It was these kinds of small changes that got my client from a tantrum ridden 7 year old to a fun kid to be around, and she got some help too! Another client said during one mastermind session that her teenage daughter was hanging around with the wrong crowd and that it was worrying. After some advice from myself and the group she realised that she didn't give her

enough choice so the daughter rebelled to show who is in power. The client quickly started asking for input on a number of things, like her wardrobe, meal ideas and her daughter's preference for time off school and guess what - thanks to this choice the girl had she soon stopped hanging around with that crowd as she no longer needed to force her power onto anyone.

Attention bucket as you can imagine is similar, it's about giving your child attention, yes even the teenage ones! And it is about positive attention. Let me give you an example, my own parents were so fear ridden about me that they forbade me most things when I was a rebellious teenager. Being the kid in school who was the most intelligent, witty, with excellent grades, funny and innovative - none of that was noticed at home. Instead it was either backhanded compliments like: you're such a great student, so why did you only get a B in this test? Forgetting about 99 other tests or ways in which I got an A or was outstanding. That only drove me to show off more, mixing my power bucket with a large unfilled attention bucket. I acted out all the time because I ended up only getting attention for negative things and never for positives. Had they given attention to the positives (not overinflating compliments or giving false praise, just whenever it

felt genuine), many years of serious teenage rebellion would have been saved (that's for another book though!). So one way of making sure your child has their attention bucket filled is to give them genuine praise. Be careful, it's not about calling them great at something, it's about noticing that they did something you found great at that time. There's a big difference between the two. One implies a person's characteristic (putting pressure on that association becoming their personality trait), the other simply comments on something in the moment being noticed by someone who stated their opinion and made it clear. So "good boy/girl" are not the statements that will be positive. Your child could do something considered good behavior but who are we to judge what is good or bad and who is good or bad?

Knowing and applying as a parent or caregiver the knowledge about the buckets will certainly help you connect more to your child and help them grow more fulfilled, noticed, loved and cared for.

Find 40 ways in which you can recognise your child showing a need to have one or both of their buckets filled, by going to the resources portal.



## **Designing a Vision Together**

Once you feel you are able to connect with your child (and while it's not a one-off, but a continuous process, you will get to a level where you truly connect and will be able to co-create). Involve your child in the process of creating a shared vision for their future. This collaborative approach ensures that the vision resonates with them and aligns with their aspirations. Encourage them to dream big and explore their passions, while also setting realistic and achievable goals - which are time-bound, so you can create a specific plan.

Many parents wonder where to get started. Start by discussing their interests, strengths, and dreams. Ask open-ended questions to encourage them to share their thoughts and ideas. Listen actively and validate their feelings and aspirations.

One of the things I often ask my boys is “if sky was the limit, what would you want to do, be, have) and even at this young age I can tell that overall environment influences them and puts a ceiling on. So I continue on with creating unbelievable stories and as they get excited and interested they begin adding to these stories.

The other very important thing is free play. If your child is not used to having time that isn't organised for them, they might find it odd and uncomfortable. Yes, you can tell your child that you are a little busy right now and see what they will do. Make sure electronics are out of reach at the time. You will see how he or she will start playing and creating. Sometimes we just need a little space that isn't filled with pre-designed plans so we can create and dream. Join your child when you can see that they are happily playing and being creative. You can do-create even more and you will also strengthen the bond.

During conversations important aspects will come up. Depending on the age of your child they may not have a goal as we know them. The younger children up to the age of 10 usually have one goal: explore and find a passion amongst many things. They will give you clues in the conversations and common activities. As you hear these clues, make a note of them. Don't dismiss anything your child wants to explore. Just talking about something, exploring a subject, doesn't mean you're agreeing to that something. Many parents worry that their child wants something that isn't going to have a positive outcome on their life. But remember, go from the place of faith, curiosity and exploration.

You can always make another decision to not continue exploring something. You can access this list of helpful dinner table conversation starting questions on the resources portal. They will change your life.

Work together to set specific, measurable, achievable, relevant, and time-bound (SMART) goals. Even if it means exploring something. That also is a goal - figure out if x is my passion. Break down these goals into smaller, manageable steps. This makes the vision more tangible and achievable.

Encourage your child to create a vision board, a visual representation of their goals and dreams. This can include pictures, quotes, and other inspirational elements. Display the vision board in a place where they can see it regularly as a reminder of their aspirations. It's great to do a physical one if you have pictures, magazine cut outs and other things you can stick on. A digital vision board is especially amazing if your child loves their screen - or you can do both.

You can find examples in my resources portal by scanning the QR code at the end of this book. Many of my clients use these to begin the creation of the boards they help their kids make. It gets them

started and then flows and inspires them every day just by looking at them.

Regularly review and update the vision and goals. Celebrate achievements and adjust plans as needed. This keeps the vision dynamic and relevant, and reinforces the importance of continuous growth and adaptation.

Some parents may struggle with setting realistic and achievable goals. Use the SMART goals framework to set specific, measurable, achievable, relevant, and time-bound goals. Break down these goals into smaller steps to make them more tangible and achievable. The worst that will happen is that you will adjust and go again. Remember it's a continuous process and it's all about learning, growing and adjusting.

Jamie Kern Lima, in "Believe IT," emphasizes the importance of dreaming big and setting realistic goals - realistic meaning that you feel you are capable of achieving them, not that it has already been done before. And this is an important distinction. By involving your child in the vision-setting process, firstly helping them dream big, you can create a shared vision that aligns with their aspirations and with your overall vision for

their happiness and fulfillment - as we already explored this is the ultimate goal for us all.

## **Conditioning and Habit Building**

We are conditioned all day, every day. We condition our children too. Yes, not just others, we do! You can easily condition your child to have a certain reaction to you. Mine to my father was fear. I was usually scolded for something or given a death stare and didn't even know why and was told to guess. You can imagine the reaction of fear being quite appropriate. IF I was conditioned to laugh every time someone tells me off or stares at me without talking, I would have a different experience. Then again, my dad acted out of fear too. The reaction to my mom was defeat. She would tell me "no" to everything I proposed, innovated or asked. And she made everything work the way she wanted it to. So I knew when I saw her it was her way or the highway so I usually felt resigned, frustrated. Eventually I started rebelling against it but the feeling was the same. Not in the very young years, there was probably some genuine excitement to see both my parents when I woke up or came from kindergarten but I don't remember many of those moments. And I want my children to have associations of me as fun and fair, as a great leader, not to come from fear, anger, frustration, or similar low vibration association.

So think about your majority of reactions and actions towards your child, do they induce boredom, fear, sadness, negative association or more fun, playfulness, innovation, positive associations? If the latter, that's amazing, congratulations. If the former, think now how would you like them to perceive you and become that person. Change one thing first and when that becomes a habit, change another and so on.

Developing positive habits and routines is essential for long-term success. This involves creating a structured environment that supports your child's growth and helps them build self-discipline. Teach them the importance of consistency and perseverance, and model these behaviors in your own life. Identifying key habits that will support your child's goals could include daily reading, regular physical activity, practicing mindfulness, or developing a study routine. Start with small, manageable habits and gradually build on them.

With one of my clients we worked on implementing healthy habits like nutrition and hydration. We set out to first just have one healthy meal per week where the entire family would research the foods, their benefits and come up with a recipe, then make it together and eat together. They had a blast, they ended up turning it into a 4-day a week exercise,

but also batching their meals, cooking more to have for the next day and completely turned around their family's habits while having fun.

Create a structured environment that supports these habits. This might involve setting up a dedicated study space, establishing a consistent daily schedule, or providing the necessary resources and tools. Remember that structure and routine and stability could mean you. I have been travelling with my boys for years, staying in many places at all times and the constant is me and the fun we have. Even in times when there is a lot of uncertainty you can find an anchor and you will find that this anchor is usually you. Don't underestimate your power.

Use positive reinforcement to encourage habit formation. Praise and reward your child for their efforts and achievements (in the way I mentioned in the section about two buckets). This reinforces positive behavior and motivates them to continue. Model the habits you want to instill in your child. Show them the importance of consistency and perseverance by practicing these behaviors yourself. Your actions will serve as a powerful example and inspire them to follow suit.



Many parents wonder how to develop positive habits and routines for their child. Start by identifying key habits that will support their goals and your vision for their future. See where you are and set realistic steps towards each of the habits you want to build. Start with one at a time.

Some parents may struggle with modelling positive habits. Show your child the importance of consistency and perseverance by practicing these behaviors yourself. And if you don't and you see the negative results, also show them the effects of these. I showed my kids all the fillings I had from bad habits in childhood of having too many sugary treats and foods when I was younger. You will come across as honest and will gain more respect. Your actions will serve as a powerful example and inspire them to follow suit (or in case of negative examples, will keep them away from making these mistakes).

Tony Robbins, in "Awaken the Giant Within," emphasizes the importance of developing positive habits and routines. By creating a structured environment and using positive reinforcement, you can help your child build self-discipline and achieve long-term success. Applying these principles to parenting helps you guide your child more effectively.

Many of my one to one coaching clients have successfully developed positive habits and routines for their children through our sessions. By creating structured environments and using positive reinforcement, they've helped their children build self-discipline. Our mastermind discussions often focus on habit-building strategies, leading to more effective guidance and stronger parent-child relationships.

## Daily Practices

Every day take one step towards a positive outcome. If you try it all at once you might get tired and end up in the same place. Like yo-yo diets did and still do for many people out there. But if you do things one step at a time, you'll not even notice how quickly something you thought was new turns into a habit on autopilot. Implement daily practices that reinforce your vision and goals. These could include morning routines, mindfulness exercises, goal-setting sessions, and regular reflections. Consistency in these practices helps build momentum and fosters a sense of purpose and direction. You can check out a list of ideas for daily practices in my resources page, by scanning the QR code.

Start each day with a morning routine that sets a positive tone. This might include activities like meditation, exercise, journaling, or reading. A consistent morning routine helps establish a sense of structure and prepares your child for the day ahead.

Incorporate mindfulness exercises into your daily routine. This could involve mindfulness meditation, breathing exercises, or simply taking a few moments to be present and aware. Mindfulness

helps reduce stress, improve focus, and enhance overall well-being.

Set aside time for goal-setting sessions, do it regularly. Once a year for bigger vision planning and then monthly and weekly reviews and daily plan connected back to the big main goal. Review your vision and goals regularly and adjust them as needed. This keeps your child focused and motivated and provides a sense of direction and purpose. Ask yourself and your child - does this seem like this activity will get us closer towards the goal? If the answer is yes, go for it. If it's a resounding no, drop it.

Encourage regular reflections on experiences and progress. This could involve journaling, discussing achievements and challenges, or simply taking time to think about what has been learned and what could be done differently next time to make the experience even better. Remember we are on this earth to constantly grow and progress and to develop every day - continuous and never ending improvement must be at the heart to appreciate how far we've come and have a need to keep going. Perfection is on the other end of the scale and trust me, it ain't pretty. Reflection helps reinforce learning, identify areas for improvement, and celebrate successes.

By following this structured approach, you can effectively guide your child toward an outstanding future. Remember, the journey is as important as the destination. Embrace each step with patience, love, and commitment, knowing that your efforts will pave the way for your child's success and fulfillment.

## **A Community of Support**

The last, but definitely not least - actually the main thing to leave you with before this book comes to an end - is that whatever we do, if we do it alone, our impact is limited. It's not about proving that you can go it alone. Of course you can. But will it be as fun and as progressive? Nope on the rope!

You will have a better result and a much more enjoyable journey when you have a community of support around you. Meaning that having resources like nearest family, friends and colleagues who are aligned with you is crucial. One of my clients had a family who was totally stuck in an old fashioned way of raising children and let's just call them very deeply asleep. She helped them come a level higher and more open but she knew this was not going to be one of the battles she wanted to fight while her biggest purpose was raising a fulfilled child. So she limited contact with family to the minimum in a very respectful and kind way, while finding a network of people who were like her passionate about kids and their future and we're actually doing something about it, not just talking about it. A community of support is a powerful tool in achieving your vision and goals. Being surrounded by like-minded individuals, mentors, and coaches can provide invaluable resources,

encouragement, and accountability. The concept of “proximity is power” highlights the importance of surrounding yourself with people who inspire and support you.

The power of a network lies in its ability to provide diverse perspectives, shared experiences, and collective wisdom. Engaging with a community of supportive individuals can help you and your child navigate challenges, celebrate successes, and stay motivated, as your child grows and changes and more challenges arise for parents. Usually it happens as soon as we feel we’ve mastered this stage of their lives, boom fast approaches another... Whether it's through formal groups like mastermind sessions or informal gatherings of friends and peers, a strong network can be a game-changer.

Finding mentors and coaches who have walked the path you aspire to can provide guidance and insights that accelerate your progress. These relationships offer not just knowledge and skills but also inspiration, encouragement and add more years of fun to your family life, not more years of meandering without a clue. A good mentor can help you see possibilities you might not have considered and challenge you to reach higher.

Like Minded individuals share common goals and values, creating an environment of mutual support and understanding. Participating in communities, whether online or in person, allows you to connect with others who are on a similar journey. This sense of belonging and shared purpose can be incredibly motivating and sustaining.

Many parents wonder how to build a strong community of support. Start by seeking out groups and communities that align with your values and goals. Participate actively and contribute to the community. Building relationships within these networks will provide you with support and accountability.

Some parents may feel hesitant about seeking help from mentors or coaches. Understand that everyone benefits from guidance and support, our own parents were our first coaches. Imagine how far would you have gone if your mom didn't teach you how to hold a spoon or your dad didn't show you how to tie your shoes... Reach out to potential mentors and coaches who inspire you. Building these relationships will provide you with invaluable insights and encouragement.

Tony Robbins often shares how surrounding himself with successful, positive, and supportive individuals



has been a crucial factor in his success. This principle applies to both personal and professional growth. Bob Proctor used to spend time only immersing himself into resources that were uplifting, encouraging and helpful. Abraham Hicks talks about staying in high vibration as this is where we create and meet more joy.

Many of my coaching clients have experienced significant benefits from participating in our mastermind groups and working with me in private sessions. These sessions provide a space for sharing experiences, gaining insights, and receiving support. They also elevated their progress into weeks or months not years or decades. The sense of community and shared purpose has helped many parents stay motivated and achieve their goals. If you feel called to explore these, you can find out more by scanning the QR codes about mastermind and about one to one coaching at the end of the book to see what to do next.

## **Chapter 4: What's next?**

Wow, look at this! You have done it! You have stuck to the end and learnt so much and are ready to implement this. Remember not to be hard on yourself. Maybe you didn't get something from the get go, but come back to this book if you need to, implement the learnings at your pace. We covered a lot. Ask for help when you feel you need it. And for now consider some of these to help you experience an even more fulfilling journey.

## **Seriously, what's next????**

Well, now that you read and understand many concepts and steps on how to implement these concepts, you can certainly keep going. Remember that we need to constantly repeat and immerse ourselves into something for it to become a habit. And so be grateful to yourself that you are so amazing and are on the journey.

You might decide that this is enough and use this book every day and go at your own pace. You can follow me on social media (QR codes at the back of the book) and gain valuable insights and advice as I post it. You will be inspired to action.

You might also decide that there is no time to waste as kids get older day by day and you want the ultimate help sooner, you want to feel supported. You might want to join my weekly mastermind - a community of support where every parent or carer has a space to share and ask for help but also contribute to other peers' challenges. Through work in this group we gain not one (our own) point of view but multiple points of view, solutions and ideas.

You can join the community here and while paying a small subscription fee that is roughly the same as

a cost of a family meal in a restaurant, while in just one hour per week (you can surely find this much time!) you can speed up your progress towards your children's outstanding future by 10x or faster.

Or, if you really feel like you are a *really* serious, committed parent and want your kids to have the path of guidance that will benefit them even sooner, you might decide that you'd like to work with me directly. This is something I do by application only as I want to make sure you have all it takes to truly take the matters of your family's future and your children's fulfillment into your hands. The benefits of having access to me one to one and ongoing support in between sessions are obvious but I will list them anyway: you get to learn from the person who dedicated her life to learning and growing her own offspring, someone who experienced it from both the parent and the child perspective. You can become an outstanding guide who stands proudly in a superhero cape, holding your head high and proud - you did it! You can apply and book a call with me, using the call booking form, fill in some necessary information and pick a time and if based on your responses I can see we're the right fit and sign you on, we can begin to work together right away.

I am not going to encourage you to work with me if you don't feel it. You know the feeling when something is just right. But I will encourage you to find the right help to allow you to progress at the speed you desire. So if it isn't me, find another person, who you like and trust, who can demonstrate that they can help you by giving you value and the right kind of advice. You can find different parenting resources on social media and by searching your local area on google for parenting coaches and parenting experts.

Feel into your heart what is the next best step for you!

## **Closing remarks**

Use this book until it becomes your second nature. Take the exercises. Implement and review the progress. Reflect on what went well and what could improve even more.

Highlight the most important and note-worthy parts - yes you will eventually know and do them by heart. Remember there are three levels of mastery: having the knowledge (only potential power), emotional (you can feel when you're doing it right and when not) and full mastery (you're actually doing the thing that once was just a concept and you are doing it without thinking).

Use the resources from my portal which I have shared with you all in one place to serve you in an efficient and organized manner.

Be kind and loving towards yourself. You're awakened! You can figure this out and become an outstanding guide, you're looking like the right kind of person anyway - you picked up this book and wanted to make a difference - this is huge. Love yourself and love your child. Guide from the place of faith not fear. That is for both guiding them and yourself!

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As you finish this book, I invite you to take action. Reflect on the lessons shared, and apply them in your daily life. If you find this book helpful, please consider sharing it with other parents who might benefit from its message. Join our community of like-minded parents and stay connected for more resources, support, and inspiration.

*I love you, you rock!*



# Parenting Mastery: Simple Steps to Raise Kids Who Thrive in Life

In today's fast-paced world, raising confident, resilient, and successful children can feel like an overwhelming challenge. But what if parenting could be simpler? What if there were a proven set of steps that could help you guide your children to thrive in every aspect of their lives?

**Parenting Mastery** is your go-to guide for unlocking the full potential of your parenting journey. Packed with practical advice, actionable strategies, and real-life examples, this book offers a straightforward approach to help your children develop the skills and mindset they need to succeed in life.

- Discover how to:
- Foster self-esteem and independence in your children.
- Build strong, open communication that nurtures trust and connection.
- Instill resilience and a growth mindset that empowers your kids to overcome challenges.
- Create a supportive and positive home environment that encourages growth and learning.

Whether you're a new parent or a seasoned pro, **Parenting Mastery** provides the tools and insights you need to navigate the ups and downs of raising kids with confidence and ease. Join the thousands of parents who have transformed their families by following these simple, yet powerful steps—and watch your children thrive like never before.

Are you ready to become the parent you've always wanted to be?

Let **Parenting Mastery** be your guide.

## ABOUT THE AUTHOR



**Joanna Tabaku** is a business productivity consultant and results coach turned entrepreneur and author.

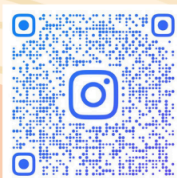
Joanna ran her own businesses after leaving corporate employment and while she was passionate about helping others achieve time and money freedoms, she discovered her life's mission to redefine education and followed her heart inspired by a moment of frustration with the education her twin boys were receiving.

Joanna is redefining education by helping parents guide their kids on the path to thrive, as well as by bridging the gap in the elementary school curriculum to help children become resourceful, thrive and achieve the goals for a balanced life: happy, healthy and wealthy, creating physical schools and working with parents remotely, with additional parent resources coming soon.

Discover more at [www.joannatabaku.com](http://www.joannatabaku.com)



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