



JOANNA TABAKU

"Who You Are Not"

*Identifying and Releasing
Old Programming*





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This workbook is designed to help you, as a parent, assess the old programming, societal norms, and beliefs that no longer serve you. By identifying these outdated beliefs, you can consciously choose to release them and create a new mindset that aligns with the future you desire for yourself and your children.

"Who You Are Not"

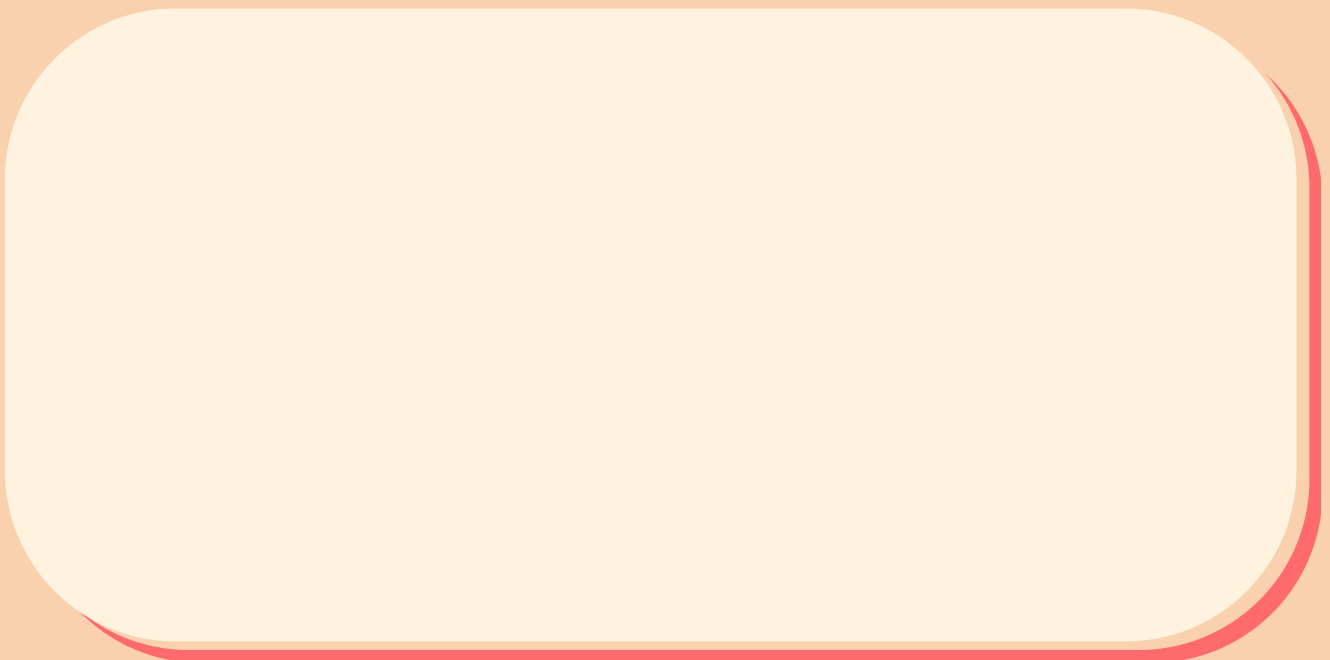
Identifying and Releasing Old Programming

Section 1: Identifying Old Programming

1. What beliefs did you inherit from your parents or environment that shaped your view of parenting?



2. Which societal norms do you currently follow, even if they don't resonate with your true values?



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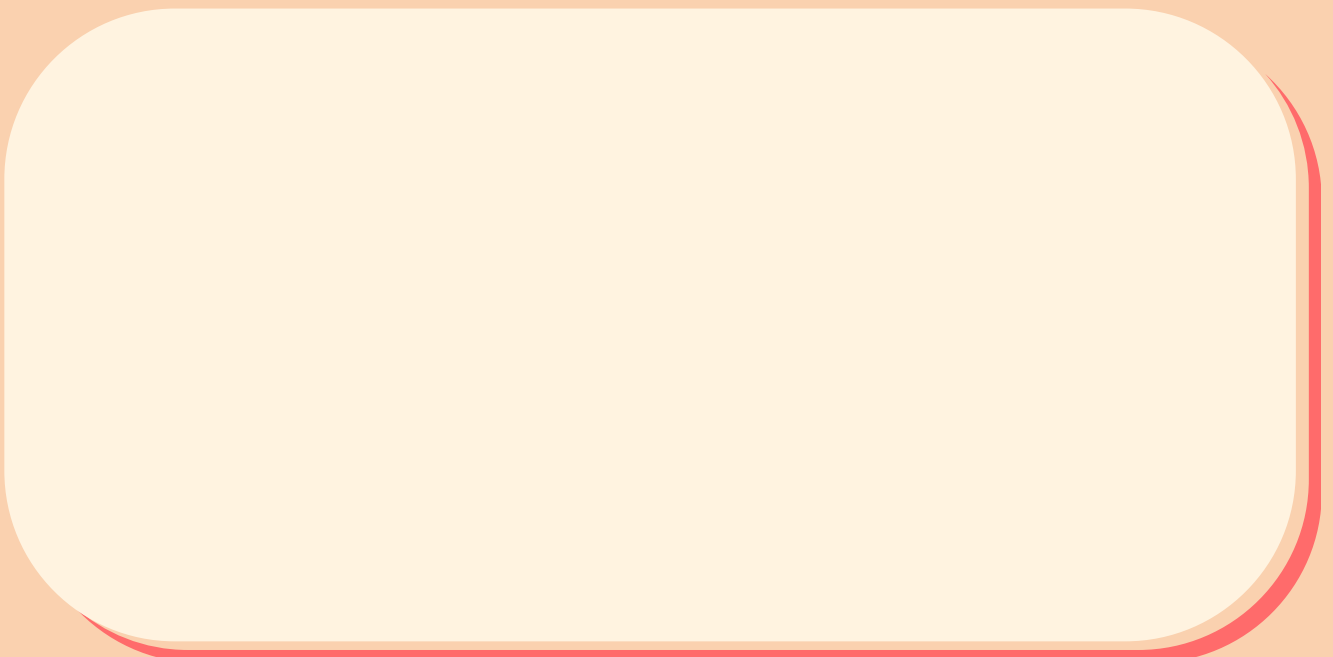
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Section 1: Identifying Old Programming

3. What roles or identities have you taken on that do not truly reflect who you are?



4. How do you react to situations where you feel pressured to conform?



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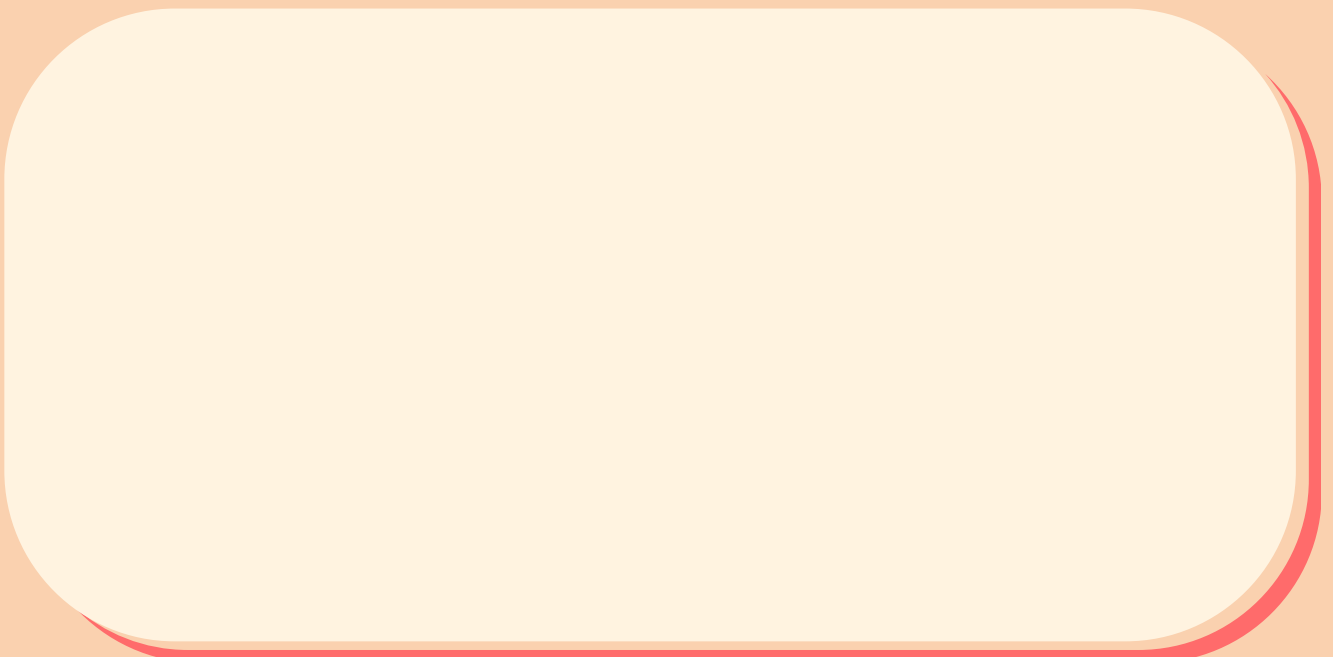
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Section 2: Assessing What No Longer Serves You

5. Which of these beliefs or norms create stress, anxiety, or dissatisfaction in your life?



6. What old patterns of behavior do you notice repeating in your interactions with your children?



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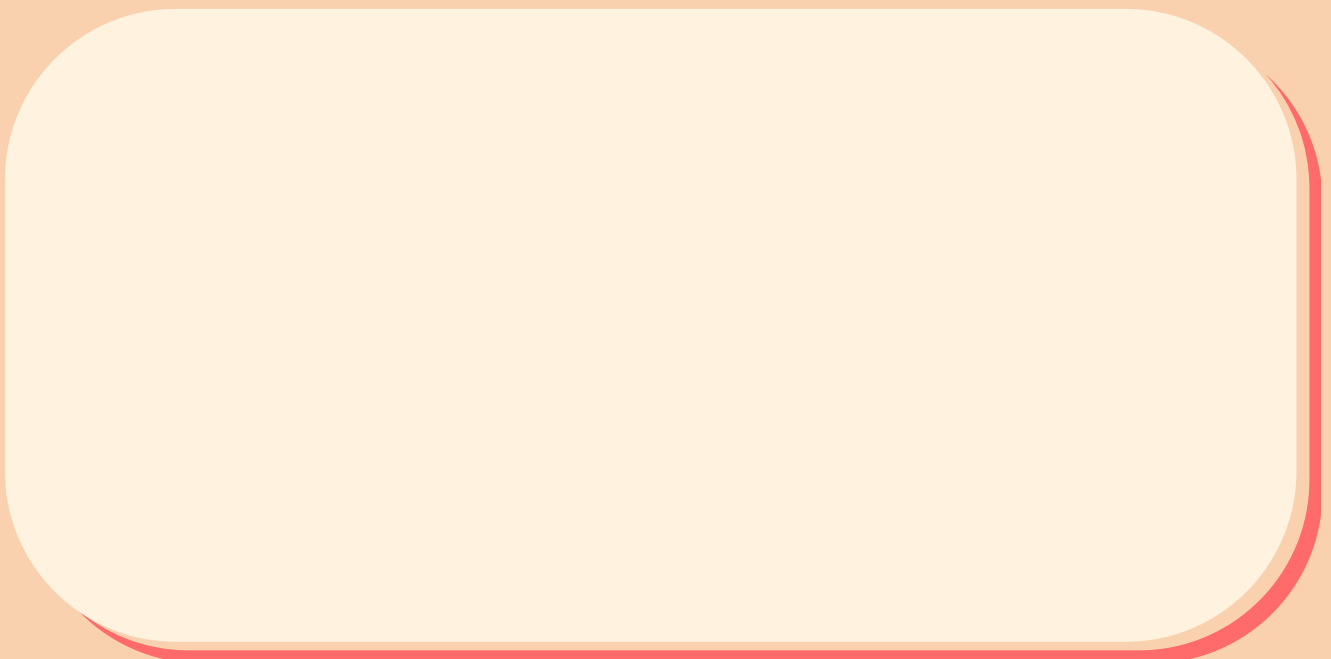
Section 2: Assessing What No Longer Serves You

7. What areas of your life feel stagnant or unfulfilling because of these old beliefs?



Section 3: Creating a New Path Forward

8. What new beliefs or values do you want to adopt to better align with your vision for your family?



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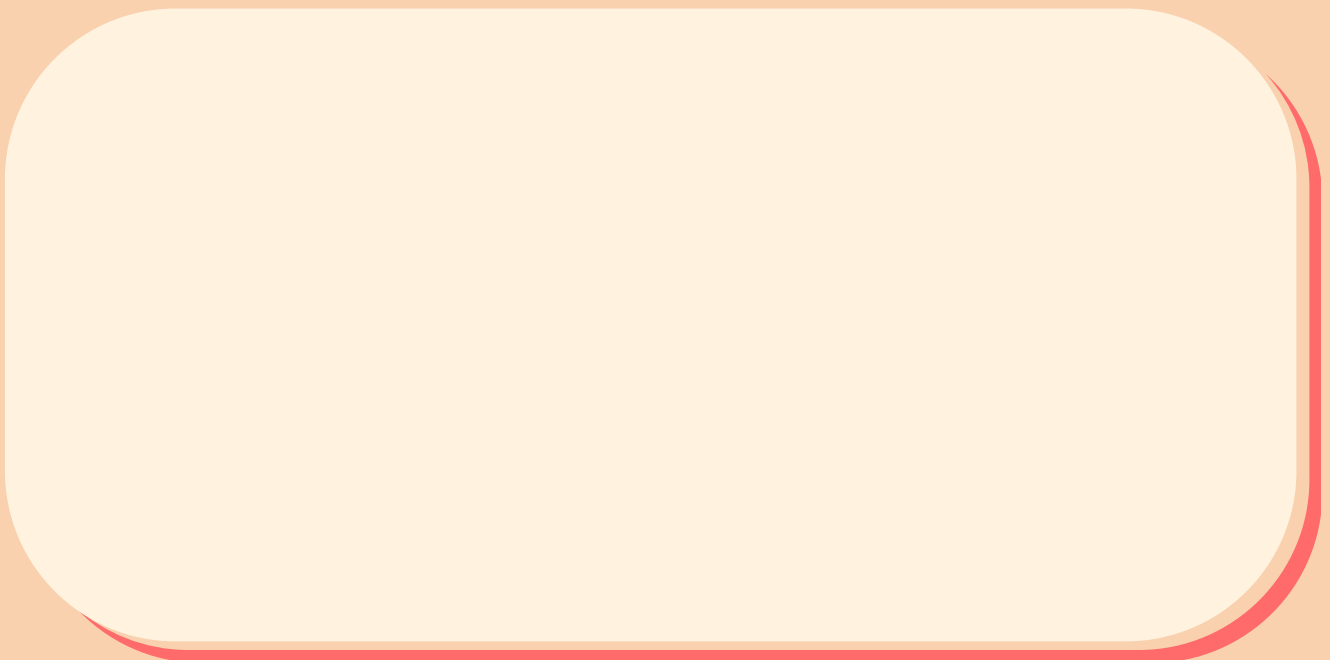
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Section 3: Creating a New Path Forward

9. How can you consciously choose actions that reflect your new beliefs and values?



10. Who can support you in this transformation, and what resources can you use to reinforce these changes?





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Conclusion: Reflect on your answers and use them as a guide to release what no longer serves you. This process will help you step into the parent and person you truly want to be, free from old programming and societal norms that are not in alignment with your true self.