

Estie Alessandrini MD, PhD
HEALTHYFAMILYANDME.COM

intentional parenting
ACTION GUIDE



INTENTIONAL PARENTING

HEALTHYFAMILYANDME.COM



grow confidence & resilience



no negative self-talk & limiting beliefs



identify & avoid emotional triggers



never personalize kids' behaviors



detox relationships & accept support



practice mental & physical self-care

 **grow confidence** & *resilience*

 WHAT DOES CONFIDENCE & RESILIENCE MEAN TO ME

 HOW WILL BEING MORE CONFIDENT & RESILIENT MAKE ME FEEL

 WHY IS IT IMPORTANT TO BE CONFIDENT AS A MOM

 **grow confidence** & *resilience*

**THESE MAKE ME FEEL
INSECURE & UNCAPABLE**

**THESE MAKE LIFE FEEL
OUT OF CONTROL**

**MY BEST WAYS TO FEEL
CALM & CONFIDENT**

**MY BEST WAYS TO FEEL
RESILIENT & IN CONTROL**

 **grow confidence** & *resilience*



MY NOTES

+ no negative self-talk
& limiting *beliefs*

NEGATIVE THINGS I OFTEN TELL MYSELF

LIMITING BELIEFS I OFTEN HAVE

ARE THESE THINGS REALLY TRUE OR IMPORTANT

+ no negative self-talk
& limiting *beliefs*

WHAT OTHERS LOVE ABOUT ME


MY BEST MOM QUALITIES

MY FEEL-GOOD POSITIVE AFFIRMATIONS

WHAT I LOVE ABOUT MYSELF

+ no negative self-talk
& limiting *beliefs*


MY NOTES

 identify & avoid
mental *triggers*

 THINGS I DO THAT UPSET ME

 THINGS I DO THAT UPSET OTHERS

 THINGS I WISH I COULD DO BETTER

 **identify & avoid**
mental *triggers*

 HOW I CAN BE A
BETTER MOM

HOW I CAN
BE A BETTER PERSON

 HOW I CAN HELP MY
FAMILY BE HEALTHIER

HOW I CAN HELP MY
FAMILY BE HAPPIER

identify & avoid mental *triggers*

MY NOTES



never personalize

kids' behaviors

EMOTIONAL SKILLS I NEED TO TEACH MY KIDS

SOCIAL SKILLS I NEED TO TEACH MY KIDS

WHY I AM NOT RESPONSIBLE FOR MY KIDS' EVERY ACTION



never personalize

kids' behaviors

**MY WORST
PARENTING RESPONSES**

**MY BEST
PARENTING RESPONSES**

**MY WORST
MOM MOMENTS**

**MY BEST
MOM MOMENTS**



never personalize

kids' behaviors



MY NOTES



detox relationships &

accept

support

▶ HOW DOES GOOD RELATIONSHIPS MAKE ME FEEL

▶ HOW DOES TOXIC RELATIONSHIPS MAKE ME FEEL

▶ WHY I NEED FRIENDS & FAMILY TO ACCEPT ME FOR WHO I AM



detox relationships &

accept *support*

PEOPLE WHO I CAN
ALWAYS COUNT ON

THINGS I CAN ASK
THEM TO HELP ME WITH

ACTION PLAN TO CONNECT
WITH MY FRIENDS

HOW TO ASK FOR
HELP AND ACCEPT IT



detox relationships &

accept *support*

MY NOTES



practice mental & physical *self-care*

▶ WHAT DOES EMOTIONAL INTELLIGENCE MEAN TO ME

▶ WHAT I CAN DO TO BE MENTALLY STRONGER

▶ WHAT I CAN DO TO BE PHYSICALLY HEALTHIER



practice mental & physical *self-care*

MY WORST HABITS WHEN I'M TIRED & UNHAPPY

MY BEST HABITS WHEN I'M WELL RESTED & HAPPY

5-MINUTE ME-TIME ACTIVITIES

BEST WAYS TO MAKE MORE TIME FOR ME



practice mental & physical *self-care*



MY NOTES

there's no way to be a
perfect mom, but a
thousand ways to be a

good mom

how to raise a HAPPY & HEALTHY FAMILY

visit <https://healthyfamilyandme.com/positive> for more

BONUS FREE JOURNAL

get a FREE COPY of the Good Mom Daily Journal to help you be a better mom in just 30 days PLUS an intentional mom cheat sheet



VISIT THE BLOGS
HEALTHYFAMILYANDME.COM
CLEVERLEARNINGMETHOD.COM

JOIN OUR BLOG COMMUNITY

and get weekly updates, where all the best freebies, trainings and fun stuff are shared



any QUESTIONS, COMMENTS or COLLABORATION IDEAS

email me



Estie Alessandrini MD, PhD
Estie@HealthyFamilyandMe.com

visit the blogs



HealthyFamilyandMe.com

CLEVERlearningmethod.com

please note this action guide is part of the HEALTHYFAMILYANDME
coaching program and belongs to Dr Estie Alessandrini
it is for personal use only

DO NOT SHARE OR POST ONLINE