



At the Yoga of Peaceful Parenting workshop, we'll be learning how to create the calm, confidence, and clarity we need to be able to be present for our children to help them truly thrive.

Our first step is to create a vision for what peaceful parenting will look like for each of us. It's a practice the ancient yoga masters would call *Sankalpa*.

Use this worksheet to create your own personal Peaceful Parenting Vision in the form of a letter to your child. Don't worry, this is just for you, so be honest and dream big.

Then, join us at the workshop to find out how you can make this your reality more simply than you ever believed possible.

I can't wait to see you there!

A Love Letter to My Child

my peaceful parenting vision

My dearest _____,
child or children's name(s)

I want you to know _____
how you feel about them in the depths of your heart

And even so, I know at times I am _____
describe how you are when not at your best (impatient, angry, withdrawn, frustrated, etc.)

I don't mean to be, it's just that sometimes when _____
describe circumstances that regularly challenge or trigger you

And it's something that makes me feel _____
how you feel about not being at your best for your child (guilty, sad, disappointed, etc)

But here's what I really want you to know: From today forward, I am setting an intention. I am making a vow to you that as we travel this life together, I will do my very best...

To replace my _____ with _____. To leave behind my _____
negative habit or emotion positive habit or emotion negative habit or emotion

and instead give you _____. And to be there for you with _____ and
positive habit or emotion positive habit or emotion

_____ in the way that best supports you to live the happy and amazing life you came
positive habit or emotion

here to live.

With so much love,

Sample Negative Habits & Emotions		
Impatience	Guilt	Blame
Irritable	Judgment	Doubt
Frustrated	Anger	Worry

Sample Positive Habits & Emotions		
Patience	Acceptance	Joy
Understanding	Positivity	Praise
Love	Presence	Trust