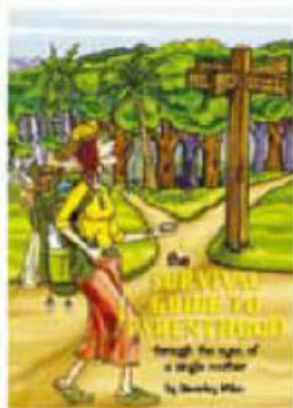


LIVING WITH SELF ESTEEM...

THE KEY TO SURVIVING PARENTHOOD!



THE LAST WORD



Living with self esteem means I live knowing how I am capable, how I am sensitive, what my needs are and who I feel comfortable to share time with. It means I live every day protecting those truths, developing on them and honouring myself with dignity in my life, relationships and interactions.

How many people can say they live that way completely? Or even mostly? We are born knowing we

deserve to be heard and we will shout for attention, for a diaper change, for food, if we are cold or just because we can. We are born innately with a wisdom that teaches us about ourselves. This wisdom will call out when we feel sad, it pounds in the centre of our being calling for recognition and response and we will listen to it and act on it until we are told not to. Years and years of being told 'to trust our parents to decide for us' because 'what do we know?' teaches us that our internal discerning speaker phone must be sending us the wrong message. How can that be though? It's so confusing!

That is exactly the challenge, to know when to let our children choose for themselves and 'trust their intuition about people or friends' and when to insist they trust us. Unfortunately if we cannot find the balance we risk denying our children the opportunities they need to trust that exquisite intuitive relationship radar that enables them to live effectively in the world, esteeming themselves.

As parents, we know that parenting is a wonderful, challenging, exhausting, overwhelming, heart-wrenching, dementing, life-filling, enthralling, joy-filled, daily grind of repeated everything's that have glorious moments of bliss, joy and unbelievable love and that's why we do it! We do our best as parents with what we know to be true and the beautiful ideal behind that thought is that at every moment we are trying our best, hopefully, and our best can keep improving.

I heard a saying that defines my passion for reaching into Self Mastery, step-by-step, without regret about what has been and only enthusiasm for what can be. 'There is no status quo!' Isn't that great? It gives me full permission to re-evaluate my behaviour,

myself and my ideals on a regular basis and make sure they are all still serving me to reach my highest potential. As a Mother, Woman, Friend, Business woman and Partner, I have every opportunity to keep improving how I understand myself and how I live with that understanding, of both my blessed strengths and my humble inadequacies, and so do you.

This is what fuelled *The Survival Guide to Parenthood*. A book that takes a journey through parenting conversationally and a deep experiential look at communicating and honouring each other with self esteem as a primary focus. The book looks at a variety of different aspects of interaction and parenting: Forgiveness, Failure, Discipline, Hanging-On, Support and wishful thinking, amongst so much more.

We looked at 'Surrender' in one of the chapters. Isn't that key? When to stand up? When to surrender? When to hold your ground? Does anyone really have the perfect answer? I doubt it, I just have suggestions and what has worked for me with my knowledge and passion for living with dignity in my relationship with my son. It's not easy, I'll tell you that, especially not with my fiery temperament, it is certainly a work-in-progress but one worth sculpting as we go.

One of my key strategies, which may have value for you, is my 'Ten-Year Rule' – What will I wish I had said now, ten years from now? What will I wish I did? Just taking a moment to ask myself that question when I'm ready to react to frustration or shock, helps me to make choices in the moment I would not make without the moment to compose a response that will serve me and our relationship. It beats counting to ten and then exploding! I hope it has value for you too.

Parent-on-Purpose!
All the best with it,