



Parenting for Inner Balance

10 Reasons to Prioritize EQ Parenting:

Benefits:

- 1 - Increases Inner Security
- 2 - Buffers from Peer Drama & Conflict
- 3 - Builds Resiliency
- 4 - Insulates against stress
- 5 - Develops compassion & empathy

Abilities:

- 6 - Self-Awareness
- 7 - Decode Stress Signals
- 8 - Recognize inner balance & self-connection
- 9 - Easy Access to Self-Regulation Toolkit
- 10 - Clarity on Misalignment of Others & Not Take Things Personally



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10 Reasons Reflection:

Choose one benefit per day or week & set your intention to notice your experience of it as you move through your day. *For example: "Increases Inner Security"* Notice your level of inner security throughout the day & take notes.

When is it solid & strong, when does it waver & get untethered, does it feel insecure more often than secure?

How does it show up in your body?

How about your thoughts?

Emotions?

Engagement with others?

The choices you make moment to moment?