



**Art Of Parenting Course Workbook: 7 keys for your  
#ParentManual**

**Name:**

I recommend that you keep this Workbook with you as you go through the 7 classes and while taking your weekly action steps. That will make it easier when you need to go back to look up concepts and your answers, insights and wisdom.

**About your Parent Empowerment Coach:**

Martina Caviezel is a Parent Empowerment coach and mother to four children. In her quest to find a way to parent that felt right for her family she found Debbie Ford's work and also discovered that good parenting is all about awakening the parent in order to empower their children.

Martina will also admit that she has made every possible mistake along the way, and knows that she is not aiming for perfection, but at being the best she can be.

She created the course ***Art of Parenting*** to deeply support parents. The course helps parents step into the ideal version of themselves.





## Welcome to your Art Of Parenting Course!

This Art Of Parenting Course will help you become the best version of yourself as a parent and thus transform the relationship you have with your children right now -- whatever that may look like -- to one that is closer to how you desire it to be.

### This course will support you to:

- Let go of disappointment and resentment from the past and create a clean slate between yourself and your children.
- Interact in loving and supportive ways even when the situation gets tough.
- Feel proud of your choices and your behavior even in the most difficult situations.
- Be inspired by the level of communication and connection that you have with your child(ren).
- Have the freedom to love, develop and nurture yourself and pursue your dreams and desires -- without feeling guilty.
- Receive the knowledge, awareness and tools that help you access your own answers so you can make high-level parenting decisions.
- Develop and trust your own parenting style: be at peace with your decisions and stop second-guessing yourself.
- Deal with challenges confidently.

This 7-week parent empowerment program for parents will support you in establishing habits, making choices and taking actions that are aligned with your highest values and vision.

The components of this *Art Of Parenting Workbook* provide questions, a structure, tools and raw materials to ensure a successful and transformative process that results in *your own* parent manual (#Parentmanual).

Congratulations! With this Workbook in hand, you are officially embarking on a profound and unforgettable journey to a way of being a parent, that brings you more ease and joy!

With great respect and love,

Your Parent Empowerment Coach

Martina Caviezel  
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ArtOfParenting.info



## **Art Of Parenting Coaching Logistics.**

The Art Of Parenting Course is a 7-key course where each week builds on the content, concepts and work from the previous week.

### **Here is an overview of the logistics of the course:**

\*Ensure you can block off a chunk of time while in the class. This course invites a deep, personal process, so spend some time prepping for the class so it feels that you are taking time for yourself. Turn off your computer and phone, maybe light a candle, maybe have a journal and pen ready, maybe even some water or a cup of tea. You may also want to allow yourself 5- 10 minutes after the class is completed as a transition back into the rest of your day.

\*Use this Workbook in each class. You will use it to take your notes during each class. It is also a great resource for you to use to journal during the week and to monitor your progress and insights. You will end up having your own #ParentManual in the end, that you can use over and over again, also when your children are adults.

\*Each week you will generate action steps and do follow-up work from your class. The amount of time required for your own work in between classes will vary, but you should allocate at least an additional 1-2 hours per week for your action steps.

### **\*I recommend that your action steps are geared towards you feeling successful!**

1. Therefore, an action step must be specifically defined. That means that you must state exactly what it is that you are going to do in a way that is clear, concise and easily understandable.
2. Next, an action step must be measurable, in other words you must be able to objectively quantify it in a way that it will be unmistakable when you've done it.
3. Third, your action step must be set up with a timeline. You need to set a specific time to do it or a time by which it will be done.
4. Fourth, your action step must be realistic and practical. There must be not only the slim possibility, but the high probability, that you can and will actually do it till completed. That could mean that you use your calendar to schedule the action steps.
5. Finally you must have the ability to complete the action step within your control. It must not require any particular good luck, 'divine intervention' or depend upon another person in order for it to be fulfilled.



\*For example: **an unclear action step** might be: “I need to take better care of myself this week.”

\***A clear action step** is: “I’m going to go to bed with the lights out by 10 PM, at least five nights between now and our next class.”

- Prior to each class, I invite you to submit a *Class Preparation Form* to me by email (info@ArtOfParenting.info). You can find a hard copy of this form at the end of this workbook. Copy, paste it and save it and fill it out each week. Part of the commitment in this course is to complete and submit this *Preparation Form* to me at least *24 hours prior* to you taking the next class. This *Preparation Form* is an important tool for accountability purposes and to help you integrate the material you will be working with. Change isn’t always easy so it may help to know that I support you wholeheartedly. (Tip: save the *Preparation Form* on your hard disk, so you always have the blank template available to you. Duplicate it each week, so you can fill out a blank copy and email it to me.)
- I also attached a *Feedback Form* in the end that you need to fill out after each class to share your thoughts and insights with me. I am really looking forward to getting your *Feedback Forms*! Tip: save the *Feedback Form* on your hard disk, so you always have the blank template available to you: duplicate it each week so you can fill it out and email it to me.)

Thank you for investing in yourself!  
Thank you for wanting to be a great parent!

Warmest greetings,  
Martina



## **Class #1**

**An honest assessment of the relationship you currently have with your kids, in which you will identify which parts need the most attention.**

**Grounding Exercise Notes:**

**Conversation notes:**

**Internal Exercise Notes:**

How connected do you feel with your children?

Do you follow through with what you say you will do? Are you able to say no when you need to?  
How would you rate your ability to set limits with your children?



How would you rate your ability to take care for yourself? Do you give yourself enough rest, recreation, play, exercise, reflection, and time alone? The way you set boundaries?

How respectful are you toward your children? Tone, listening?

What is the degree of respect that your children express toward you?

Listen to you?

Speak in a respectful tone?

Do they respect your wishes and boundaries?

What is it like to have you as a parent? What emotions do they see you expressing? What do they learn about the world through you?



What behaviors are you modeling? What messages are the children receiving?

Where are you strongest as a parent? Do you support your child to feel special? Are you affectionate? How much encouragement do they get?

What aspects are most important to focus on in order to make the relationship feel great?

What one step can you take to improve your relationship with your children this week?





What will be available when you take the action that will help you become the great parent you know you can be?

**Homework:**

Take the action steps that came out of the Internal Exercise.

What is the one action step you can take that will make you feel better about yourself as a parent?

What one action step can you take to improve that part of the relationship with your children that you most need to work on?

Make a list of 25 things that you want to acknowledge yourself for as a parent. Read it over before you go to sleep in the evening.

**Tools learned:**

**Tips learned:**



**Most important insights:**

**Additional Notes / Journaling:**



## Class #2

**When you create a clear vision and live with intention you will know at all times what your “north star” looks like.**

**Grounding Exercise Notes:**

**Recap former class:**

**Conversation Notes:**

What is *your own* definition of a great parent?



**Internal Exercise Notes:**

What do you look like when you are being a great parent?

What qualities do you naturally express with them?

How do you feel?

Loving?

Consistent?

Trusting?

Playful?

How would you rate your ability to set limits with your children?

Choose three qualities you want to focus on: how could developing these qualities help you to become your version of a great parent?



If you were expressing these three qualities on a regular basis, what kind of relationship could you create with your children?

What would you be saying, doing?

How would you feel about yourself as a parent?

How would you feel about your children?

Summarize your vision till now:

How did your example inspire your children? What positive message did you send them?

Putting all summaries about your vision together:



What is the discrepancy between your vision (putting summaries together) and the relationship you have with your children?

What behavior, belief or thought would you need to change right now to begin moving towards my vision?

What action steps can cultivate the three qualities?

What would happen if your vision was fulfilled? Feelings? Experiences?



How would expressing the three qualities influence the relationship with your children?  
How would it help you develop as a person?

### **Homework:**

Take the action steps that came out of the Internal Exercise. The first part of your homework this week is to take the action steps that came out of the internal exercise. The action steps give legs to the vision and will bring the dream to life!

The next part of the homework is to make a Vision Board that describes or shows pictures of the ideal relationship with your child(ren). To create a vision board you want to cut out pictures, words and images from magazines that represent the qualities and behaviors that you most want in the relationship with your child(ren) and then glue these images on a poster board. Also, find the pictures that describe you as a parent as seen in the inner exercise (see the summaries). Make sure to include a picture of you and your child(ren), along with something that reminds you of your intent to be a great parent. Be creative – and remember, you're trying to evoke the feeling of your vision as if it were already happening.

1. Hang this Vision Board in a prominent place in your home or office. Look often at the Vision Board of your ideal relationship with your child(ren) and have it inspire you, influence your thoughts, your words and behaviors.
2. Write down the three qualities, like for example confidence, patience, supportive-- the qualities you most need and want to develop in order to feel like a great parent and post them somewhere where you can see them. Also, don't forget to post these three qualities on your Vision Board.
3. Each day: ask yourself what actions you can take and what choices you can make that will cultivate the qualities inside you. Notice what happens to your sense of self-confidence etc. as you make the conscious choice to use these three qualities.
4. You can report to me what you got out of the class, what you didn't understand, areas where you are struggling, and where you need support. You can also give me feedback. I gratefully accept your comments. I am here to support you throughout the course.



(If you raise your children with a partner, it might be very helpful if they go through this course as well, so you can be on the same page and you can be supportive of each other and of your children.)

**Tools learned:**

**Tips learned:**

**Most important insights:**

**Additional Notes / Journaling:**





### **Class #3**

**Waiting for certain things to be in perfect order or until after this or that has been taken care of before you start living your best life only makes you miss out on the beauty of each moment as it presents itself to you**

**Grounding Exercise Notes:**

**Recap former classes:**

**Conversation Notes:**



**Internal Exercise Notes:**

What is the fantasy for you as a parent?

What should the relationship with your child look like?

What three feelings would you be feeling if this fantasy were a reality?

1

2

3

What action steps could you take to feel these three feelings often?

1

2

3



What would you have to give up in order to be 100% responsible for growing these three feelings inside of you?

What would you need to do for yourself, or what support might you need from someone, so that you can let that go?

What would you have more of as a result?



**Homework:**

Take any action steps that came out of the Internal Exercise.

Write in great detail about your 'perfect' parent and parenting fantasies. Express in writing what it has cost you in terms of contentment and fulfillment to keep these fantasies alive rather than taking the concrete and measurable steps to create the outcomes you were hoping for. The writing, rather than thinking about it, will help you change the way you think and move forward.

Identify the three feelings you are hoping for yourself and for the relationship for your children once your fantasy has come true. Write these feelings down on post-it notes or 3x5 cards and place them all around your home, on your table, your mirror, in the car, on your phone and at your workplace to anchor them inside yourself.

At the beginning of each day this week, identify specific actions that you can take to help you develop each of the specific feelings that you've been chasing.

**Tools learned:**

**Tips learned:**



**Most important insights:**

**Additional Notes / Journaling:**



## **Class #4**

**Discover what thoughts, qualities and behaviors get in the way of you being the greatest version of yourself as a parent. Then create boundaries that support the successful outcome of your desires.**

**Grounding Exercise Notes:**

**Recap former classes:**

**Conversation:**

**NRZ is:**

**Boundaries:**



**Values:**

**Internal Exercise Notes:**

What do you want the relationship with your children to look like?

What are the parts of your parenting that you feel most dissatisfied with, the places where you struggle and haven't been able to produce the results you really want?





What expectations do you have about yourself, your children, and your relationship with your children?

What are the excuses you use for why the relationship with your children is not all that you would like it to be?

What behaviors, choices, and habits do you engage in on a daily and weekly basis that are opposite to what you say you want?



What top three behaviors you engage in that are destructive for you as a parent and in the relationship with your children?

If you were really committed to being a great parent, what behaviors would you need to operate from?

What do you need to do, to move the relationship where your heart wants it to be.

If you were committed to having a great relationship with your child(ren), what three new behaviors would you need to begin? What kind of support do you need?



What new boundaries do you want or need so you can stay focused on your vision? What do you want those around you to know about your boundaries?

What will be available if you make conscious choices around your boundaries?

What will you do for yourself for making positive changes?

**Homework:**

Put supports and structures in place to help navigate around your No Reward Zones (NRZ's). Post reminders for yourself in places that support you in making different choices. For example, if internet surfing or watching TV, or multi tasking distracts you from connecting with your child or supporting them in getting their homework done, put a big NRZ or "No Reward Zone" sign on the computer or the TV.

Put in place the three specific new actions, behaviors or practices to replace the old limiting behaviors that have kept you from having what you want.

What are the three most important values in your family?

Write down a list of the new boundaries you intend to have and make sure you understand the boundaries you would like to have with

- a. yourself and
- b. your children



Have an informal meeting with your family to communicate your boundaries to them. Discuss their boundaries with them and try to agree on structures within your family to help all of you to respect each other's boundaries.

Make sure that you give yourself a reward for avoiding your NRZs, upholding the new boundaries, and that you acknowledge yourself for taking the steps (no matter how small a step seems in the moment).

**Tools learned:**

**Tips learned:**

**Most important insights:**

**Additional Notes / Journaling:**



## **Class #5**

**Clean up any past situations that could undermine your healthy relationship with your children and learn to lead your family from a spirit of truth and integrity.**

**Grounding Exercise Notes:**

**Recap former classes:**

**Conversation Notes:**

### **Internal Exercise Notes**

What projects or tasks have you committed to for yourself that are unfinished?



What promises or agreements have you made to yourself that you haven't kept?

What clutter in your own space takes your attention away from being present with yourself?

What grudges, resentments, or disappointments are you are harboring toward yourself?  
(Mentally, emotionally etc.)



What does hanging on to these inner and outer energy incompletions cost you?

Which things are most important for you to handle this week so you can get to your vision?

What specific action steps do you need to take this week to handle these issues?

What projects or tasks have you committed to with or for your children that are still unfinished?



What promises or agreements have you made to your children that you haven't kept?

What clutter is occupying the space between you and your children?

What activities that you or your children often participate in that leave you feeling overextended or stressed out?

What grudges, resentments, or disappointments are you harboring toward your children?





What guilt, regrets, judgments, or shame are you holding against yourself?

What does hanging on to these inner and outer incompletions cost you in terms of peace, power, effectiveness, and self-esteem, confidence, love, feeling capable?

Which things are most important for you to handle this week?

What specific action steps do you need to take this week to handle these issues?



What structure will help you resolve your incompletions and create a clean slate for yourself and with your children?

What are one or two regular practices that will keep the focus on your own integrity so that you can be your amazing self?

What would open up for you if your relationship with your children were built on top of a clean slate?

**Homework:**

Make a list of all the unresolved issues, tasks, incidents and projects that keep you tied to the past and block you from feeling connected with your children.

Identify the top ones for yourself and the top ones for your child(ren) that most need your attention this week or next week.

Write out the list of actions you would need to take in order to bring closure to these top incompletions.

The important part of this task is to assign a specific timeline for each of these incompletions. Next week? Next month? In 3 months? By when will you have them done?

Identify the support and structures you will need to put into place in order to ensure that these issues get handled by the date you have committed to. Next week? Next month? In 3 months?

Identify and write down possible integrity anchors that can support you in clearing your slate. Choose one or two of these and take the action or practice that will anchor you to your integrity and to your vision as a parent.

**Tools learned:****Tips learned:****Most important insights:**



**Additional Notes / Journaling:**



## **Class #6**

Learn the power of making conscious choices to create more freedom

**Grounding Exercise Notes:**

**Recap former classes:**

**Conversation Notes:**

**Internal Exercise Notes:**

What is the vision of your ideal relationship with your children?



What is the discrepancy between your vision and your reality? Where in particular is your vision not being realized?

What choices have you made in the past twelve months that have contributed, either directly or indirectly, to these results?

What new choices could you make on a daily or weekly or monthly basis that will give you different results?

What would your children need to know or see, to choose wisely in their life?



What support do you need to remind you to deliberately make conscious choices in this area of your life?

What would you see about your children if you look for what is right instead of what is wrong?

How would your life be different if you choose to see what is right instead of what is wrong about your children?

What would you see if you look for what is right instead of what is wrong with yourself?



How would your life be different if you choose to see what is right instead of what is wrong about yourself?

What practice do you need to put into place to help you continue to use your 'what's right question' for yourself and with your children?

**Homework:**

Take the actions from the Internal Exercise.

Think about and write down the parts of the relationship with your children where you want to have a different result. Write down exactly what you'd like to be different in this area of your life.

Think about and write down what would you like to be different inside yourself.

Put in place the practice that came out of the Internal Exercise to support you to look for what is right.

Make a list of all the choices you have made in the past 12 months that were in direct opposition to creating what you say you want with yourself and with your children. Be as specific as you can in identifying the choices you made, or didn't make, that took you off track. Allow yourself to see the choices you made that disempowered you, that came from a place of fear, that were unconscious or self-sabotaging.





Identify the choices you can commit to making on a daily, weekly, monthly and yearly basis that will improve this area and support you in being the parent you most want to be. Remember not to judge yourself. Just observe.

Each day, take 5 minutes to express out loud all the things that happened exactly right that day. Acknowledge every person that smiled at you, every encounter that was satisfying, all the plans that turned out well, all the words said well, and every experience that brought you pleasure. Pay particular attention to the things that your children did that you appreciate, and make sure that you find new things each day. Notice how you feel afterwards, during the day.

Every time something happens, be aware that you can see what is wrong, and that you can look for what is right. Make a conscious choice of how you like to look at and experience your child and the situations involving your children. Observe if you are finding the right or the wrong with these situations. Do the same with yourself.

Consider making a Vision Map with your family to support them in making choices that are consistent with something that they are working toward and that you all agree on for the family. Be careful not to stick your own agenda in there: allow them to make a Vision Map about something that really brings them joy. They will learn valuable skills that will serve them in all areas of their lives.

**Tools learned:**

**Tips learned:**

**Most important insights:**



**Additional Notes / Journaling:**



## **Class #7**

**You will discover why feeling good about yourself is your top priority.**

**Grounding Exercise Notes:**

**Recap former classes:**

**Conversation Notes:**

**Internal Exercise Notes:**

What would you need to say to yourself on a daily basis so you can feel appreciation for yourself, every hour of every day?



What actions could you take that would make you feel completely supported and loved by yourself?

How does it feel to feed and nurture yourself from inside with your own love, attention and focus?

What do you look like when you are filled with love and attention for yourself?

What is the first word that describes you when you have this feeling of self-love?

What kind of a parent are you in these moments?

What would you need to give up in order to identify and claim moments every single day?

What is a special, positive and memorable moment that you shared with your children?



What do you notice about whether you have many special moments with your children in the last week?

How would your life be different if you found more moments that are important and special?

How would you feel about yourself 12 months from now as a parent if you had regularly claimed sweet, joyous or meaningful moments with your children?

What is one thought you can think on a daily basis that would bring the highest vision of your children to mind?

What structures can you put into place to help you to claim the moments with your children?

How will you claim the moment?

What types of experiences do you want to look for and take notice of in the coming week?

**Homework:**

Take the actions from the Internal Exercise.

Bring more awareness to the moments in which you appreciate yourself throughout each day. When you find yourself living a moment that has special significance, stop and breathe. You could say to yourself, either silently or out loud, “I’m claiming this moment” or another sentence that you come up with, knowing that you take a stand. Then allow yourself to linger in that experience a little longer than usual, to notice what’s special about it. Soak in the moment and consciously register it for a few seconds. File it away rather than rushing off to the next moment.

Bring more awareness to the moments in which you appreciate your child or children. When you find yourself in a moment that has special significance, stop and breathe. Say to yourself, either silently or out loud, “I’m claiming this moment” or another sentence that you come up with. Then allow yourself to linger in that experience a little longer than usual, so you can notice what’s special about it. Soak in the moment and consciously register it for a few seconds. File it away, rather than rushing off to the next moment.

Ask yourself daily what you would have to do to remember the special moments that give meaning to your life. What would it take for you to seal them into your mind and heart?

You may want to write down the moments that you claim each day. It could be like a gratitude journal. This will remind you of everything that is working, everything that is right, everything you can be grateful for as a parent.

What you put your attention on is what you will see, so look for what's beautiful, what's right, and what's special and you will find it.

Make a list of 50 things that you love and appreciate about yourself and your life. Then keep a running list and write down a few each and every day. Acknowledge yourself for little things and bigger things: the way that you are an example, cook dinner, research that thing that your child needs, create a community, volunteer at school or elsewhere, or take the time to sit down and hang with your kids. There are so many things we parents do and create for our children. Appreciate yourself for all of it. And what do you need next?

Read this list once a day – preferably in the morning before your day begins or at night before you go to sleep. Remember that appreciating yourself is really the greatest gift you can give to your children so be generous towards yourself. At times when you feel critical, resentful, judgmental, or stressed out, take this as a sign that your inner well has run dry and take time out to refill it.

Here is a question from me to you: What would you like to understand more about now? What would you like me to talk about next, so you can be inspired while moving forward? Let me know by sending me an email to [info@ArtOfParenting.info](mailto:info@ArtOfParenting.info) (Thank you for taking the time!!)

**Tools learned:**

**Tips learned:**



**Most important insights:**

**Additional Notes / Journaling:**





**Feedback Form About Classes Art Of Parenting!**

**Thank you for your participation today!** Copy/paste this form and after filling it out, please email it to [info@ArtOfParenting.info](mailto:info@ArtOfParenting.info)

**Name:**

What is one thing (insight) you have learned from the class today?

What do you need or want to learn more of?

What will you have difficulty applying?

What tool will you use this week?

What is in the way of using and implementing the tips, skills or tools learned in this class?

What is your overall feeling about the class today?

Do you have comments for the facilitator(s) so they can improve delivering this class?

Thank you for taking the time to fill this out,  
Martina



**Art Of Parenting Course Class Preparation Form:**

**Please send 24 hours before you the next class to [info@ArtOfParenting.info](mailto:info@ArtOfParenting.info)**

Please answer the questions below in at least 2-3 sentences.

*As a parent, what were your greatest challenges this past week?*

*What are the issues that have come up?*

*What tools did you learn in the last class that were helpful? What was the result?*

*What specific action steps have you taken this week?*

*What did you intend to do or commit to doing but didn't do?*

*What got in the way?*



*What has happened since our last class that you feel really good about?*

*What new insights or realizations have you had since our last class?*

*What do you need to address so you can get the most out of this course?*

*Any additional comments?*

**Thank you!  
Much love and success!  
Happy parenting!**

**Martina  
Info@ArtOfParenting.info**