

Name : \_\_\_\_\_

Date : \_\_\_\_\_

[www.right2reflect.org](http://www.right2reflect.org)

# Engaged & Mindful Parenting Series

## Week-1 Day-1 Children Mirror Their Parents

**List all the positive values and habits you would like your children to imbibe.**

---

---

---

**Identify your positive & negative qualities. Make a plan to improve the negative attributes.**

---

---

---

**With your spouse, prioritize 5 qualities from your own lists that you would like to see in your children. List specific action items on how you will model these positive traits for your child.**

---

---

---