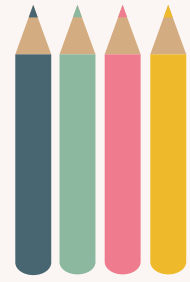


WEEK-1 DAY-3 IN MINDFUL PARENTING SERIES

Getting Your Child The Gift of Spirituality & Satsang



Parents' Journal... to improve one day at a time...

Brainstorm with your spouse the various aspects of satsang and our heritage that you want to preserve and pass on to your children. Then prioritize 5-10 items from this list.

For each of the priority items develop a list of specific actions that you will take on a daily, weekly, monthly and yearly basis to ensure you are able to integrate it into the fabric of your family life.

What activities will you need to reduce on a daily, weekly, monthly and yearly basis to make time for your listed priorities?

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