

# Pivot Your Parenting

P

P is for Pause and tell yourself the truth about your current situation. Are you struggling? Do you need help?

I

I is for Identify. What's not working in your parenting right now? If you could focus on and improve one area of your parenting, which one would have the biggest impact on your overall well-being and relationship with your kids?

V

V is for Visualize. If nothing outside of you changes, how would you like to show up as the best version of you? What would that look like? And if you did show up that way, how would you feel about yourself and what impact would it have on you?

O

O is for Own it. It's your responsibility to change your current situation and feel better. You are the creator of every result in your life.

T

T is for Take Action. Once you've paused and identified where things could improve, you've visualized the change you want and owned that you are the one responsible for making it happen, take action to make it a reality.

The best, fastest, and longest-lasting way to make your parenting vision a reality is to hire a coach to help you. If you're ready to pivot your parenting, schedule a free consult with me by clicking [HERE](#).

