



# CASEY O'ROARTY

INTENTION | DECLARATION | PRACTICE | RESULTS

## WHAT IS YOUR INTENTION?

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## DECLARATIONS FOR THIS WEEK:

**PRACTICES FOR GROWING MY INTERNAL EXPERIENCE:  
(WHAT, WHEN/HOW OFTEN)**

**ACTIONS STEPS I WILL TAKE IN MY PARENTING THIS WEEK:  
(WHAT, WHEN/HOW OFTEN)**

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## CURRENT RESULTS:

What was your experience?

## REFLECTION AND RESPONSE:

What worked/didn't work? Celebrations? Biggest learning?

## APPLICATION AND INTEGRATION:

Moving forward, what are your new declarations?