



~~I'll help my child be successful,  
so she can be happy.~~

**I'll help my child be mentally fit (high PQ),  
so she can be both happy and successful.**



**Judge**  
**of self**  
**of others**  
**of circumstances**



# Controller

“

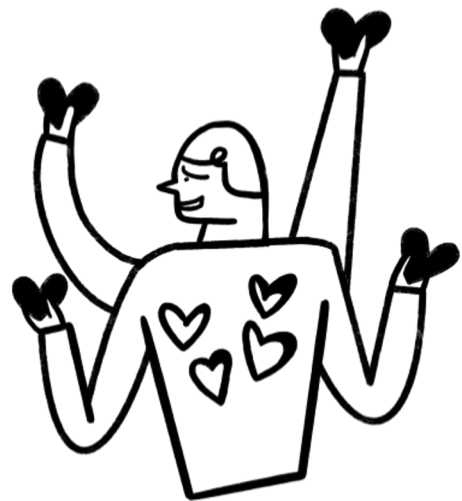
If I can't make my kid do this,  
things are out of control in my  
parenting.



# Pleaser

“

I've got to go along because  
my kid's teacher thinks this I'm  
supposed to take on this role  
as a “good parent.”



# Stickler

“

My kids need to be behaving  
and performing really well for  
me to feel okay as a parent.



# Hyper-Vigilant

“

Other parents seem worried  
about this so I have to be  
worried, too.



# Hyper-Achiever

“

If my kids fall behind other kids now, they'll never be successful later.





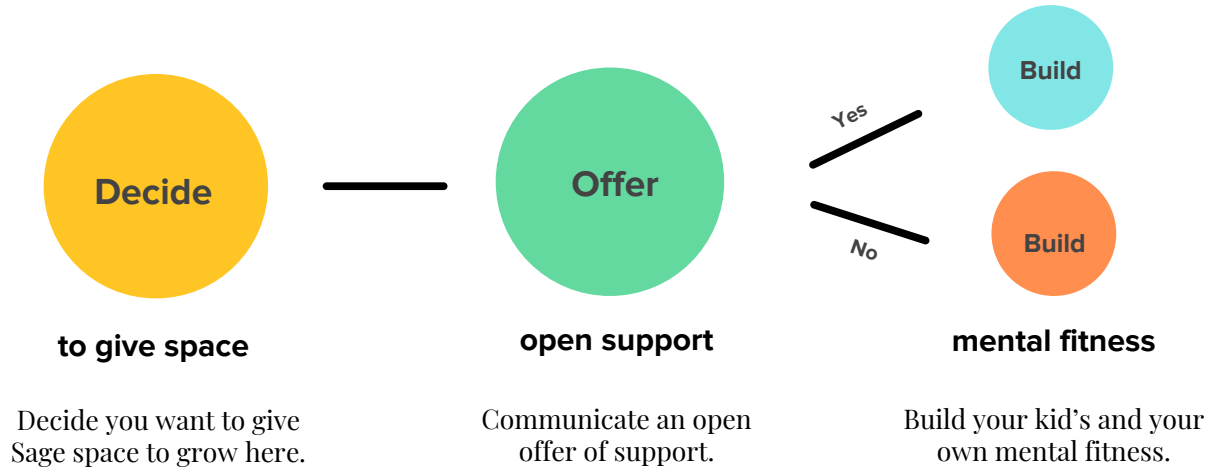
# PQ reps



Mindful attention that shifts our brain activation  
from Saboteur to Sage.



# Sage Space to Grow in Daily Life



## Decide

Decide you want to give Sage space to grow here.

# Space to Grow

I'm here for you  
and this is YOUR life.



## Limits

I'm here for you  
and I can't let you do that.



Communicate an open offer of support.

“ I’m thinking about something and wondering if it might be helpful for you.

“ Let’s work together on this. Where do you feel stuck?



Examples from Lori Petro’s Conscious Communication Cards & What Do You Say? By Dr. William Stixrud.



Yes

No



Good  
growth  
opportunity



**mental fitness**

Build your kid's and your  
own mental fitness.

Good  
growth  
opportunity



We all get stronger.



Build

mental fitness

Build your kid's and your own mental fitness.

Decide



Offer



A little grain of sand becomes a pearl...

PQ reps





# Navigate Power

