



# PQ-Powered Parenting

Your five-step strategy for Sage  
leadership of your family





# Workbook Contents

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- ▶ Family Leadership Steps
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  - ▷ Clear the decks
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  - ▷ Build connection for influence: Sage
  - ▷ Launch your plan
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  - ▷ Your Family Activate Plan
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- ▶ Family Resources



~~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.**

# Your Vision & Values

Write or draw your Sage vision and values for  
your family.



**Step 1. Brainstorm some issues  
and select one to work on.**



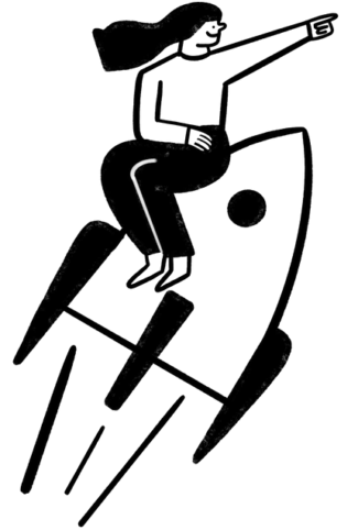
**Step 2. Mentally and emotionally, as much as we can, let all other issues be for now. What's a loving way you could encourage yourself?**

“You are the leader of your family. To clear that path, stop all those things that don't work. No more nagging, no more reminders that don't work, no more criticism.” – Patty Wifler



## Step 3. How are Saboteurs showing up in your parenting on this issue?

“My most powerful moments in parenting was when I was hijacked by the saboteurs.” –Shirzad Chamine





# Judge of Self

- ▶ Blaming any of your kid's "shortcomings" on yourself.
  
- ▶ Feelings of shame, guilt, disappointment.



# Judge of Others

- ▶ Judging your kid on his/her “shortcomings” compared to an ideal standard.
- ▶ Feelings of disappointment, superiority, disdain, discouragement.
- ▶ Not appreciating personality wiring differences.



# Judge of Circumstances

- ▶ Considering any possible mistake or failure by your kid as “BAD,” to be avoided at all costs.
- ▶ Not recognizing that failures are critical to growing mental fitness.



# Avoider

- ▶ Too hands off.
- ▶ Few boundaries.
- ▶ Absent or disengaged.



# Controller

- ▶ Micromanage
  - ▶ Too many rules, guardrails, and boundaries.
  - ▶ Generates either obedience or rebellion.
  - ▶ Both are forms of “dependency.”
- ▶ To promote independent thinking, one grows through making choices and learning from consequences.



# Hyper-Achiever

- ▶ Models conditional love towards yourself, based on your own performance.
- ▶ Models conditional love towards your kid, based on his/her performance.
- ▶ Watch out how your kids become part of your achievement game.



# Hyper-Rational

- ▶ Generates intellectual inferiority in your kid.
- ▶ Generates feelings of being inadequate or imperfect due to having “messy” emotions.
- ▶ Not feeling loved, seen, accepted, worthy (through the PQ Channel).



# Hyper-Vigilant

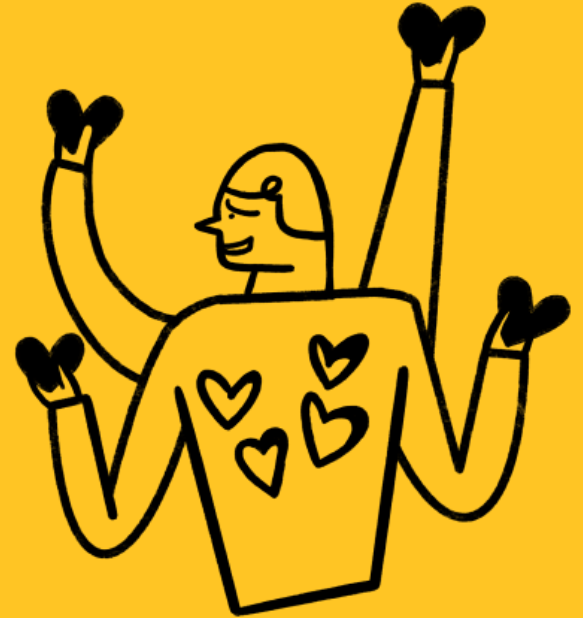
- ▶ Communicates “life is a scary place--dangers everywhere” (through the PQ Channel).
- ▶ Focus on survive rather than thrive.
- ▶ Imposes your own sense of risk/danger on your kids.
- ▶ Prevents the kid from mistakes/failures and developing own ability to calibrate true risks and dangers.





# Pleaser

- ▶ Doesn't hold important boundaries.
- ▶ Burden of “please like me” on the child.



# Restless

- ▶ Models lack of presence, which fuels the child's restless mind.
- ▶ Not being present in connecting with the kid. Having them feel unseen and unwanted.
- ▶ Kids might think you're bored with them--they are not enough to keep your interest.



# Stickler

- ▶ Too many boundaries, too many rules, too much “this is not good enough.”
- ▶ Generates anxiety and insecurity for never being organized enough or good enough for you.



# Victim

- ▶ Coerces your kid to take care of your emotional needs.
- ▶ Asks your kid to become your parent.
- ▶ Imposes burden of shame & guilt if they can't make you happy somehow.





# Recognize how Saboteurs are showing up...

Name:

What time they wake up:

What they have for breakfast:

Job:

”Motto”



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What time they wake up:

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# An exercise to help parents shift from judgment to empathy



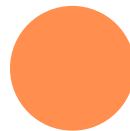
## Focus

Focus on an issue or challenge, STOP and try to notice your Saboteurs showing up in your parenting.



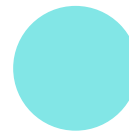
## Reflect

Reflect on *how* Saboteurs are showing up. Visualize, what does each one look like, sound like, feel like?



## Pre-empt

Think ahead to when you know Saboteurs may rear their heads and imagine how you will intercept them by practicing through visualization.



## Intercept

Notice these Saboteur expressions as a cue to do a PQ rep, intercept and consider which Sage power may be helpful.



# Your shift from judgment to empathy



Focus

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Reflect

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Pre-empt

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Intercept

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## Step 4. Which Sage Power can you use for this issue?

How are you listening, empathizing, being curious with your family members? How are they experiencing this?



# Empathize with Self

Develop unconditional love for yourself ...

- ▶ So that you don't use your kid to make yourself whole.
- ▶ And so you can let the kid grow independent of you.
- ▶ Know you know your child and can help him make informed decisions



# Empathize with Child

Demonstrate unconditional love towards your kid.

- ▶ So your kid develops unconditional self-love.

Believe in and follow through on the idea that your kid:

- ▶ is the expert on themselves,
- ▶ has a brain, and
- ▶ wants their life to work



# Explore

- ▶ Be fascinated by your kid. Discover their true nature -- natural wiring.
- ▶ How different are they from you?
- ▶ See your kid as your greatest teacher.
- ▶ What are the things that bring your kid true joy?
- ▶ How are you showing the joy your kid brings you?



# Innovate

- ▶ In conflict the other party is at least 10% right.
- ▶ Practice Yes... And...
  - ▷ What are some ways I can do the following with my child:
    - spend more one-on-one alone time
    - show up and be present
    - find an area of shared interest
    - create a family ritual



# Navigate

- ▶ Big picture: wish for your child to grow into an adult who can self-navigate and become independent from you.
- ▶ Watch out for your need to maintain dependency.
- ▶ Flash forward: when my child has finished high school, what is the most important thing I could have done to:
  - ▷ help her ability to shift to Sage?
  - ▷ help her gain as much experience solving her own hard problems?



# Activate

- ▶ Boundaries create safety and promote creativity.
- ▶ These include key values, principles, guardrails.
- ▶ In Sage Activate mode of enforcing boundaries, one is firm, calm, clear-headed and positive in energy.
- ▶ Distinguish between legitimate healthy boundaries vs. Stickler/Controller boundaries.



**What am I saying to myself?**

**What is it that I most want to convey and how could I put that into words?**





**What am I saying to my kid?**

**What is it that I most want to convey and how could I put that into words?**



“

No one can make a child do anything. Parents can't make them work hard, or care about others, or nurture a spiritual life, or vote Democrat or Republican, or even vote at all. But if kids are close to their parents, and the parents value hard work, caring about others, spirituality, and civic engagement, their children are much more likely as well.

—Dr. William Stixrud and Ned Johnson

*What Do You Say? How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home*



**Step 5. What are 1 to 2 specific next actions?**

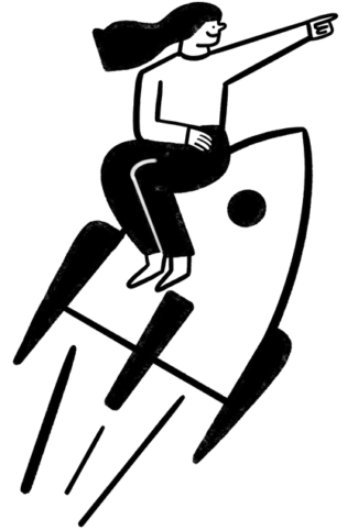
**Could you develop a new Sage parenting habit?**



# What's in a Tiny Habit?

1. **Anchor Moment**  
(every day kids get home from school at 3:30pm)
2. **New Tiny Behavior**  
(I will spend 5 minutes of uninterrupted time with each child)
3. **Instant Celebration**  
(I will celebrate with a huge smile and say “Yay, I did it!”)

Source: *Tiny Habits: The Small Changes That Change Everything* by BJ Fogg, PhD



# My Recipe: Tiny Habits Method

After I...

I will...

To wire habits in my brain I will  
immediately do this...

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Anchor Moment

Tiny Behavior

Celebration!

Source: *Tiny Habits: The Small Changes  
That Change Everything* by BJ Fogg, PhD

# Examples of Sage Habits

- After I walk in the front door, I will give my kids an embrace!
- After my kids wake up in the morning, I will spend 5 minutes cuddling with them.
- After my child presents a challenge, I will listen instead of trying to fix it.
- After I notice I want to correct my child's work, I will pause and ask if they need any help.
- After I notice worrisome thoughts, I will stop and do reps and reframe the situation.



# Family Activate Plan

Bringing it all together on the one issue you've  
chosen to focus on

# Your Family Activate Plan

Your Vision:

The Issue:

Specific Actions:

Sage Habit:

Saboteurs that may get in way:

Your Sage response:





# Your Family Activate Plan

## Reflections

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What am I noticing after two days?

What am I noticing after two weeks?

With blameless discernment, what adjustments could be made?





# Notes

“It never takes enough repetition, that story and that interaction with your kid: *I love you just because*. Your essence self, you're as unique as your fingerprint, is worthy of all the love in the world. And nothing you can do will ever change that including failures, including bad behavior, including anything at all, will not change that one bit.” –Shirzad Chamine

# Family Resources

## Workshops

- **PQ for Kids Club: Youth-led PQ Innovate Workshop for Middle Schoolers** – for more information, email [jmhawkin@alumni.princeton.edu](mailto:jmhawkin@alumni.princeton.edu)
- **Raising PQ-Resilient Kids: Sage Time to Connect** (Part 1)
- **Raising PQ-Resilient Kids: Sage Space to Grow** (Part 2) – for more information, email [amy@sorterasolutions.com](mailto:amy@sorterasolutions.com)
- Various event and workshops available through [PQ for Parents & Families](#)

## Books and Tools

- [Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges](#) by Patty Wipfler and Tosha Schore
- [The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives](#) by William Stixrud, PhD and Ned Johnson
- [What Do You Say? How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home](#) by William Stixrud, PhD and Ned Johnson
- [Tiny Habits: The Small Changes that Change Everything](#) by BJ Fogg, PhD
- [Conscious Communication Cards for Parents and Caregivers](#) by Lori Petro, Teach Through Love





# Children, our greatest teachers

**PQ-Powered Parenting:  
Being the Leader of  
Your Family**

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