



Love Over Fear

Gentle Reminders for Intentional Parenting

3 LOVING MANTRAS

I choose to trust, not control.

My child is learning, even through struggle.

Mistakes are stepping stones, not setbacks.

QUICK JOURNAL PROMPTS

Where in my parenting am I leading with fear?

What would love say instead?

What's one moment this week where I can pause and trust?

NOTES TO SELF

When I feel anxious, I will.....

When my child struggle, I will

