

## PARENTING - Creating Positive Change

Read and rate the following questions:

1. I am fully satisfied with the relationship I have with my children

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

2. I feel fulfilled as a parent

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

3. I am comfortable with my parenting skills/ability

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

4. I am able to effectively discipline my children with love

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

5. I know how to set up effective boundaries/guidelines and consequences

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

6. I look forward to spending time with my children

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

7. My children love spending time with me

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

8. There is harmony in my household

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

9. The relationship I have with my spouse (if applicable) is a positive influence on my children

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always



PARENTING - CREATING POSITIVE CHANGE  
Self- Assessment

10. I am able to spiritually guide my children

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

11. I am in tune with what my children really desire from me

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

12. My children are able to freely express themselves inside and outside the home

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

13. There is great communication within our household

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

14. I feel that I have plenty of quality time with my children

1 ————— 2 ————— 3 ————— 4 ————— 5  
Never          Not Always          Neutral          Sometimes          Always

15. I am aware of my purpose in having children

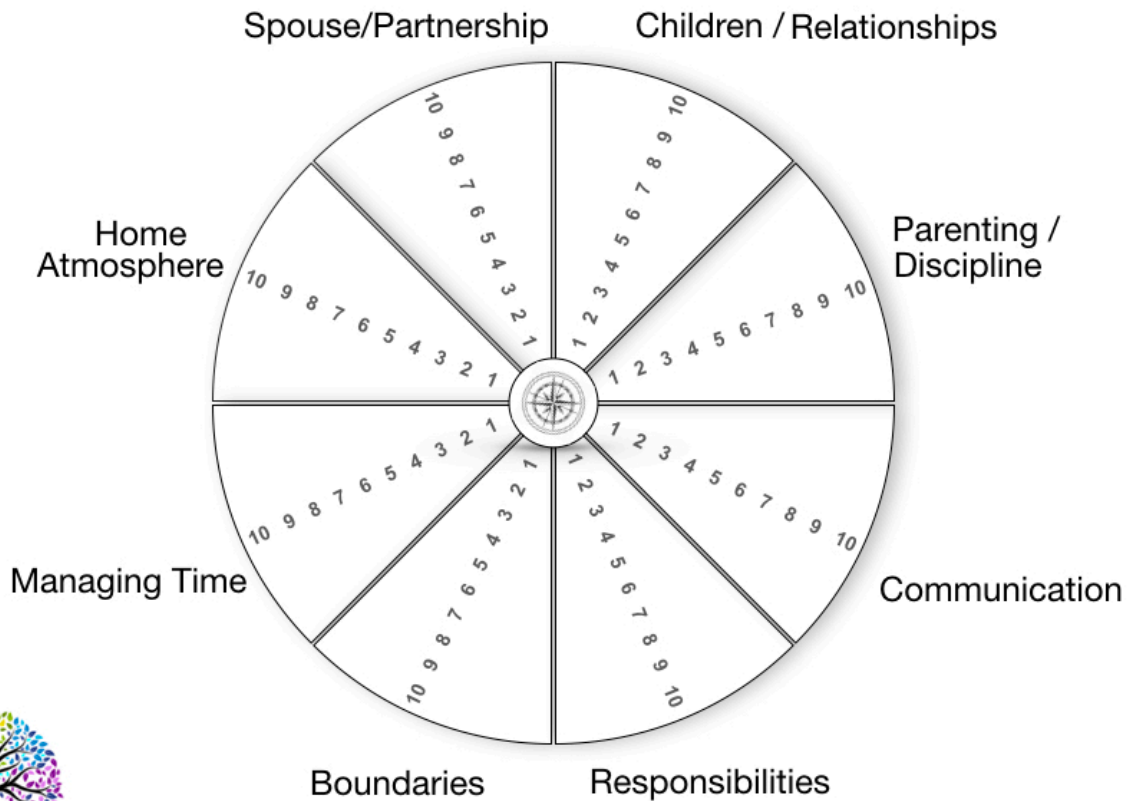
1 ————— 2 ————— 3 ————— 4 ————— 5  
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Self- Assessment

# FAMILY WHEEL

Rate your level of SATISFACTION for each area of your family life in the wheel below



For each section of the wheel, mark your personal satisfaction with 1 as lowest and 10 as highest

## Potential and Possibility

Observe your ratings on both your answers and the family wheel.

- What areas do you see working for you and your family?

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TALINE YESSAYAN  
ACC, CPC, EII-MP

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Self- Assessment

• **What areas need more attention?**

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• **What would it take to increase the numbers of any particular area?**

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• **What would be your ideal vision of your family? Describe in detail below.**

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• **What changes would you like to make to grow nearer to your vision above?**

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• **Where can you find the support would you need to make that happen?**

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