



# My Parenting Goals

1. I will spend more **Quality Time** with my kid
2. I will set a **Gadget Free Routine** for my family
3. I will help my kid to improve **Control, Consciousness & Concentration**
4. I will engage my kid in **Physical Activities**
5. I will establish **Healthy Eating Habits** for my family
6. I will raise a **Confident, Leading & Independent** kid
7. I will choose **Positive and Encouraging Communication**
8. I will **Encourage** my kid to **Write**
9. I will **Inculcate Faith** in my kid
10. I will help my kid with **Positive Affirmations & Gratitude Journal**