

Week 2. STRETCHING THE CANVAS – AN INTEGRAL EVOLUTIONARY CONTEXT



JOURNALLING REFLECTION FOR THIS WEEK

Once you have a sense of your current context, of your present priorities (see worksheet “Finding your Priorities”), I invite you to contemplate whether this list feels congruent and aligned with your deeper self and how you’d like to parent, or if there are any changes you’d like to make:

Is there anything in my life I’d like to change to more fully align with what I perceive and know to be important to myself and my child/children, my family?

I invite you to be in touch with this question, to let it percolate through you, with an honest loving regard toward yourself and your life, and to see what arises.

If you like, take some time to journal with this question.