



## If...Then...Exercise

**Instructions:** Apply the following statement to each of the principles (or those that are most crucial to your growth as a parent). In other words, consider the principle and then list specific things you can do, think, or say, to practice this principle.

“If I fully understand and internalize x principle (fill in the blank), then how will I behave? What will I think and do, consistently, to practice and demonstrate my belief in this principle?”

**Principle 1: We, as parents, are the authority in our homes.**

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**Principle 2: Our children are inherently good, capable, and trustworthy.**

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**Principle 3: Our children long to feel love and connection**

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**Principle 4: We are responsible “to” but not “for” our children.**

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**Principle 5: Our children are responsible for themselves.**

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**Principle 6: Growth requires effort and even struggle.**

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**Principle 7: Limits and consequences teach wisdom and responsibility.**

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**Principle 8: Successful parenting requires that we grow ourselves first.**

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**Principle 9: We are imperfect (and that is okay).**

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