



Week 1 – Intentional Parenting

- What are some of the obstacles to creating consistency?
- What are some ways you can "celebrate every season"?
- What are some of the positive influences outside of your family that you could leverage or have leveraged?
- What are some conversations you would want your kids to remember?
- How could margin in your life help you parent well? Where could you create more margin for your family?

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Would you rather . . .

- Have time to exercise OR binge watch TV?
- Deal with a crying infant OR a moody teen?
- Drive a minivan OR . . . anything else?
- Spend a night on the town OR have a weekend to sleep in?
- Your child pick up chewed gum OR eat dog food?
- Deal with snot OR drool?
- Be awakened at 5 a.m. OR midnight?
- Have no plans OR too many plans?
- Eat in OR dine out?
- Drive OR fly across country for vacation?
- Have kids who will eat anything but don't like leftovers OR will eat only the same thing?
- Be the disciplinarian OR in charge of the fun?
- Cook dinner OR breakfast?
- Free CFA for a year OR free passes to Six Flags for a year?
- Live in the Magic Kingdom OR Epcot?
- Have someone clean your house OR someone to run errands?
- Have more time OR more money?
- Potty train girls OR boys?
- Sleep OR get laundry done?
- Have another kid OR get a puppy?
- Step on a lego OR get puked on?
- Give up coffee for a month OR switch to a non-smart phone for a month?

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