

Parents- How to understand yourself to understand your children



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Welcome



As a Mother of 3 young Children, I have been through quite the journey over the last few years. When my Eldest daughter was only 14 months old I found out I was pregnant and it was twins... Yikes. With 21 months between the three of them the year after the twins was the hardest one of my life.

A year at home looking after my babies I thought was the right thing to do, my family all had 12 months off with their children so I should too- I didn't want to be seen as a mother that didn't care or that put work first.

It was rough. The twins were sick all the time, I barely left the house, I would make plans to see people and they would cancel leaving me with little adult interaction.

I was the lowest of low after that 12 months. No Idea how I was going to go back to work bc I had lost all of my intelligence with the worst baby brain ever. How would I juggle it all? It seemed overwhelming, I felt guilty and I just didn't know who I was anymore.

Then I discovered the Program I deliver, and my world started to change. I regained my confidence, I rediscovered my purpose and I embarked on a mindset journey like no other. As I went through the program my drive as a career woman came back and I fell completely in love with my job. My passion is helping others and this completely transforms lives.

I wake up every day excited for what the day will bring whether that's a work day or a day with my lovely family.

I understand my children SO much better, I am consciously aware of the thoughts and beliefs they are picking up from me, I am clear, calm and happier than ever before.

My dream is for as many parents to feel as I do. sure it can be a total shit show most of the time, but I have learnt how to be Ok in those times and let them wash over me. I've created a life I love- and I can help you to create the same.



Where to Start:



Where are you now?

Are you overwhelmed? Unable to do everything you want in life, are you struggling to find the balance. Is there a gap between what you are currently earning and what you feel you are capable of earning? How would you rate your current quality of life? Do you spend enough time with your children/ family?

The Decision

The second you make a committed decision your life will start to change. Wherever you see success know that someone made a courageous decision to get there. Your only pre- requisite for making a decision is- Do you really want it?

Persistence

Have you got what it really takes to go the distance? In Psychology persistence refers to "perseverance in spite of fatigue or frustration" What kind of persistence does it take to really achieve your goals?

Attitude

Your attitude is a vibration!

It's an energy that you are sending out to the universe and it's going to determine what comes back to you. It will never fail you unless you fail yourself. Only you can fail yourself if you don't have the right mental attitude. Have you noticed how much your children pick up on your attitude and how you're feeling?

Your Purpose



So you're a parent...

When we have children we go through a process of having to really change. Pre children we have a carefree life, a job, time to ourselves, no real commitments. We can do what we want, when we want to.



When we have children that all changes. Our children become our priority and we go through a process of figuring out what our purpose is now, what we want and need in order to make us happy and our children/ family happy.

I want you to think about the following questions:

- Do you enjoy staying home with your children full time?
- Do you enjoy working?
- Do you feel you need a balance of working and being home with your children? What would that look like?
- When do you have time for yourself? and do you actively book things in for you?
- Are you passionate about what you do?

These questions are so important to think about. We often have to sacrifice something especially in the early years of being a parent, but being happy makes for much happier children. So it's time to focus on YOU and what your purpose is.



How to understand yourself

When you understand how we think- everything becomes a whole lot clearer in life.

What is a Paradigm?

A paradigm is a set of mental beliefs that are stored in our subconscious mind. They control all of our habitual behaviours, and 96-98% of everything we do is habitual.

So when we want to make a change, it needs to come from our subconscious.

When we become a parent, we have to learn new habits, new ways of working, and of living and this can be challenging. It can cause confusion, it can feel like a loss of identity, or knowing who we are now. We have become a new person.

Understanding why we think and behave as we do:

When we understand ourselves, we understand others, and most importantly our children.



Answer the following questions openly and honestly

Financial wealth

How long could you maintain your lifestyle if your income was to stop?

What is the most you have ever earned in a year?

How much would you need to earn to consider yourself wealthy?

Business/ Career

When you wake up in the morning do you feel excited about what you do for work?

If you could do anything in your career- what would it be?

Answer the following questions openly and honestly

Vacations

How often do you take a vacation? Where do you go? What kind of accommodation do you stay in? Are you able to participate freely in activities of your choice?

Home

How would you describe the house you live in?

Answer the following questions openly and honestly

Relationships

How would you describe your relationships at home? and your social relationships?

Children

Are you happy with the time you spend with your children?

Are there aspects of your own upbringing that you would like to change in the upbringing of your own children?

Do you understand why your children think and behave the way that they do?

The truth

How you answered those questions gives a very clear indication of where your paradigms sit. It should have made you think about where you are now, and where you would love to be.

How we think and behave also has a direct reflection on how you are raising your children to think and behave,

When you answered the questions, think about if you want to change, what is the life that you truly want to live?

How do you want your children to be raised to think and behave?

If you want to make some changes, it's up to you to take the plunge. Here are a few tips to get you started!

Make the commitment that you want to do it

Have a clear vision and goal to keep you focused

Allocate time for new projects

Focus your day and make a list every morning

Stick to it to change your habitual behaviours

Keep yourself accountable



Final Steps

- Once you have a clear vision of what you really want in life, it's time to take action.
- It's not easy to shift the way we think and behave and the results we get in life. If you really want to make a change- this is what you need to do next:
- **Book in a free call** to discuss your goals, and what you want in life and how we can help you to get there.
- Stay focused, make quick/ clear decisions, be persistent and keep a positive attitude.



Rules for Achievement



Number 1:

Keep setting goals. Dissatisfaction with your life is a healthy, creative state of mind.

Number 2:

Make sure your personal values support your goal.

Number 3:

Make sure the goal is your own, not someone else's.

Number 4:

Only go after goals that you're truly passionate about.

Number 5:

Goals that require risk on your part create magical endings.

Number 6:

Prioritize your goals until you fix on your A-number-one goal.

Number 7:

Focus on achieving just one goal at a time.

Number 8:

Paint a crystal-clear, brilliant picture of the goal's result in your mind.

Number 9:

Consciously choose the thoughts that support your goal.

Number 10:

Control your attitude. Make it a good one every single day.

Number 11:

Plot your initial plan and IMPLEMENT!

Number 12:

Keep going, no matter what.

Number 13:

Take measurements of your progress and adjust accordingly.



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