



## The Prana Boost Parenting Vow™



### 1 Vow To:

Create an environment for our family based on Non-Violence, Compassion, & Love. Free of blame, shame, guilt, & judgment



### 1 Vow To:

See your light & honor who you are as you are a divine creation



### 1 Vow To:

Continue growing, learning & evolving into my best self



### 1 Vow To:

Listen, hear, honor, & respect your own individual needs & to have the courage as your parent to honor your unique needs even if it means doing things differently than anyone we know



### 1 Vow To:

Honor your other parent/stepparent/guardian even if we disagree & find a way to communicate with LOVE



### 1 Vow To:

Connect with you every single day we can in a way that feels safe & loving to us both



### 1 Vow To:

Understand your perspective of the world & to not assume & instead ask questions to help me understand better



### 1 Vow To:

Not punish you for being human & having emotions & learning as you grow & instead be there for you to guide you as you learn to remember to connect to your higher self

 **I Vow To:**

Love myself & to remind you, my child, that there is nothing you can ever do to change my love for you, I LOVE YOU UNCONDITIONALLY

 **I Vow To:**

Be my own source of happiness, peace & joy so I can offer you my best self & model this commitment to you

 **I Vow To:**

Be in the moment knowing that the NOW is the only time we have together. To have fun & enjoy getting to know you at every age & every stage

 **I Vow To:**

Care more about how we are feeling & interacting than who is right

 **I Vow To:**

Lovingly guide & nurture your unique spirit & soul as you blossom on your own divine journey

 **I Vow To:**

Allow you to share your deepest self with me & be vulnerable when you feel safe to, as I hold space for us to connect on this level

 **I Vow To:**

Be my authentic self so you may know it is safe to be your authentic self too

 **I Vow To:**

Allow you to show your emotions either negative or positive & love you through them, while modeling healthy, safe, non-violent ways to work through our emotional states

 **I Vow To:**

Promise that when I “know better, I will do better.” ~ Maya Angelou

 **I Vow To:**

Choose & always learn language & words that will uplift & Prana Boost™ our souls when we speak to one another & other family members as well. I will also continue learning about mindful language & how my words thoughts, energy & emotions affect my relationships



**I Vow To:**

Be mindful of my behavior, choices, actions & energy



**I Vow To:**

Create a relationship with you that is based in harmony, equality, love & respect



**I Vow To:**

Create traditions, celebrations, & holidays that hold great meaning to our family personally & continue them only as long as it feels good to us all



**I Vow To:**

Not compare you in any way physically or emotionally to anyone else



**I Vow To:**

Not take your behavior & emotions personally so I can become a Prana Boost Investigator™ & dig deeper to see what is behind the behavior & get to the feelings



**I Vow To:**

Play with you & always take an interest in what you like & if I don't understand it I will ask questions & let you teach me why you like it



**I Vow To:**

Be your trusted friend, mentor, guide, parent & advisor & to lead you with love



# The Prana Boost Parenting Vow™



[www.pranaboostparenting.com](http://www.pranaboostparenting.com)

**Parent's Signature:**

X

**Date:**

**Parent's Signature:**

X

**Date:**