Your clarity matters! Clarity is not a destination; it’s a journey, an ongoing and never-ending process. Once you think you are clear, life starts to shift and change—especially during your daughter’s teenage years. This worksheet helps you get on the road to clarity by knowing where you are, knowing what you want and where you want to go.

Take thirty minutes and go to a place where you will not be interrupted. If you are not able to complete the worksheet at this time, then schedule thirty minutes tomorrow or the next day and work on it then. Don’t worry if you don’t know the answers, they will come, maybe when you are taking a shower or going for a walk. The important thing is to begin a dialogue with these questions.

**KNOWING WHERE YOU ARE**

Knowing where you are starts with courage, self-awareness and honesty. It’s also important to be compassionate and gentle with yourself during this process. Only when you are able to be honest with where you are, can you get to where you want to go.

**1. How is my relationship with my daughter?**

When are the best and worst times with your daughter? Write them down. Why are they the best? Why the worst?

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________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
2. How am I doing as a parent?

What are your strengths and challenges as a parent? Where do you need help? Where do you second-guess yourself?

3. How’s my daughter doing?

What are her strengths and abilities? Where is she falling short? What are your concerns? What do you worry about?
4. How am I doing?

Are you enjoying your life? What do you enjoy? Are the other relationships in your life satisfying or draining? Do you wake up feeling grateful or dreading the day? Are you good to yourself or do you tend to neglect your needs?

KNOWING WHAT YOU WANT

Now that you know where you are, you know what you are missing. Now ask yourself, “What do I want?” This is where it gets fun. I’m giving you 100 percent permission to ask yourself this question. This is where many moms look at me with a blank face. Why do they find this question strange? (Because we haven’t asked ourselves this question for years.) To make it easy, start with what you don’t want, what you complain about; then we’ll move on to what you do want.

WHAT DON’T YOU WANT?

You can have some fun with this. Write down everything you don’t want. It may involve your daughter or someone else. (Yes, you can use this to work on other relationships: partner, boss, colleague. Just change the word “daughter” in the instruction below.) After you write what you don’t want turn it around and write what you do want.
I DON’T LIKE IT WHEN MY DAUGHTER (Partner, Boss, Colleague)...

WHEN I TURN THIS AROUND WHAT I DO WANT IS...

MY TOP FIVE COMPLAINTS ARE...

If you are having lunch with your friend or talking to your partner what do you typically complain about? Anything that starts with “I’m sick and tired of...” is probably a complaint. Where do you feel taken advantage?

1. ________________________________
REWRITE YOUR FIVE COMPLAINTS AND SAY WHAT YOU DO WANT.

If you had the power to change your complaint to what would make you extremely happy what would that be?

1. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

2. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

3. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

4. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

5. __________________________________________________________
   __________________________________________________________
   __________________________________________________________
WHAT DO YOU WANT?

Write down what you want for you, your daughter (partner, boss, colleague), and for your relationship with your daughter (partner, boss, colleague).

1. What do you want for you?

This may be difficult for you to identify at this point in the book, but you want to keep coming back to this question.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

2. What do you want for your daughter (partner, boss, colleague)?

This is an easier question for you to answer. Write down what you want, even if you don’t think it’s possible. Many times we get discouraged and let go of our hopes and dreams for our daughters. But it is extremely important to name what you want.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________
3. What do you want for your relationship with your daughter (partner, boss, colleague)?

Write down as many specifics here as possible.

________________________________________

________________________________________

________________________________________

________________________________________

KNOW WHERE YOU WANT TO GO: CREATING INTENTIONS

Instead of living reactively you can live intentionally. There are many benefits to intentions. First they act as signposts and remind you of where you want to go. In addition to that intentions keep you focused, keep you centered, remind you of what’s important, rewire your brain, and redirect your attention. All these things are needed to get you where you want to go.

CREATE YOUR BIG PICTURE INTENTION

Here’s an easy way to identify your Big Picture Intention. Without a Big Picture Intention what would your life continue to be? What behaviors would continue? Where would you continue to be stuck? What would you avoid doing? In other words without intention you would keep living your reactive life. Now you create an intention that addresses your concerns and makes sure you are pointed in the right direction.

Now decide on a segment of time, like “This summer I intend...”

For example: “This summer I intend to spend quality time with my daughter and not miss any opportunities to enjoy her.”
MY BIG PICTURE INTENTION

CREATE YOUR DRIVING QUESTION

Your Driving Question is directly related to your intention. It is an intentional question that you ask yourself throughout the day. In the example of the Big Picture Intention your Driving Question would be, “How can I spend quality time with my daughter today?”

MY DRIVING QUESTION

CREATE AN INTENTION FOR A SPECIFIC SITUATION

Pick a specific situation that could be challenging, like finals week. Next, decide how you want to show up. Your daughter may be stressed during finals, but you can choose who you want to be and how you act. You don’t have to react to her stress. For example: “I choose to be clear, calm, and compassionate with my daughter.”

MY SPECIFIC SITUATION

Now write your three intentions—well, that’s two intentions and a driving question—on an index card and keep them close at hand. Look at them often. Murmur them to yourself in the supermarket checkout line; sing them to the tune of your current favorite song; shout them out when you’re alone in the car.