

Journey Reflection Journal

Capturing your transformation

Weekly Reflection Questions

Week of: _____

One moment this week when I felt truly connected with my child:

A challenge I handled differently than before:

Something I noticed about my child's communication:

How I felt about my parenting this week:

One thing I want to try differently next week:

Monthly Deep Dive

Month: _____

The biggest shift I've noticed in myself:

The biggest shift I've noticed in my child:

What I'm most proud of this month:

What challenged me most:

How our family dynamic has changed:

What I want more of next month:

Quarterly Transformation Check

Quarter: _____

Looking back at my journey photos/videos, I notice:

Three words to describe who I'm becoming as a parent:

1. _____
2. _____
3. _____

Three words to describe how my child is growing:

1. _____
2. _____
3. _____

The tools that have become second nature:

What I still need support with:

My vision for the next quarter:

Celebrating Wins (Big and Small)

This week I celebrated:

- A new sound or word attempt
- A successful routine transition
- A calm response to a meltdown
- A moment of pure presence
- An advocacy success
- A self-regulation win
- A connection breakthrough
- Other: _____

How I acknowledged this progress:

- Shared with partner/friend
- Wrote it down
- Took a photo/video
- Gave myself credit
- Treated myself kindly
- Other: _____

Letter to Your Future Self

Dear me in one year,

Today you are just beginning to trust this new way of being with your child. You might be doubting whether these small changes matter. Let me tell you - they do.

Right now you're working on:

You're hoping for:

You're worried about:

But I want you to know that every breath you take, every moment of presence you offer, every time you choose connection over correction - it all matters. You're planting seeds that will bloom in ways you can't yet imagine.

Your child needs exactly who you are becoming. Trust the process. Trust yourself. Trust the love that guides every imperfect step.

With love and hope, You today

Date: _____