

INTENTIONAL PARENTING

5-days of reflections & intentions



Welcome to Your 5-Day Intentional Parenting Practice

You don't need to be perfect. You just need to be present.

This 5-day guide is designed to help you slow down, reconnect, and bring more intention into your parenting — one small moment at a time.

Each day includes:

- ✓ A grounding quote
- ✓ A daily mantra
- ✓ A gratitude prompt
- ✓ Reflection questions to deepen connection with your child and yourself

You can complete a page in just 5-10 minutes.

Make it your morning anchor, nap-time reset, or bedtime reflection — whatever works best for you.

How to Practice:

- Set aside a quiet moment each day — even if it's just a few minutes.
- Read the quote and mantra aloud or silently. Let it sink in.
- Answer the prompts honestly and gently. There's no "right" answer.
- Return to your mantra when things feel hard. Let it guide your breath and presence.

This is a judgment-free space.

This is your invitation to pause, reflect, and grow with heart.

I'm so honored to be walking this path with you.

With Gratitude,

Angela Lucero

Certified Parent Coach

DAY 1

INTENTIONAL PARENTING

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TODAY'S MANTRA: This is hard and I'm doing great.

How could you spend
10 quality minutes
with your child today?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What good qualities or
intentions have you seen
recently in your child?

- _____
- _____
- _____
- _____
- _____
- _____

*“What our children see reflected in our eyes
is often what they become.” - Rebecca Eanes*

I AM GRATEFUL FOR...



DAY 2

INTENTIONAL PARENTING

5-days of reflections & intentions

TODAY'S MANTRA: I am loved and I love unconditionally.

How could you spend
10 quality minutes
with your child today?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What good qualities or
intentions have you seen
recently in your child?

- _____
- _____
- _____
- _____
- _____
- _____

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." - L.R. Knost

I AM GRATEFUL FOR...



DAY 3

INTENTIONAL PARENTING

5-days of reflections & intentions

TODAY'S MANTRA: This day is a gift. Breathe and notice.

How could you spend
10 quality minutes
with your child today?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What good qualities or
intentions have you seen
recently in your child?

- _____
- _____
- _____
- _____
- _____
- _____

"How we speak to our children becomes their inner voice."
- Peggy O'Mara

I AM GRATEFUL FOR...

DAY 4

INTENTIONAL PARENTING

5-days of reflections & intentions

TODAY'S MANTRA: I have enough. I do enough. I am enough.

How could you spend
10 quality minutes
with your child today?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What good qualities or
intentions have you seen
recently in your child?

- _____
- _____
- _____
- _____
- _____
- _____

"Children don't need perfect parents. They need present ones."
- Unknown

I AM GRATEFUL FOR...



DAY 5

INTENTIONAL PARENTING

5-days of reflections & intentions

TODAY'S MANTRA: I lead with love, even when it's hard.

How could you spend
10 quality minutes
with your child today?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What good qualities or
intentions have you seen
recently in your child?

- _____
- _____
- _____
- _____
- _____
- _____

"Your child will follow your example, not your advice."
- Unknown

I AM GRATEFUL FOR...







Reflections & Closing Thoughts

You've done something beautiful - you chose intention.

Whether you completed all 5 days or just one, this practice matters. Each time you pause, breathe, and reflect, you're creating space for growth — for you and your child.

Take a moment to look back:

Reflection Journal Prompts:

-  What moments during the past 5 days felt most meaningful?
-  What surprised you about yourself or your child?
-  What did you notice about your own patterns or emotions?
-  What's one small thing you want to carry forward from this practice?

Closing Note:

If this practice resonated with you, you'll love the deeper work we do in my Parenting with Emotional Clarity 4-Week Workshops or through 1:1 Coaching.

I'll help you move from reactivity to response, from overwhelm to grounded connection — all rooted in mindful tools and emotional presence.

Ready to go deeper? [Click here to learn more](#). Let's grow together.

With so much gratitude,

Angela Lucero
Certified Parent Coach