



THE PATH OF THE CONSCIOUS PARENT

YOUR MASTERCLASS WORKBOOK
WITH DR. SHEFALI

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also **download and type directly** in the workbook to save paper.
2. **Review the content** of this workbook before the Masterclass so you know what to expect. It is recommended to set some private time, prior, during and after the Masterclass to complete the activities.
3. **You can pause the Masterclass video** to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly **implement the secrets revealed** in this session to increase the quality of your parenting life.
5. During the Masterclass, use the dedicated space on the right column to **write down ALL interesting new ideas** and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

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1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. SELF-ASSESSMENT QUIZ

Assess your current conscious parenting levels with this self-assessment. How true are these statements to you? Don't think too much and write the first number that comes up in your head and heart.

**Note: If you don't have children, you may reflect on your closest person or your loved one.*

Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. I always see my children as my teachers.	
2. I see and treat my children as sovereign beings.	
3. I always choose connection over correction in my parenting.	
4. I know the three pivotal things that every child wants to know.	
5. I understand why desiring happiness can lead to suffering.	
6. I always know the root cause of my emotional triggers in parenting.	
7. I understand how my children's behaviors mask needs.	
8. I believe that every child is ALREADY complete and whole.	

Use this space for additional notes.

3. THE PATH OF THE CONSCIOUS PARENT

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause and unpause.** But pay attention, because you cannot rewind!

1. Connection Before Correction

Step 1: Put your _____ on the side.

Step 2: Stop _____ your child as _____ or _____ .

Step 3: Be open and consciously _____ to your child.

Step 4: Create _____. Treat the child as a _____ being.

While the biological part in parenting is natural, the emotional _____ takes a lot of development.

2. What is Conscious Parenting?

Conscious parenting is about _____ ourselves first, completing our own _____ and becoming _____ from within.

When we see our children as _____ , every moment becomes an opportunity to grow .

In every situation, we're always in _____ with our children.

Notes

3. The Three Things Every Child Wants to Know

- Am I _____ ?
- Am I _____ ?
- Do I _____ ?

Every child's behavior _____ needs.

We should shift our _____ to meet their needs, instead of their behavior.

The big mission of conscious parenting:

To _____ humanity and _____ the planet,
one child, one parent, at a time.

4. Diagnose the Ultimate Fear

Step 1: Write down the last time you were triggered .

"I was triggered because _____"

Step 2: Go to one level deeper.

"I was triggered because (the first answer) _____ ,

Because _____ ."

Step 3: Keep going deeper, until you find what *your* own fear is.

The trigger is never on the _____, it's always on the _____ ,
rooted in _____ .

5. Wanting Happiness is the Root of Pain

Our obsession with _____ creates _____.

The moment we're in _____ to the 'isness' of the present moment, we create _____ and disconnection.

Feelings can become the portal for _____.

We need to learn how to allow children to _____ their feelings, and to see ourselves as _____ from their feelings.

Use the space below for any additional notes:

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What are the 3 pivotal questions every child asks? How do they show us these needs?
2. Why is it important to make ourselves whole from within in conscious parenting?
3. What does “we’re always in co-creation with our children in every situation” mean to you?
How will this understanding shift the way you parent?
4. Why is it important for us to learn how to allow our children to feel their feelings and to see ourselves as separate from their feelings?

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

** Note: if you don't have children, you may reflect on your closest relationships.*

1. Imagine. How would your family be like if you could be the most conscious parent to your children?

2. How will your life change once you start having a conscious connection with your children?

3. How can you contribute more to humanity and the generations to come if you're able to break the unhealthy generational patterns?

4. What is the one thing you can do right now to show your commitment to be more conscious in your parenting?

THANK YOU for joining Dr. Shefali's Masterclass!



Take your connection with your children to the next level. Have the courage to deconstruct and to be conscious in your parenting.

Watch through the end of the Masterclass. At the end of it, the price will be reduced as a gift for attendees who participated in the Masterclass.

6. TESTIMONIALS & STUDENT STORIES

"Her ideas are really a paradigm shift that can change the world"



In the 30 years that I've been doing interviews, the best I've ever heard. She's [Shefali Tsabary] absolutely revolutionary, and so evolved, that her ideas are really a paradigm shift that can change the world.

~Oprah Winfrey

American media executive, talk show host, television producer and philanthropist

"... Dr. Shefali describes the importance of compassion in simple, secular terms, discussing how we can learn to develop it from our relationship with our children."

~ His Holiness the Dalai Lama

"Becoming a fully conscious parent is the greatest gift you can give to your child."



Shefali Tsabary shows how the challenges of parenting can become a great opportunity for spiritual awakening. Becoming a fully conscious parent is the greatest gift you can give to your child.

~Eckhart Tolle

Author of The Power of Now and A New Earth: Awakening to Your Life's Purpose

"This new level of self awareness has had an amazing impact on all of my relationships; professional and personal"



I have followed Dr. Shefali's work during the past 5 years. It has helped me put the light on my own thoughts, beliefs, behaviors and patterns when engaging with my children and shift my mindset to a more conscious one. This new level of self awareness has had an amazing impact on all of my relationships; professional and personal.

In addition, her conscious parenting work has given me new tools, techniques and skills to deepen my own work with my executive as well as parenting clients.

Curiosity + Consciousness = Choice

~Claudia Pape

International Leadership Coach

MA, USA

"I was able to learn tools to connect with my daughter so that I was able to really see the love and the beauty my daughter is."



Learning Dr. Shefali's message of consciousness parenting has changed my family's life. [...] I was able to learn tools to connect with my daughter so that I was able to really see the love and the beauty my daughter is. It has been a year since that day I stood on stage with Dr. Shefali and my daughter has blossomed in so many ways!

~Cheryl Polsky

Conscious Parenting Coach, Children's Social Worker

Los Angeles, California

"The changes in my home and within me have been remarkable"



I have implemented the work of conscious parenting in my own life, with my 3 kids. The changes in my home and within me have been remarkable. Through my learning with Dr. Shefali I have become who I was always meant to be as a parent, partner, therapist. If you are ready to make changes and step into your own authenticity to become who you were born to be then open up to the wisdom and teachings of Dr. Shefali and embrace your very own sacred journey of awakening.

Janet Philbin

LCSW-R, CHt, Certified Coach Practitioner
Smithtown, NY

"I learned to become a conscious parent, and because of that, I have the most amazing relationship with my two teenage children"



I believe I have taken almost every course that Dr. Shefali has offered over the last four or five years. I am so grateful for each course and all that I learned from Dr. Shefali. I learned how to heal my inner child, I learned how to become an adult and I learned how to live more in the present moment through her meditation courses. If I had to pick one thing that has been most valuable to me it is that I learned to become a conscious parent, and because of that, I have the most amazing relationship with my two teenage children.

~Kim Gross, Albany, NY