

Prep First:



STEP 1

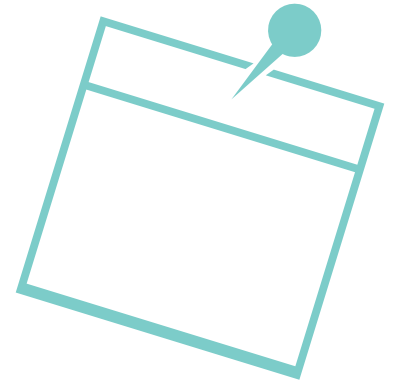
Topic! Pick your inner growth topic for the week or month (gratitude, self-love)

STEP 2

Block out 1-10 minutes a day to focus on this topic

STEP 3

Commit to being completely present with your child



Recipe for Daily Spiritual & Personal Growth

FEELINGS

Check in with your feelings

BREATHE + VISUALIZE

Deep breathes and visualizing how we want to feel

ACTIVITY

5 minute activity on your topic (conversation, craft, story, nature walk)

AFFIRMATION

Repeat an affirmation around the topic everyday that week

GRATITUDE

Share one thing to thank you to



Grown-Up Tip:

- Pick your topic for the week or month (gratitude, self-love)
- Block out 10 minutes a day to focus on this topic (no matter what!)

Examples:

Kidspeak Example: Failing Forward

ACTIVITY

Let's run around this table and name some mistakes we made this week and give each other a High 5 every time.

AFFIRMATION

Mistakes are great because they help me learn and grow.

Kidspeak Example: Self Love

ACTIVITY

Let's go outside and help nature grow stronger by giving some love to nature through our words. Maybe we can even hug some trees.

AFFIRMATION

I love myself just the way I am.



Our #1 mission is to help parents find ways to make spiritual & personal development an intentional and structured part of their day and a priority. Contact us anytime for further guidance or resources: Serve@HatchBrighter.com