WARMTH	e Mamas	Gettin	ng		e Rod, Adore The	$\boldsymbol{\rho}$
	Affirm		()			
	The best mother for my child is already within me.					
	l let go of what does not serve me.					
	I continue to grow and evolve.					

,	What is "The Rod"?	What motivates you to spare it?

## What makes you feel guilty about your current parenting style? Cratitude How much of the above is within your control? Image: Control is within your control? ©SunstoneMamas 2021 SunstoneMamas.teachable.com