



# NAVIGATING THE F\*CK-UPS!

I've said it once, and I'll say it again: YOUR ROLE AS A GUIDER DOES NOT REQUIRE YOU TO STRIVE FOR PERFECTIONISM!!!!

Rather, it requires an awareness of self, an embracing of human-ness & a willingness to show-up expansively each day. Saying this acknowledges that there will be f\*ck-ups. It's inevitable. As a human, in this Earthly experience, you cannot possibly be all sunshine and rainbows 100% of the time. However, when you are the storm, you CAN navigate the messiness in a way that empowers your children. In ways that allow them to know they're still loved, supported & held.

## HELP, I FELL INTO THE OLD-PARADIGM OF GUIDING!

I see you. You've had a stressful day, felt triggered, or are beyond exhausted. And that last little button to push you over the edge, was your child refusing to eat their broccoli - cue power struggle. Everyone's upset, and it energetically feels like a tornado has swept through the space.



Firstly, tap into your emotional release techniques and take a moment to cool off. Where is the emotion ACTUALLY coming from (chances are, not your child)? Shake it out, punch a pillow, journal, cry, talk it out with your partner / colleague. If guilt comes in, quietly acknowledge it's presence, but remind it that you're human and it's okay to make mistakes. Once you're feeling more grounded & stable, initiate connection with your child. Communicate how you were feeling / what's going on in your world, to some degree, without making it about them:

"Hey beautiful, I'm so sorry for being grumpy with you before. I'm feeling really overwhelmed today, and it wasn't fair of me to take it out on you. I'm learning how to manage my emotions, and I'm going to practise taking a deep breath before I get grumpy next time. I love you. How are you feeling about what just happened?"

If some problem solving, or boundary setting is required, add this into the convo.

This is a beautiful way to deepen your connection with your children whilst owning your human-ness.