

# PARENTING SELF-EVALUATION & PERSONAL-GROWTH RESOURCE

Good coaches want to have excellent players on an excellent team. Great coaches, however, are highly intentional about taking the time to evaluate themselves, identify strengths, and recognize areas that have more room for growth. A good coach is constantly evaluating their plays, schemes, and plans as well as that of their opponents. A great coach is humble and dedicated enough to put in the work it takes to evaluate themselves through honesty and the use of personal insight so that they can become even better at what they do.

As parents, we often act as a sort of coach for our kids as they move along their journey of life and spiritual growth. If we desire to move from being good coaches to great coaches in the lives of our kids, we need to periodically take time for an honest assessment, evaluation, and identification of our strengths and places for growth in some key areas of our parenting. That's where this Parenting Self-Evaluation & Personal-Growth Resource comes into play.

Set aside an hour or so to genuinely answer these questions and take some steps to become a better spiritual coach for your kids.

We'd encourage you to maybe grab a journal or open a note on your phone where you can write your answers and prayers. Return to these ideas frequently as you continue your parenting journey.

## PERSONAL FAITH

How would I currently describe my faith and relationship with God?

What are some ways that I experience God? How can I spend more time experiencing Him in order to grow in my own faith?

How could a better relationship with God impact my life?

Do my kids know my faith story? If not, how and when can I share it with them?

## CHURCH INVOLVEMENT

How would I describe my current involvement in our church?

- I am actively involved
- I am occasionally Involved (monthly)
- I mostly attend on holidays and special events
- I am not really involved at all

If I am not involved as much as I think I should be, what are the things holding me back, and how can I deal with them?

What message is my current level of involvement at church sending to my kids?

What are some ways I can get more involved in the community at my church?

How would I describe my child's current involvement in our church?

- They are actively involved
- They are occasionally Involved (monthly)
- They mostly attend on holidays and special events
- They are not really involved at all

If my child is not involved as much as I think they should be, what are the things they say are holding them back, and how can I help them better navigate those things?

What message is my current level of apathy to my kid's involvement at church sending to them?

What are some ways I can be more proactive when it comes to helping my kid discover community at our church?

## RELATIONSHIPS WITH MY KIDS

How would I describe my current relationship(s) with my kid(s)?

Do I know ... my kid's best friends?

- my kid's favorite musical artist?
- my kid's favorite hobbies?
- my kid's biggest aspiration/dream?
- my kid's biggest personal/emotional struggles?
- my kid's biggest joys?
- my kid's biggest fear?
- my kid's biggest questions?
- my kid's faith journey?
- who my kid is listening to and being influenced by?

If I don't know these things, how can I build the relationship in a way where I can regularly have conversations and offer the encouragement they need?

What are some ways that I connect with my kids? How can I lean into these even more in order to strengthen the relationship?

How often do I spend time with my kids with no agenda, just being present and building the relationship?

- Daily
- A few times a week
- Once a week
- Twice a month
- Monthly
- Rarely

What are some ways that I can invest more intentionally in my relationship(s) with my kid(s)?

## PRAYERS

What are some specific, regular things I can pray for my kids or for myself as their spiritual coach?