## Am I the parent I want to be?

## Am I the parent I want to be?

100 days – 100 questions

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#### **Foreword**

Being a parent is one of the most challenging and rewarding roles in life.

Every day brings new lessons, insights, and opportunities for growth. Parenthood asks us not only to care for our children but also to know ourselves better and continue growing in our role.

Do you take the time to reflect on what parenthood means to you?

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### **Table of Contents**

Day 1–10: My Parenting and upbringing

Day 11–20: Relationship with my children

Day 21–30: Self-care as a parent

Day 31–40: Family and personal growth

Day 41–50: Values and lessons

Day 51–60: Time and memories

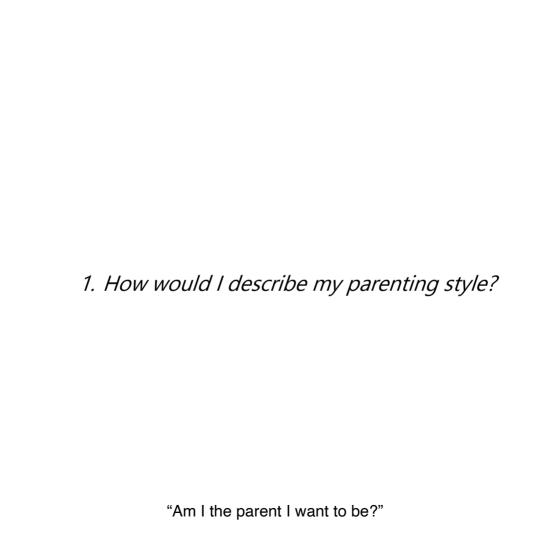
Day 61–70: Communication and parenting

Day 71–80: Growing as a parent

Day 81–90: Future and letting go

Day 91–100: Love and joy in parenting

# My parenting and upbringing



2. What do I want my children to learn from me as a parent?