

Tip #14: You are Going to Mess Up #parentingtips

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=IF4sBYvFLEO](https://www.youtube.com/watch?v=IF4sBYvFLEo)
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SUMMARY

Parenting is filled with challenges, and it's common for parents to feel overwhelmed and guilty about their past mistakes. Instead of dwelling on regret, it's essential to focus on the present moment, make conscious choices, and seek healing and support.

- *Every parent makes mistakes and often feels hopeless at times.*
- *It's important not to dwell on past failures or guilt.*
- *Embrace the present moment as a chance to start anew.*
- *Healing can involve seeking help, talking to friends, journaling, or taking courses.*
- *Acknowledge the past, but focus on the power of now.*
- *Empower yourself by making conscious choices in the present.*

here's the truth if you're a parent you are going to mess up I haven't met a single parent who doesn't feel utterly hopeless helpless and lack of failure at least a few times a week especially if your kids are still at home so the thing to do is not to beat yourself up and live in regret and guilt and shame about things that happen in the past or about how you were in the past you were who

you were with the level of Consciousness you had the best way to be conscious is to now enter the present moment in the here and now and start again and make better choices and heal what is coming up as wounded get a coat get help talk to a friend Journal take a course but the moment to begin is now not yesterday yesterday brought you here so

we're grateful even though it was painful we are here now so if you're a parent stop living in the past or in fear of the future there's so much power in the here and now if you seize it embody it embrace it and Elevate yourself right here right now