

My EPIC Goals

We will be referring to this list throughout the entire training so please keep it handy. Don't edit yourself here, just let your ideas flow out onto the paper. Use as many words as flow out.

I came to this class today because I ...

The words that presently describe my relationship with my child are ...

I desire for my relationship to be ...

I want to learn ...

The qualities I would like my child(ren) to have as an adult are ...