



I am a
Champion



“The most powerful tool
that you have as parent is
YOU”

-Sneha Tapadia

Dear parent champion,

Congratulations on taking the first step to become a better version of yourself.

I want to help parents redefine their parenting styles.

Every child is unique, special and different and so is every parenting style. There is no right or wrong when it comes to parenting but there is always a better way to do it. I want to help parents evolve as true "parenting" champions by adopting a better way.

Let this journal act as your guide where you can pen down your thoughts, experiences, challenges, dreams, wish list, things to be done or moments of bliss.

Not all days are perfect ...

Neither are they for champions. There is one trait that all champions have! It is to keep learning and to keep becoming better than their past self. Just journaling can put things in perspective for all of you who wish to live a holistic successful life of abundance as a parent.

Unleash the power of intuition that every parent has by journaling all that you have in your mind.

Better parenting will result in a better world. Just one generation of right parenting can make the future of the world right and bright.

Happy parenting

With abundance of bliss

Sneha Tapadia
Your parent coach.



“Great parenting is not about
perfection; It is about
CLARITY”

-Sneha Tapadia

Vision Chart

My child is (character trait you want to develop) like (role model)

My child is like

My child is like

My child is like

My child is like

My child is like

My child is like

My child is like

My child is like

My child is like

My child is like

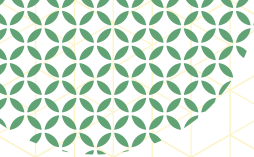
My child is like

My child is like

My child is like

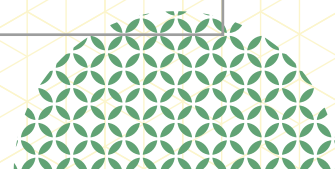
My child is like

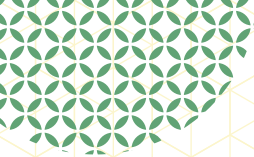
My child is like



Lifetime bucket list

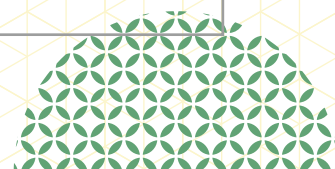
No.	List	Date completed





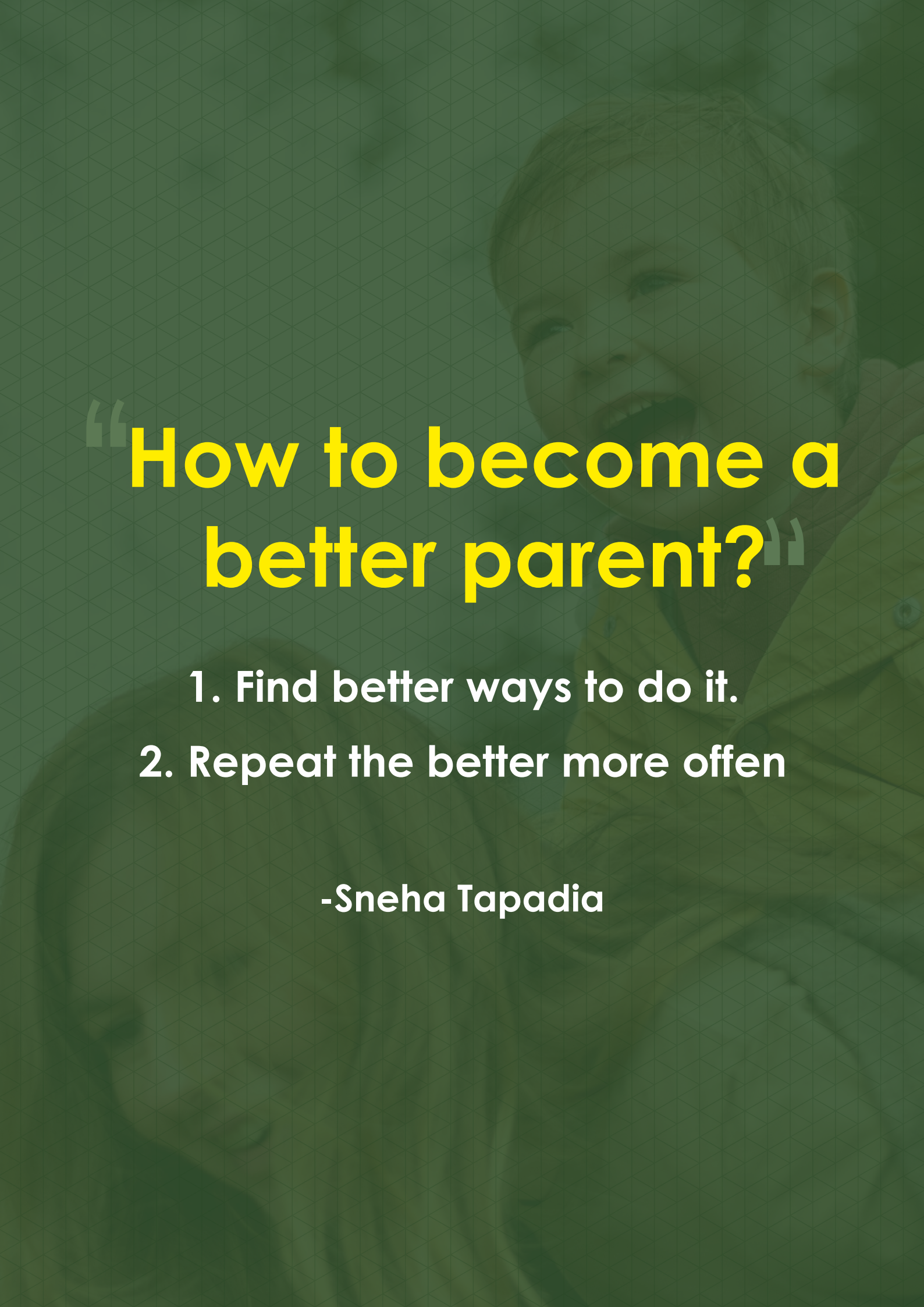
Lifetime bucket list

No.	List	Date completed



Date completed

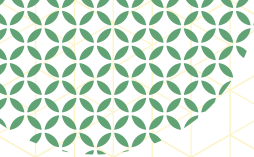
Date completed



“How to become a better parent?”

- 1. Find better ways to do it.**
- 2. Repeat the better more often**

-Sneha Tapadia



Monthly bucket list

MONTH:.....

Play Together

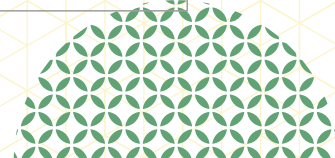
No.	Activity	Completed

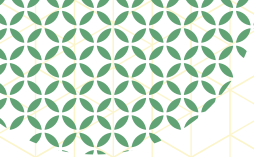
Learn Together

No.	Activity	Completed

People to see

No.	Activity	Completed





Food to try

No.	Activity	Completed

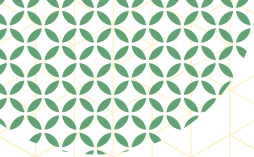
Acts of kindness

No.	Activity	Completed

Other activities

No.	Activity	Completed





Monthly bucket list

MONTH:.....

Play Together

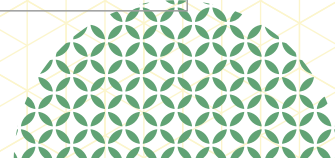
No.	Activity	Completed

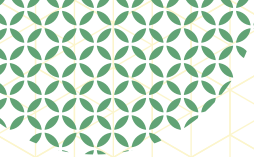
Learn Together

No.	Activity	Completed

People to see

No.	Activity	Completed





Food to try

No.	Activity	Completed

Acts of kindness

No.	Activity	Completed

Other activities

No.	Activity	Completed





“ Essence of great parenting is
INFLUENCE
not authority ”

-Sneha Tapadia

My bucket list for...

		Completed
Plan		
Do		
Make		
Eat		
Explore		
Travel		
Enjoy		
Play		
Watch		
Read		
Visit		
See		
Try		
Give		
Be		

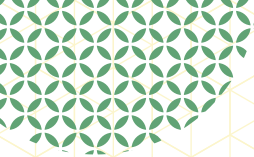
My Ideas

No.	Idea	Completed
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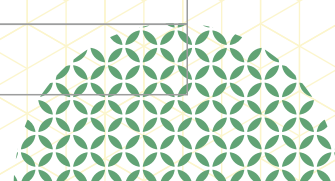
“ Parenting is like every child
**UNIQUE,
SPECIAL & DIFFERENT**”

-Sneha Tapadia



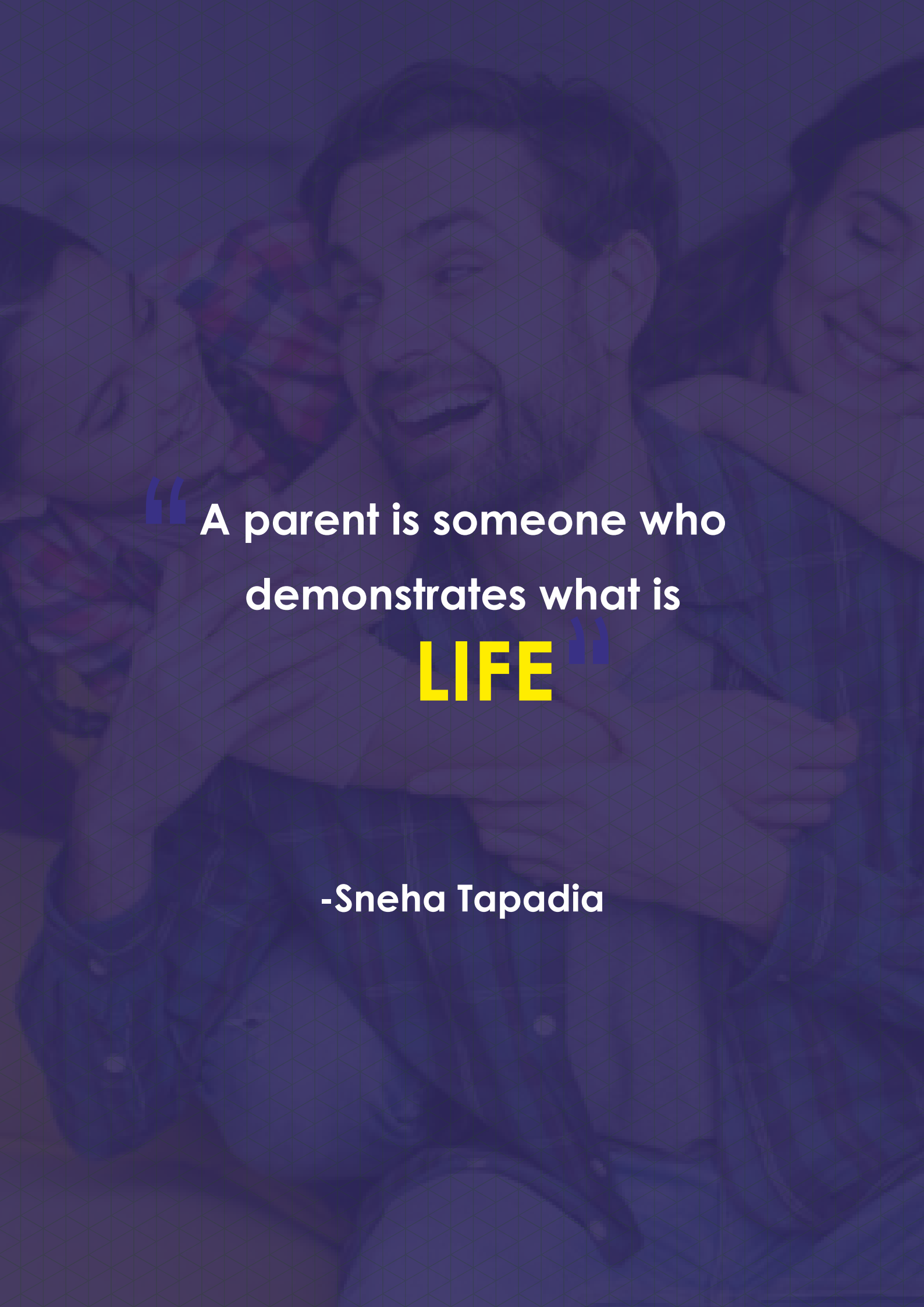
Important Dates

No.	Date	Events
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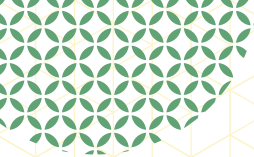
My gratitude list

Gratitude	To	For
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“A parent is someone who
demonstrates what is
LIFE”

-Sneha Tapadia



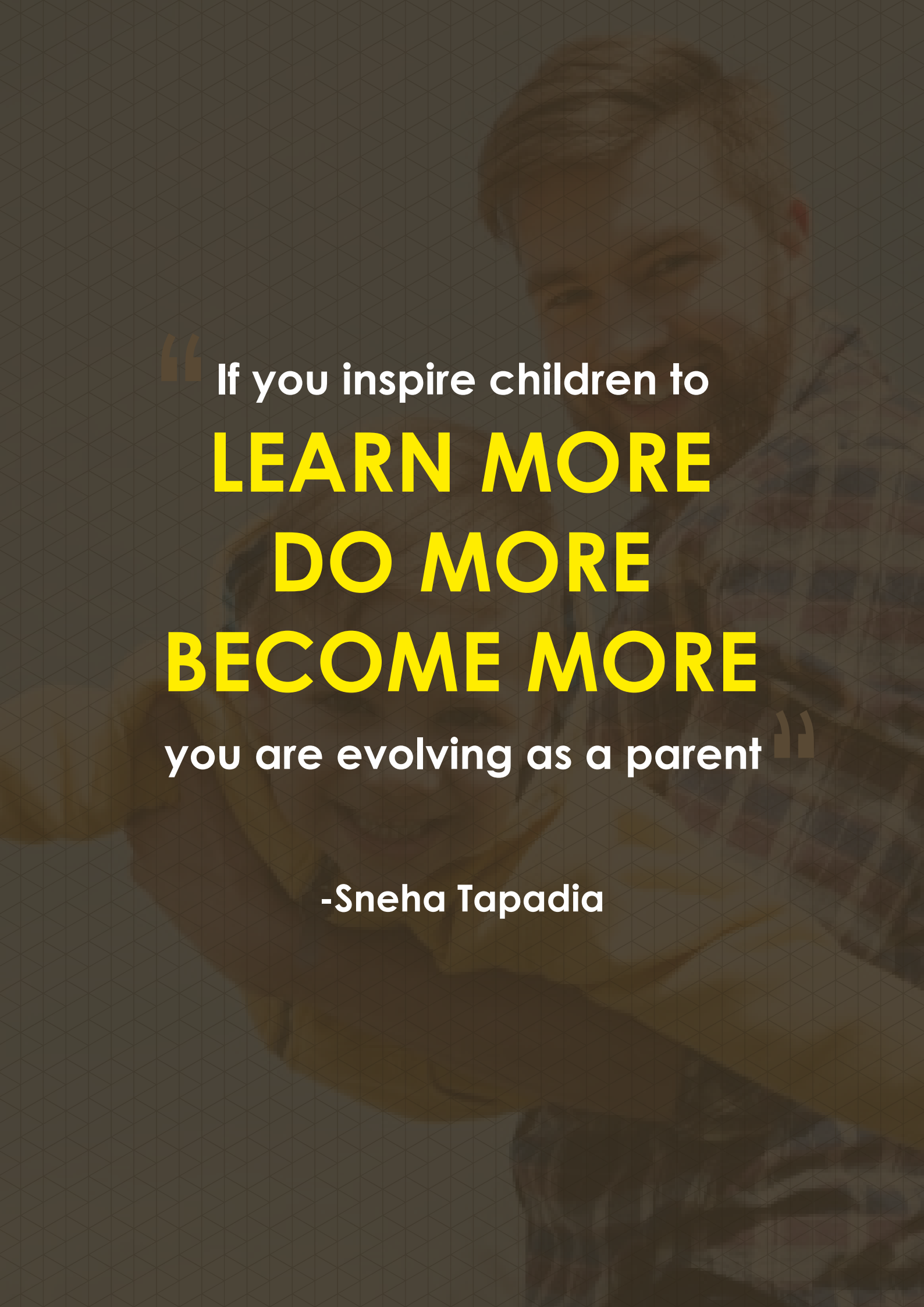
My list of affirmations

No.	Affirmations
1	I am
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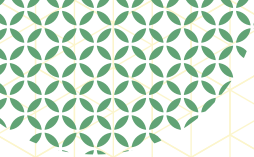
My connection questions

No.	Connections Qutions
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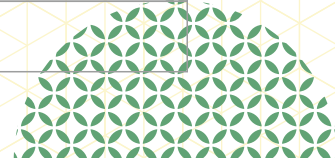
“ If you inspire children to
**LEARN MORE
DO MORE
BECOME MORE**
you are evolving as a parent ”

-Sneha Tapadia



My word channelizers

No.	Word Channelizes
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Quality time tracker

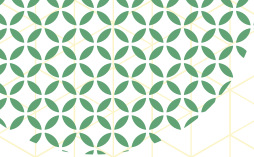
Day:.....

[illegible]

Quality time tracker

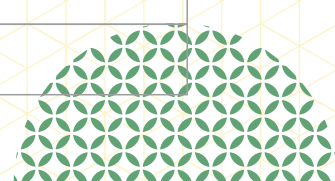
Day:.....

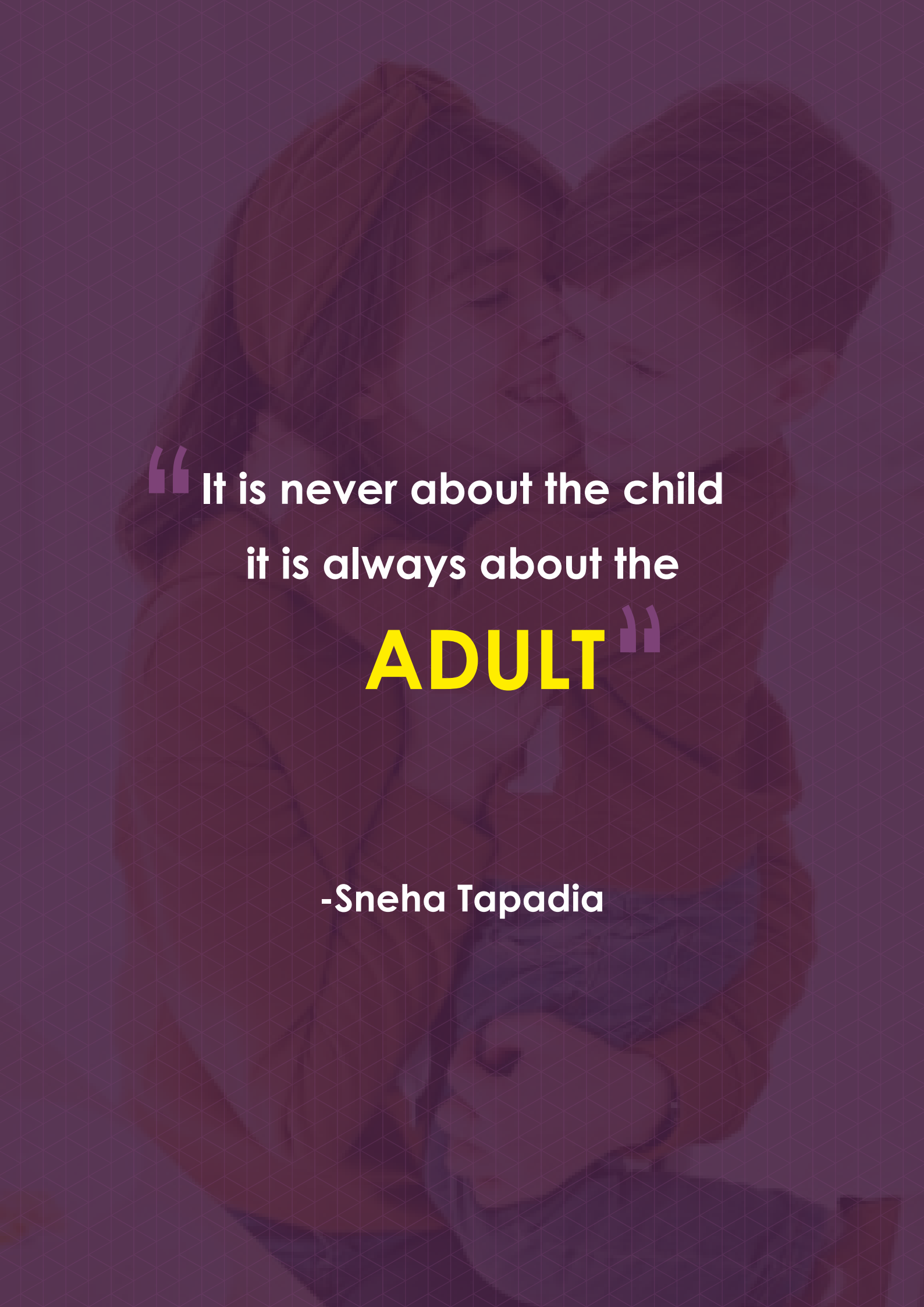
[illegible]



Things accomplished

No.	Things accomplished
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A woman with long brown hair is holding a baby in her arms. The woman is looking down at the baby with a gentle expression. The baby is wearing a blue onesie and has its eyes closed. The background is a soft, out-of-focus light blue. The entire image is overlaid with a semi-transparent dark purple grid pattern.

**“ It is never about the child
it is always about the
ADULT ”**

-Sneha Tapadia

Stress free doodling

Stress free doodling

Notes

Notes