

Claim Your Victories as a Parent and Grandparent

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Be humble and present, live with authenticity,
be willing to admit and learn from mistakes

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As a parent or grandparent, it is easy to see the mistakes that we have made: losing our temper, being late to pick up our kid afterschool, burning the dinner, forgetting an adult child's birthday, saying something mean in the heat of the moment that we cannot easily take back, missing a drama or orchestra performance because of work, and so many more.

I was challenged by my pastor in a recent sermon to claim my victories of the past year because if I don't, I can lose perspective of the growth and the areas in which I have made progress. In addition, we were encouraged to think of ten challenges considering what I learned through them. As the first blog post of 2023, this is a worthy exercise for each of us to undertake.

To make a list of your victories of 2022, start small. When I asked my husband about this task, he said, "First of all, I woke up every morning." That is indeed something to be grateful and to claim that I am still here, on this journey of life. One of my goals this past year was to continue to educate myself by reading and when I looked back, I realized I can claim the goal of reading at least one book per month. I also claim as a victory that my husband and I traveled 5+ hours every month to spend time with my 90-year parents. I have to say that listening to books on Audible on our car ride helped me achieve the victory of one book a month.

Your victories might include having a meal together as a family at least three or more times every week. Maybe it has to do with a new friendship that you are building or a relationship that you have begun to heal. Did you start any new projects or find service opportunities? Did you walk or exercise consistently? Perhaps, you found a unique way to connect with and celebrate the relationship with your spouse, child, or grandchild. I know a grandfather who communicates with his teenage grandson by texting and sending each other jokes that tickle their unique sense of humor.

How about the challenges that you faced? Did you discover that you are stronger than you thought? Did your capacity to find joy in small victories increase? Some of the things that I discovered through my challenges are:

- Being humble and listening more than speaking is a crucial step in being authentic.
- Practicing mindfulness and being present to those I care about opens me up to new possibilities.
- Admitting that I was wrong or that I made a mistake is easier than I thought.
- Learning from my mistakes and asking for help builds connection with others.

I offer you the opportunity to look back on 2022 if you haven't already to claim your victories and contemplate what you learned from your challenges.

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

