

HOW I BECAME A PRESENT PARENT

A Personal Case Study



SHARLIS THOMPSON



USED TO THINK

I am a terrible parent

CURRENT THOUGHT

I will cherish these memories for a lifetime

FACTS ABOUT MINDFUL PARENTING

When parents become stressed, that [stress](#) becomes contagious; children know when their parents are tense and overwhelmed.

For kids, mindful parenting may help with social decision-making.

...

I'm Sharlis Thompson, and I went from constantly being in my head and what I would describe as extremely anxious to being motivated and more sure of myself. As a mom, being stressed is an understatement, and I've implemented some critical strategies and mindset shifts in my life that have helped me have more time for the things I enjoy, such as family time, reading, and hiking. Before accepting that my way of thinking wasn't serving anybody I felt stressed, confused, and frustrated, to say the least.

THE CHALLENGE

Most women spend the majority of their time caring for others. This is noble and relatable.

In the past, I struggled with sticking to a specific way of thinking. And if I'm being honest, I sometimes, still do struggle with the "shoulds." For example, I believe that one of my many gifts is to be able to hold space for someone, and to have true empathy with a complete stranger no matter where they've been in life. During many depressive episodes, I often felt alone, frustrated, confused, and just plain lost. Fast forward to 5+ years later, and I can finally feel proud of myself for finally being myself. What an amazing gift that is.

To give you a little more context of the kind of situation I was in. I was commuting 2 hours a day to my job M-F; I then went to pick up my daughter, who was an infant at that time, at a family member's house, only to get up the next day and do it all over again. When I think back to that version of Sharlis then I just want to hug her so tightly and tell her that things will get better and to hang in there. To top it off, I ended up changing jobs because that commute was no longer sustainable for me anymore. I took a pay cut and was living in a family member's house because I couldn't afford to live on my own. I was depressed and lost until, slowly, I wasn't.



SHARLIS THOMPSON
Creator of The Shine Blog

The Solution

Hire a coach that can hold you accountable through thick and thin. You want someone that you KNOW has your best interest at heart.

Do you know that expression hindsight is 20/20? I strongly believe that I have been able to be as successful because of my coach and mentor.

By purposefully mapping out where I am, where I want to be, and the steps in between to get there I was able to follow a very specific order of steps in order to achieve my goal. Having a coach that I could relate to in some way made all of the difference as well. There just are certain things that I needed someone to be able to relate to on a deeper level.

The truth is, I believe you can live a life you love. My question for you is are you willing to do the work to figure out what that life looks and feels like?

The Results

New ways of thinking, feeling, and behaving. A proven framework to help you accomplish your goals.

The results I've gotten are living proof that you can, too can accomplish your dreams. Wouldn't it be amazing if you could wake up every day knowing that you are enough to take on whatever challenges may come your way? Would your relationships be better, truly thriving if you could become more honest with yourself and them? Would you like to let go of the "Shoulds" and start living in alignment with what lights you up inside, and gives you a sense of satisfaction?

If you think you MIGHT need some help in your relationships, career, or emotional, or financial health to name a few, let's work together.

ARE YOU READY TO SET BIG, AUDACIOUS GOALS, TAKE MASSIVE ACTION AND START TO LIVE A LIFE YOU LOVE?

Schedule a free coaching call with me, and identify some steps to gain clarity on your goals, and get started asap! Build a life you love. Click the button below to schedule your free call now!

SCHEDULE FREE CALL



Attract[®]

Created with Growth Tools in Partnership with Leadpages