

# **The Possibility Path for Parents**

A Life Coaching Program based on  
*Book One: A Field of Possibilities* through Jeannine Proulx

*“Bringing Possibilities to Reality”*

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## **SECTION SIX**

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### **CHOOSE**

Choosing for Change  
New Possibilities. New reactions = new behaviors

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## Step TWELVE

**Read:**  
CHOOSE

**Short Cut Topic on Parent, Child, and Family:**  
Infinity Dream

*For the Short Cuts, find a quiet space and listen to each.*

*Have a pen and paper or discussion questions handy to write down your insights as they are fresh in your mind. You may receive more insights as your mind continues to process the information, so keep an eye on your dreams, the changes in your life, and how you are feeling.*

*\* Do them in a row or on separate days or times.*

*The first Short Cut focuses on you, the parent. The second and third are for YOU to do to get insight into your children and your family as a whole.*

**Family Fun Project or Experience:**  
Family Dream Night

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This Possibility Step opens you up to not only knowing yourself, your needs, wants, and dreams, but your family's as well! When we take care of ourselves, when we honor the individuality between each individuals in our family, we can better create a more passionate, peaceful, and empowering place for all the members of the family to grow into who they are and what they want to be!

How do we do this? - With one simple question. It is a question we can ask ourselves over and over again each and every day to be our compass and direct the decisions in our lives, for ourselves, our children, and our family.

*\*If you have difficulty answering the Billion Dollar Question, consider working the 5 Steps to Finding Your Bliss with Jeannine and get the answers.*

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## The Possibility Path™ for Parents

### Step 12

#### CHOOSE

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Each step has discussion questions for you to do alone while reading the section and then additional insight opportunity with the Short Cut for you to do on your role as Parent, insight about your Children, and thoughts on your Family.

Let the thoughts that come to you, come to you.

This Possibility Step and these topics are about planting the seed of thought to help bring awareness. This is the starting foundation of who we are in the world! Let what is important for now come and let the rest go. The insights and ideas will flow naturally as you go about your life, grow, and change as an individual, as a parent, and as a family!

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The ultimate question in each and every day is: “Now, what?” Each and every day we make a million decisions as to what comes next. We look to the past to share with us its wisdom, learning from our mistakes. We schedule today based on what we told other people yesterday we would be doing today. We decide what to eat, wear, be, each and every day.

These millions of teeny tiny different decisions make up our lives. We make decisions for ourselves. We make decisions for our children. We make decisions for our spouses. We decide each and every day what to do with our days. The totality of those decisions makes up our lives.

So often we can feel like we are on a roller coaster of things to do imposed on us by others: children’s needs, spouse’s wants, school requirements, government regulations, taxes, house repairs, car repairs, pets, technology, even our bodies. All of these tug at us, forcing us to make decisions and act accordingly to take care of them. We can feel pulled in a million directions, none of which we really want to go. We can feel exhausted from the decisions we are having to make for others, yet feeling as though we really don’t have any choices at all for ourselves.

In truth, a million times in a million ways each day we do choose. We choose.

Controlling what we feel, think, or know others’ expect of us is easy. The baby cries, we feed her. If taxes need to be done on April 15<sup>th</sup>, we do them. Our job expects us to get project done by such and such date, we do it. We complete the tasks of life set out for us by others.

Choosing based on small town systems in the world and our family is easy. It is unconscious. It is what most consider life to be.

Choosing consciously is hard.

Choosing consciously means you understand each and every choice you make, from the clothes you wear, to the foods you eat, to the work you do, and the family you have, is a choice.

“Oh, but I can’t wear skirts, my legs are too short.”

“Oh, but I can’t move to the island I want, it’s too expensive and far away.”

“Oh, but I can’t change jobs. I’ll never find one I like. I am not good enough. This is good enough.”

“Oh, but I can’t.. oh, but I can’t.”

Oh, but you can. You choose not to. You choose not to because to wear skirts would make you feel less attractive and you don’t want to feel less attractive. You don’t move to the island because it is far away from the family you love and enjoy and you like living a nicer life on less money on the mainland. You don’t get that new job because changing jobs is scary and finding them takes a ton of time, energy, and meeting your fear caution walls head on and that’s too much in your life right now.

There are an infinite amount of possibilities in this infinite world. Choosing among all that is out there is difficult!!!

Just like with the Now time, when we choose one thing, we have to give up another, When we go live on an island far away from our family, we have to give up being close to them. That can be good or bad, depending on where we are in life.

When we change jobs we leave those we have gotten familiar and comfortable with. Even getting a promotion sets us apart from the people we were once at the same level with and changes the nature of the relationships. We can lose friendships when we get promotions. We can lose anonymity. We can lose a more relaxed job atmosphere.

It can lead to a bit of FOMO: Fear of Missing Out. We can feel like choosing one thing will make the other things not a possibility anymore. Often times that is very true. When we choose to live in one place, we aren’t living in another. When we marry one person we aren’t living a single life anymore.

The easy road is living the life others want us to live, being the person others want us to be. We so often let others make decisions for us just so we don’t have to face the pain of losing options and gaining that loss as we make choices in our lives. We do it with religion, schools, children, marriage, jobs, where we live, eat, and wear. Advertising, friends, institutions, recommendations,

all these are places we get advice on how to make choices for our lives. The facets of our daily lives are made up of other people's choices.

It is human to do this. We follow the one who appears the least fearful and tells us what to do. On a world scale and in our own private lives, we live as children doing what others tell us to do.

So to get clarity on what it is we REALLY want in our lives and how to cut through the overwhelming possibility of infinite, we can ask ourselves the question we ask children all the time: "What do you want to be when you grow up?"

This open ended question lets a child dream of the infinite possibilities and it gives us a glimpse into who they are as people. What do they like in the world they have discovered so far? What topics of interest do they love? Where are their talents? Where are their hobbies? This simple question teaches us much about our children and gives them and us direction as to how to help them make the choices in their lives to live a happy life.

We can now use the grown up version to do the same for ourselves.

Question: If you had all the money in the world, all the time in the world, no limitations, no obligations, if you were totally free to do what you wanted to do, what would you be doing right here, right now?

This billion dollar question hits right to the heart of who we are: what we like, where we like, who we like, and who we wish we were in this amazing wide open world. For each person the answers will be different.

If you don't have an immediate answer, then it's time to dream. It is time to think like a child, to be open to the world of possible. And if you still have no answer, then it's time to go back to "What Makes You You" step and ask if you were ever allowed to dream. And if not, why?

But once you have the answer to this question, even if it's just something you like to do as a hobby, then it's time to begin to choose. It's time to begin to choose to add those elements into your daily life, to get rid of that which is not what you want, and move into what you do.

As a parent, as part of a family, this can be tricky. Each member of your family has their own answer to this question! And it's answers that can change often! So working on it together to learn your family identity and create your family motto is the second part (and the last step of this program). It all starts with this question.

When kids are little you may have to make those decisions for them, but as they grow they can become more and more a part of this living, breathing organism that is your family.

Sometimes it takes compromise. Sometimes it's easy to find a win-win. Sometimes you have to try over and over again to learn what works for your family. That's okay! It's a part of life to experiment and experience. That's the journey.

As you choose differently, you create new possibilities. As you create new possibilities, you create new behaviors, within yourself, your children, and your family. We do not live in a vacuum. We affect those around us by our choices. Even without knowing it, we affect others. Becoming responsible for our choices opens up the world of possibility not only to us, but those who are watching us on this journey of life.

And this journey of self discovery that you are on is the path of conscious living, of present possibility parenting, of being the best you, and living a life enjoyable to you.

Life happens. We don't always have a choice what happens to us. But we can always choose how we react, or act towards the events in our lives. That is true whether it's with parenting, career, world events, or life. Just by choosing a new attitude and creating a new win-win solution oriented family philosophy, you change the world.

What are you choosing today?

What does choice mean to you?

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## **The Possibility Path™ for Parents**

### **SHORT CUT: Infinity Dream**

A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

\*\*\* The short cuts are for you to listen to and get insight into your perspective on your self, your children, and your family as a whole. You can, if you wish, use these concepts and the questions below with your children or your family after you do them yourself to get your family's insight - if your children are at the age they could understand and relate to the Possibility Step topic.

These questions might help.

**Group Discussion or Personal Journaling Questions:**

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self. Go where the journey takes you!

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**FOR PARENTS**  
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Right now, if you had all the money in the world, all the time in the world, no obligations, nothing going on, no place to be, nothing to do, your schedule is wide open free and clear, what would you be doing right now?

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Where would you be?

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Who would you be with? What would you be doing?

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How does it feel? What is different about you? About your life?

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What is ONE way you can bring that FEELING into your day?

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ABOUT CHILDREN - FOCUS ON EACH CHILD SEPARATELY

1<sup>st</sup> CHILD'S NAME: \_\_\_\_\_

Make a list. This beautiful child of mine is:

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Right now this child is:

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2<sup>nd</sup> CHILD'S NAME: \_\_\_\_\_

Make a list. This beautiful child of mine is:

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Right now this child is:

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3<sup>rd</sup> CHILD'S NAME: \_\_\_\_\_

Make a list. This beautiful child of mine is:

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Right now this child is:

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4<sup>th</sup> or more CHILD'S NAME: \_\_\_\_\_

Make a list. This beautiful child of mine is:

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Right now this child is:

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**ON FAMILY**  
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If your family had all the money in the world, all the time in the world, nothing holding anyone back, and could have anything you all wanted,

what would your vision for your family look like?

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What things would you be doing together? Where would you live? What would you spend your time on?

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If you could have this vision of this infinity dream for your family, how would it be different than it is today? Name one thing.

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What ONE thing that you do have control over (you) that you could do to help bring your family closer to this vision you have for them.

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Did you have other insights on this chapter's topic?

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# The Possibility Path™ Program for Parents

## Family Fun Project:

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### Family Dream Night

*Make Family Game Night a Family Dream Night and get to know your family and open to a word of possibility!*

#### 1. Pick a Night.

- Choose a night that will work for your family schedule to get all together to do this project.

#### 2. Get Your Materials Together

- Poster board, colored paper, crayons, markers, scissors, tape, glue, etc.
- If you can't draw (or don't want to) cut pictures out of magazines and paste onto board.

#### 3. Create Your Family Infinity Dream Game Board!

Do it all together all across the board, mixing and matching as you go to create your dream life together!

##### a.

- Ask each member of the family what they wish they had in their house.
- Draw the house with all the wishes.

##### b.

- Ask each family member where they would live.
- Draw items of area where they would live. (Buildings, roads, trees, animals.)

##### c. Ask each family member what they would be doing.

- Draw each person as game pieces individually.
- Then draw items that represent what each person likes to do.

#### 4. Play the Game!

- The game of your dream life.
- What does each person do with their day?
- How do they talk to each others? How do you interact together?
- Watch as your children play and notice what they like and don't like about the life they have now. It will give you an amazing birds eye view of how your family works together and what your children, and you, need more of and less of in life!

#### 5. Do it Again!

- Every year or two, make a new one and see what has changed.
  - Often what we love most never changes.. but the stage we are at in life does!
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## **The Possibility Path™ for Parents**

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*Because this is a personal development program, please understand the importance of keeping this material private within the group or your coaching time with Jeannine.*

*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

*Please direct any professional questions to Jeannine at [jeannine\\_proulx@yahoo.com](mailto:jeannine_proulx@yahoo.com)*

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