

The Possibility Path Program for Parents

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

“Bringing Possibilities to Reality”

SECTION ONE

FOUNDATION

1. What Makes You You
Identity and self formation.

2. Personality
The opinionated I the Observer and our view of life.

3.. The Story
The stories we tell ourselves, our family, the world,
and the stories they give us.

4.. Stranger in Small Town.
The possibility of people.

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Step One

Read:

WHAT MAKES YOU YOU

Short Cut Topic for Parent, Child, and Family:

Birthday

For your Short Cut, find a quiet space and listen.

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, and has a lengthier introduction, so it is recommended to do them in order of Parent, Child, Family.

Family Fun Project or Experience:

Future/History Day

This Possibility Step touches on four traits that make up who we are as human beings, the creation of our identity, and our view of the world.

Each trait is in and of itself a very deep intense topic and each one individually holds within it a lifetime of awareness for each member of your family. Do not do this!

Simply touch on the topics as they feel right in this moment and time.

Do not overwhelm yourself with the intricacies at this time.

For the purpose of this program it is intended to simply touch on these subjects. This Possibility Step is based on *Book Two: Personal Possibilities* which goes in much deeper into each trait.

This program is intended to simply set up the foundation for these ideas.

Step One sets up the ideas that are the groundwork of self, of society, and the core of who we are as individual human beings and how we work together as family.

The Possibility Path™ for Parents

Step 1

WHAT MAKES YOU YOU

Each part has discussion questions for you to do alone while reading the section and then additional insight opportunity with the Short Cut for Parent, Child, and 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!

The beginning of life is filled with a variety of areas that affect and create who we are as people, as adults, and as human beings. Becoming conscious of some of the ways that identity is formed from these areas allows us to get to know ourselves, our children, our spouses, and the world better.

Trait 1 - Gender

The first trait we are given at or before birth is gender.

The first question that every new parent asks with the birth of their child is the first characteristic that defines a person. Is it a boy or girl? Here begins the personality formation of a human being.

Parties are thrown to announce the sex of the baby. Parents secretly long for one gender or another. All of the projections of parents, grandparents, friends, relatives, and the world are projected in that one statement. It's a.....

And what are you?

For most people it's one or the other. For some it's both. For some it's not the same as they feel inside. But for all people, the question at birth is important. It is the beginning of defining who we are in this world and how the world defines us.

In some families a boy means baseball and football and rolls in the mud. For others it means musician, singer, or artist. In another it means engineer, mathematician, or professor. Even the most conscious of all parents cannot help but project a part of who they are as a person onto the

new baby that sits in front of them. They want to connect with this infant who does not have words or sounds to say “This is me!” So the adults project themselves into the child.

For a girl or a boy this can mean limits are set. What color is the baby presented in? What shapes or sounds or books or education is this child set up to receive? What expectations are put upon this child based on that one simple thing: boy or girl?

How you see your own gender, your spouse’s gender, and the gender of your children creates relationships, opportunities, limits, joys, and sorrows.

For this moment, with no judgment, simply take a look at the first thing that comes to mind in how gender has played a big role in your family.

What does it mean to be a boy or girl in your family? What does it mean to you?

1. Gender

Trait 2 - Era

We are all born into a specific time and place in this history of humanity. There are even news headlines you can find that discuss what happened on the day of your birth. There are horoscopes that discuss how this day and time and year makes you have certain behaviors, likes, or dislikes.

Children are born in world much different than their parents. It is the same with grandparents, and great - grandparents. Each generation has new opportunities, new challenges, and new experiences from the one previously.

What era we are born into helps to dictate what we dream of, want, long, and see possible in our lives. If you were born in 1872 would a smart phone be on your Christmas list? Probably not. If you were born in 700 BC would you be celebrating Christmas at all? Probably not.

We have a symbiotic relationship with the world around us. As the choices in the world change, so too does the needs, wants, and desires for ourselves change.

The era that you, your spouse, and your children are born into create the options and desires, viewpoints and opportunities, available to them today.

Beginning to understand your elders, your children, and the world in a different more open way means being aware of the era we live in today and how it differs from other times in history.

For this moment, without judgment, how does the era your children were born in affect them? How does the time you were born into affect your family, your children, or your spouse?

Are there communication difficulties? Are there misunderstandings? Being able to see another's point of view from where and when they came from can open the doors of possibility to see each other with more gentler, empathetic eyes!

2. Era

Trait 3 - Family

“You can pick your friends, but you can’t pick your family. “

“Blood is thicker than water.”

“That’s not how I was raised.”

These phrases bring to mind the importance and magnitude of how the family we are born into forms, shapes, and become a crucial part of who we are.

Everyone is born from family DNA. The ethnicity of genetic make-up, chronic medical conditions, height, hair color, nose shape, body shape. talents, mental illness or wellness, even intelligence, is said to come from our DNA.

We are born with this DNA. It is a critical part of who we become in this world.

What family we are born into is the second aspect of family. The second is familial reaction. Not everyone is raised or lives with the people who share their DNA. Yet, still, this reaction trait is a natural part of human behavior within families.

At birth members of family and those around begin to react.

“Oh, isn’t she pretty?” “Oh, he’ll grow up to play football one day. Look at those legs!” At the moment of birth everyone who sees the baby has a reaction to the baby.

All the observations at the time of birth have to do with #1. Physical appearance and #2. The personal hopes, dreams, desires, judgments, and opinions of those commenting.

The child has yet to say anything, do anything, or be anything. It simply is.

It continues that way throughout life. Family opinions matter more than others. We allow behavior and name calling from family we would never from a total stranger. We allow abuse. We allow fighting. We also allow love, deeper and stronger than we will feel for almost any other relationship.

The behavior we have in our families becomes our basis for “normal”. It is our baseline state that we expect and allow in the world.

When two people have a baby it is the beginning of family. It is the beginning of shaping a world for the newborn and for themselves. There are many hopes and dreams wound up in that moment.

But then, to quote another phrase, “Life happens.” The “normal” behaviors we learned in childhood in our families come to light as we act as if it is the only reality possible.

To change or create new possibilities for family requires awareness that this is not a set in stone dynamic. There is flexibility in the moments that make up family life. There is ability and room for growth and change. And often that growth is started by the one thing that makes up “family” in the first place: the children.

For this moment, without judgment, take a look at the family you came from and your immediate family. How are they different? How are they the same?

If you could change ONE thing that you didn’t like about your childhood family in your children’s family, what would it be? Why?

3. Family

Trait 4 - Circumstances/ Events

Life is about living. As much as we plan, dream, scheme, and design what kind of life we would like to give our children, life happens. The circumstances and events that shape our lives are multi-faceted and varied.

From deaths to accidents, moving to stray pets, changing jobs, changing schools, divorce, remarriage, and a host of other events that happen in life beyond our control, life is formed from these events.

What we do with them, how we react to them, how we explain them to the children, and how they interpret the moments also makes up life.

For this moment, without judgment, what is ONE event that comes to mind that has happened in your family, immediate or otherwise, that has affected your family.

How did it affect the members of your family? How did it make you feel as a parent? As a person?

What changed in your life because of it? We cannot control the world, but we can control OUR reactions to it. Other people's reactions? Not so much.

How was your reaction affected by others in relation to this event?

Life happens. Becoming aware of the feelings around the events helps to ease the pain of change.

4. Circumstances/ Events

Other thoughts that came to mind while doing this step?

The Possibility Path™ for Parents

SHORT CUT: BIRTHDAY

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. 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!

PARENTS

How did it feel to think about the day you were born, from your own perspective?

What was special about that day for you? What thought, feeling, or image came to mind?

CHILDREN

What ideas come to mind with the feeling of the love and connection you have with your children?

What ideas, thoughts, came to mind for each child on the day of their birth?

What ONE WORD or idea comes to mind for each child on the day of their birth?

FAMILY

What is the feeling thinking about the “day” your family was born?

What day, time, moment was this? What is your idea/definition of Family? What is the idea of the creation of your family?

What does it feel like to have family? What does it feel like when “family” changes?

MORE

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

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Family Fun Project:

FUTURE HISTORY DAY

1. Choose an era.

- Ask each family member. If you could live in any era, what would it be? Future or Past?
(Explain era if the kids are small! ;)
 - Why would you want to live in that era?
(As a parent it may be to teach or share with kids, say a tech-less time? ;)
 - What would living in that time be like?

2. Research.

- Research how to create this day for your family.
Is there an old wild west town experience near you?
Is there a Jetson area at an amusement park?
 - What language was used then? Find some fun words to teach and use!
 - What were the roles of men and women? Children?
- What food do they eat? Clothes they wear? Games they play? What do they do for fun?
 - Get some books to read on the era you have chosen and ask the kids for ideas!
 - Ask Grandparents, or go to tech show to ask how life was or will be!
 - Create the backdrops like you would be in a play.

3. Design Your Day

- Do the best you can with what you got. Imagination is a gift!
 - Make a schedule of how the day will go.
- Plan the meals, activities, and clothing for the day and have ready the night before.

4. Live it!

- When you wake up, begin living in that era!
(See how long everyone can keep to the script.)
 - Really get into the experience.
- What's different than life now? What's the same? What does each family member like and dislike. A great way to get to know each other better and change the way you see life.

Next time you tell the kids "Back in my day." they might understand better what you are talking about!

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*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

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