

# 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 TWO

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### CREATION

5. Allowing.  
Steps to creation.

6. Tearing Down Walls  
Building resiliency, confidence and strength with Perseverance.

7. Letting Go. Letting In.  
The Train  
Natural ways to change

8. Believing  
When everything changes. Building Hope  
Starting from Scratch

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## Step SIX

**Read:**

**TEARING DOWN THE WALLS**

**Short Cut Topic on Parent, Child, and Family:**  
**A Perseverance Personality**

*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:**  
**The Dream Mountain Board Game**

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This Possibility Step begins with the first steps of creation: the Allowing 4 Step Polka..

As we take those steps, those caution walls come up and stay “Stop!”

So how do we go? How do we move past it? We use every tool we can find.

We bust through, kick down, knock over, and push on. We persevere.

As parents this means getting up in the middle of the night. It means learning to support each other and ask for help when we are at our wits end. It means facing deep fears and unknowns about what it means to be a parent, including all the sacrifices, time, and attention it takes from your life. For children there are daily challenges from learning to walk to handling emotions to hormones, it is a climb uphill.

Learning what our Perseverance Personalities are and how they help us handle the challenges of life allows us to find the gems in our journey!

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## The Possibility Path™ for Parents

### Step 6

#### TEARING DOWN THE WALLS

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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 Allowing 4 Step Polka begins with a dream. It is a dream for your family, your self, or the world. You have a dream. You begin to take the steps. The Caution Walls show up! You have to face them to continue. If you continue you will reach your mountaintop and make your dream come true. How do we do this? We persevere.

Today's world is full of quick quotes, memes, apps, and short cuts that create an atmosphere of quick is best instant gratification. We live in the information age. Anything we ever wanted to know, or not know, is at our fingertips. Our children today are given immediate access, answers, and help almost the moment they think the question! It is a world full of now.

But we are still humans living in a physical world! And many dreams, many goals, many accomplishments in life take a lot of time and effort! Whether it be a toddler learning to walk, a child learning to read, completing a college degree, or raising a child, throughout our lives we have dreams that will force us into the Allowing 4 Step Polka over and over again.

If we don't have the tools to work through the Caution Walls and bust through, we will live a life full of frustration, anxiety, worry, and fear. It all begins with the dream.

Dreams are exciting! We have lots of emotion, passion, and enthusiasm. It is all so thrilling! Then we begin to start the work. We try. We take the steps. We start climbing up the mountain. We fall down. We feel bad. Our fears come up. We want to quit.

What does a toddler do when they fall down? What is their first reaction? They look to you. They look to you to see if you are concerned. They look to see if you are afraid. They look to see if you think it's a bad thing that they fell. They look for comfort.

And what do you do?

You say “Uh, oh.” You comfort the child for a moment, pick them up, and encourage them try again. When they succeed you cheer, “Yeah!! You did it!”

It is the same with life. Sometimes in-between the toddler stage and the rest of our lives, we forget that we need encouragement each step of the way. We forget to be our own parent. We forget to cheer ourselves on! We forget to comfort ourselves for a moment when we fall and then get back up and try again.

But this is the cycle of perseverance. This is how goals are met! This is how growth is achieved. Learning and teaching the traits of perseverance, understanding what motivates us and our children individually, and finding the gems along the way when we do achieve something we want, can help encourage the strength needed to persevere to live loud and proud in our lives.

We can do this by understanding Perseverance Personality. A Perseverance Personality is the part of us that pushes through in life no matter what. It is that inner voice in our head that gives us hope when all hope is lost. It is an inner driving force that comes up with new dreams, new goals, new ideas, and new possibilities for our world.

Learning what your, your children, and your family’s Perseverance Personality is creates a culture of success that can make the aspect of daily life, from morning routines to surviving immense crises, easier and more fulfilling.

We can then meet the Caution Walls with strength instead of fear. We face down those blocks knowing what tools to use to bust them wide open and reveal the gems of insight, growth, and strength that lie within!

Imanie was a precocious four year old. She had the swagger of attitude that people could see coming a mile away. She had her own fashion sense that started around a year old with liking to run around in a princess dress with army boots and winter hat in the July heat. She was known to push down a few kids at daycare, but also to help any child who fell down or was pushed by someone else with hugs and kind kisses.

She got what she wanted, whether it was a cookie or a later bedtime, by staring down the adult opposing her. When she won, she smiled a genuinely loving smile and gave a big hug from the heart. She was from the very start a dichotomy of person - able to be tough when needed and tender when warranted. At this young age of four, Imanie already had developed a fully functional Perseverance Personality.

Her parents didn’t think so. They were worn down by her insistence to buck the system. They were embarrassed by her antics beating up the boys at school. Over the years they had tried to mold her into a more demure and polite individual as they saw fit. She refused. By her teen years a constant struggle had developed between her and her parents. She began to turn all of her

defiance against them. They had resorted to rolling their eyes and talking about her in whispers behind her back. At 16 she ran away with a boy who fought as hard as she did. She was determined never to become who they wanted her to be, but longing for love and acceptance she ended up becoming whoever others wanted her to be. She lost herself and became a victim. Her luster died and along with it the hope for a better tomorrow. She became demure, quiet, and calm, even in the face of domestic violence against her.

One day at work during a slow time her coworkers were sharing their childhood stories and she brought up how she was a defiant and out of the box thinking child.

“That’s awesome!” said one person.

“Wish I had balls like that.” said another.

“If you were still like that you would never let the boyfriend hit you.” whispered her closest work friend under her breath.

Their words and ideas stuck with her. She drove home with tears streaming down her face, grieving the loss of the person she once was.

She walked into the tiny apartment she shared with her abusive boyfriend. Beer cans were strewn about. The dim light from the other room meant he was up. Her old fear kicked in as she began to walk towards the room as she usually did when she got home from work. Suddenly she stopped. That inner child who didn’t take crap from anyone began to live again. She grabbed what few belongings she could grab within reach and stuffed them into a duffle bag. Her eyes steady, cold, and calm, yet with a hint of a glint of light took one last look at the life she was leaving behind. And she walked out the door.

Her Perseverance Personality was alive once more. Never again would she let anyone touch her in harm. Never again would she let anyone tell her she wasn’t enough. Never again would she kill off that part of herself that had the strength to say “No!” She was fully alive once again and ready to take on the world.

The road she traveled from that day on was not easy. She faced many challenges as she moved from that tiny apartment to friend’s couches, to her own place, college, and a life worth living. But she did it! She did it with the help from the fire within that all those teachers, her parents, and society said was bad for a girl to have. She did it with the help from her Perseverance Personality.

Our unique individual Perseverance Personalities are often the traits in us that others don’t like. To survive in this world we must honor those parts, in ourselves, and in our children that might be the most annoying and controversial with love and respect.

As a parent honoring those parts in your child can be quite difficult! It is the part that is questioning you, the parent! It is the part that looks at you with that steady eye and says “No!” It

is the part that manipulates to get their way. It is the part that causes trouble at school. It is not always the pretty or polished all loving parts of our child. It is often the parts that give us the most trouble as parents, as adults, trying to keep this child safe, fed, clothed, and fitting into society.

Honoring your child's Perseverance Personality does not mean you accept unacceptable behavior. It means you honor the spirit behind some of the behaviors that seem unacceptable.

You might say "I love the passion you have toward getting your own way, but right now this is a safety or health issue, so we are going to do it this way."

Or "I am proud of the strength of your convictions, and your fists, to stand up to that 3 year old bully in Preschool, but a better way to use that strength would be to use your words and your feet to walk away and hold your head up high."

Let's say your child is resisting eating vegetables at dinner. In your rational adult mind it is your job as a parent to raise a healthy child. You have just spent money and time to buy and prepare these healthy vegetables so that your child becomes a healthy person, so therefore it is rational that your child eats these vegetables.

Your child has other ideas. Your child doesn't really like the taste of said vegetable and would prefer a cookie. The confrontation of Perseverance Personalities has begun!

How each one of you begins to behave to get the other to do what you want them to do is your individual Perseverance Personality.

There are many different types of Perseverance Personalities. Imanie had a defiant Perseverance Personality. The negative aspect of this personality is she defies to the point of opposite, getting herself in blind situations she might not be aware are harmful to her. The positive aspect is once she figures out she is in a harmful situation, she has no problem defying it and walking away.

Some people use utter optimism as their Perseverance Personality. In a positive way this means being able to see the good no matter what bad is happening, offering hope to others. In a negative way this might show itself as living in denial from the bad in reality and staying in a harmful space because they can always see some good, unable to walk away.

A person with a go with the flow Perseverance Personality is able to adjust as life's crisis come along and be flexible with change to allow for growth. On the other hand, they might also find it difficult to stand up for themselves when it is important for them to move ahead or get recognized in life.

Someone who has a creative Perseverance Personality can find the solutions no matter what problems they or anyone else is dealing with. On the other hand, they may get so involved in these ideas they get overwhelmed and have massive anxiety believing that it is their job to rescue

others who have problems, since they have all the solutions, leading to isolation, anxiety, and feelings that they are responsible for the world, when indeed they are not.

The queen Perseverance Personality might offend people by being haughty, but will always get people to do her bidding, and will be honored for her leadership. The clown might make inappropriate jokes at inappropriate times, but will also be able to find the joy in other situations that might destroy most people emotionally. The know it all might offend people by being well, a know it all, but might also be able to research and find solutions in times others would just give up. The relentless might be able to push through to success no matter the obstacles. On the other hand, they often are unable to quit when it would be in their best interest to do so.

Each Perseverance Personality has its own ups and downs. Being able to identify the Perseverance Personality of you, your children, your spouse, family, and friends and find the good things in that personality, no matter what it is, helps to reinforce the good, giving them the tools, confidence, and the ability to persevere no matter what life throws their way!

How does it feel to think of a Perseverance Personality? In others? In yourself?

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## The Possibility Path™ for Parents

### SHORT CUT: A PERSERVERANCE PERSONALITY

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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Who or what is your Perseverance Personality?

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What part of you is the inner drive that is your skill set in persevering?

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What gifts and abilities is this Perseverance Personality giving you right now?

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What can you do to honor and respect this part of your personality and give yourself credit right now?

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**ABOUT CHILDREN - FOCUS ON EACH CHILD SEPARATELY**  
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1<sup>st</sup> CHILD'S NAME: \_\_\_\_\_

What is this child's Perseverance Personality?

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What method/ tools/ do they use to get what they want?

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How does this trait or tool of your child's annoy or worry you?

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In what way is this Perseverance Personality that might annoy you going to HELP them in their lives?

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Do you have any other insights on this child's Perseverance Personality?

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

What is this child's Perseverance Personality?

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What method/ tools/ do they use to get what they want?

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How does this trait or tool of your child's annoy or worry you?

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In what way is this Perseverance Personality that might annoy you going to HELP them in their lives?

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Do you have any other insights on this child's Perseverance Personality?

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

What is this child's Perseverance Personality?

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What method/ tools/ do they use to get what they want?

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How does this trait or tool of your child's annoy or worry you?

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In what way is this Perseverance Personality that might annoy you going to HELP them in their lives?

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Do you have any other insights on this child's Perseverance Personality?

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

What is this child's Perseverance Personality?

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What method/ tools/ do they use to get what they want?

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How does this trait or tool of your child's annoy or worry you?

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In what way is this Perseverance Personality that might annoy you going to HELP them in their lives?

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Do you have any other insights on this child's Perseverance Personality?

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**ON FAMILY**  
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Who did you think of as "Your Family" in this short cut?

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What challenging time comes to mind that you have faced with this family?

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What was the Perseverance Personality of that family unit at that time of that event?

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What are some things you liked about how your family group persevered through it?

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What were some things you didn't like about the family members or the group in how they reacted or acted to the event that happened?

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What would be your dream ideal Perseverance Personality for YOUR family that is you and your children, spouse, etc?

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What ONE thing can you do right now to bring that vision to reality?

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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: Dream Mountain Board Game

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### 1. Gather Your Supplies.

- Have poster board, cardboard, or large paper, crayons, markers, and misc craft supplies.
  - Can make paper versions of each player (one for each member of family) or use painted pop tops, small toys, or other household items as your players!

### 2. Make Your Board

- Draw a mountain scene on the paper with as many mountains as family members.
  - Can make little ones for babies, toddlers, and taller ones for moms and dads!  
Maybe even one big one for the whole family!

### 3. Write Your Dream

- At the top of each mountain write the dream that each family member has.
  - You can make little flags with the dream on them if you wish!
  - Dreams can be big or small. An infant's dream is to walk, or be fed!

### 4. Create your roadblocks and gems!

- Imagine the fears, caution walls, and roadblocks that might arise as you climb up your mountain. Make stop signs, cards, or write on mountains these things.
- Make gems be the good things we get from facing challenges, like confidence, strength, courage, friendship, and pride.

### 5. Roll the dice!

- Roll the dice and for each # move up the mountain.
  - When happens when you get to the stop signs?
- Ask the children and yourself what you can do to move past those barriers!
  - Is there a way to work together?
  - Should you ask for help? Talk to a guide who has been there?
  - (Make helper players if you want to come help! ;)

Use your creativity and make it as detailed or simple as you wish.

The point is to start the conversation about the individual perseverance personality traits that are an asset and can help you reach goals in life - no matter what they are!

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

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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](mailto:jeannine_proulx@yahoo.com)*

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