

## IYANLA'S PARENTAL COMMITMENT CONTRACT

I am a parent. I understand that this is an important role in my life, a gift from God and a blessing in the world. I take my role as a parent seriously, and I commit to myself, God and my children to be the best, do the best and give my best to my children at all times, in all situations, under all circumstances.

- I AM COMMITTED** to being a parent. This means that my children, their needs and their well-being are a priority in my life.
- I AM COMMITTED** to providing for my children, protecting my children, nurturing my children and teaching my children the best of what I know by being an example of affirmation, patience and unconditional love.
- I AM COMMITTED** to being the best parent I can be by healing and handling my personal needs and issues that could impact my role as a parent. In so doing, I am further committed to leading and guiding my children by being a demonstration of good character and personal integrity in every area of my life.
- I AM COMMITTED** to being a respectful and cooperative co-parent and to keeping the lines of communication open and flowing between my partner and myself.
- I AM COMMITTED** to providing my children a safe, secure and positive environment by doing what I say I will do when I say I will do it. And when I cannot, I will renegotiate my commitment prior to breaking it.
- I AM COMMITTED** to being a demonstration of love, affection and unconditional positive regard so that my children will know, feel and accept that they are valuable, worthy and important to me and in the world.
- I AM COMMITTED** to letting my children know that I am available, accessible and willing to support and encourage them, offering correction, structure and discipline as needed and required.