

The Sterling Parents Growth Roadmap



Stage 0: Pre-awareness



Stage 1: Awareness

I am aware

- I deserve to feel worthy even when I'm not productive or doing for others.
- that being present in my life is important.
- that joy can be a priority in my life.



Stage 2: Evaluating + Understanding

I understand

- where my sense of worth comes from.
- what I need to do in order to get out of my head and be present.
- the steps I need to take to make joy a priority.



Stage 3: Developing + Implementing

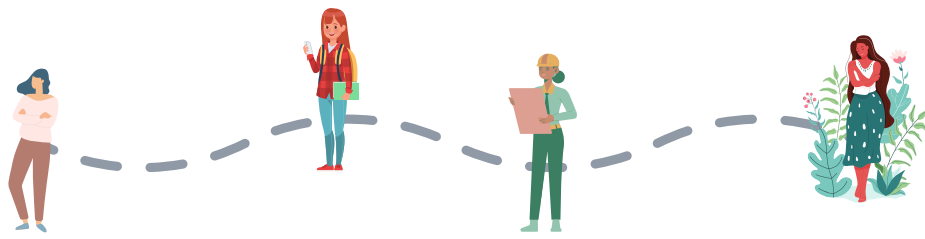
I am

- caring for myself in ways that demonstrate my worth.
- practicing mindfulness regularly.
- regularly prioritizing joy. I have deprioritized that which does not align with my values.



Stage 4: Embodiment

- I have a deep sense of inherent worth that allows me to love and care for myself.
- Mindfulness is part of my everyday life and everything I do.
- Joy is a central focus in my life. Even during challenging times I am able to experience joy in the small, everyday moments.



Moving through these stages requires the development of 9 skills

These skills are what you put in your backpack for the journey. Moving up a stage doesn't mean there aren't hills to climb and unexpected curves in the road. It means you have a more advanced skill set you can use to navigate what life brings your way.

Feel Worthy



Deprogram
Brain



Self Care



Boundaries

Be Present



Mindfulness

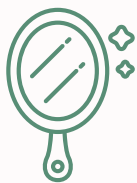


Intuition



Mind-Body
Connection

Embrace Joy



Know Thyself



Prioritize Fun



Embrace
Imperfect Journey

Find your stage for each skill

Feel Worthy

Deprogram Brain

Self Care

Boundaries

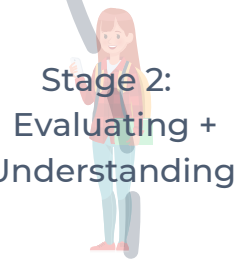


Stage 1:
Awareness

I am aware that messages from society about productivity, appearance etc impact my sense of worth.

I am aware that I need and deserve to engage in regular self care.

I am aware that boundaries are a critical means to communicate my worth to myself and others.



Stage 2:
Evaluating +
Understanding

I know the specific messages I have absorbed from society about my worth and understand the role they play in my life.

I am learning about my specific self care needs and how to make room in my life for self care.

I am learning how to set boundaries with both myself and other people.

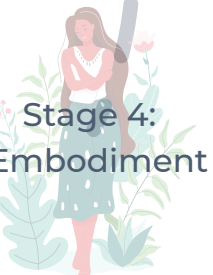


Stage 3:
Developing +
Implementing

I am actively questioning societal messages about worth and replacing them with my own self-honoring definitions.

I regularly engage in a self care routine that effectively manages my stress.

I regularly set boundaries without guilt.



Stage 4:
Embodiment

I define my worth and live in alignment with my personal values and priorities.

I am deeply attuned to my needs and have designed my life to fulfill these needs.

Setting boundaries both internally and with others is an expression of my true self and flows from me with ease.

Find your stage for each skill

Be Present

Mindfulness

Intuition

Mind-Body

Stage 1: Awareness

I am aware that mindfulness can help me to be present.

I am aware that intuition requires listening to and trusting in myself.

I am aware there is a connection between how I feel mentally and how I feel physically (and vice versa).

Stage 2: Evaluating + Understanding

I am learning how to practice mindfulness and incorporate it into my life.

I am learning to listen to and trust myself.

I am learning about how my own body and mental state interact.

Stage 3: Developing + Implementing

I have a regular mindfulness practice.

I am regularly engaged with my intuition and in dialogue with my inner voice.

I am regularly addressing my mental state through caring for my body and vice versa.

Stage 4: Embodiment

Mindfulness has moved from a practice to a way of life.

My intuition and inner voice are always present and guiding me.

I am grounded in the oneness of my body and mind, and live a life that honors this sacred connection.

Find your stage for each skill

Embrace Joy

Know Thyself

Prioritize Fun

Embrace the Imperfect Journey

Stage 1: Awareness

I am aware that the most important relationship I have is with myself.

I am aware that joy is not a product of "doing all the things," but rather the result of prioritizing enjoyment and fun.

I am aware that perfection is not a helpful goal.

Stage 2: Evaluating + Understanding

I am learning about myself, my values and my strengths. I am learning how I can better love myself.

I am learning ways to prioritize fun without guilt or feeling like I have to "earn" it.

I am learning how to experience happiness in the here and now.

Stage 3: Developing + Implementing

I am using my self awareness and knowledge to create a life that fulfills me and brings me joy.

I regularly prioritize fun and pleasure over productivity and pleasing others.

I see challenges as opportunities. I experience happiness along the journey instead of pushing it into the future.

Stage 4: Embodiment

I am my own best friend. I know, accept, and deeply love myself.

I have built a life that prioritizes fun and pleasure on a daily basis.

I am able to hold joy and pain at the same time. I savor moments big and small. I relish in my life.