



# UNLOCKING YOUR TEENAGER'S POTENTIAL

**Parent 's Coaching' Reflection Journal**



· *A Note from the Author*

*Dear Parent,*

*I appreciate your choosing to walk alongside your teenager with intention, curiosity, and care. This journal was created to support you on that journey – to give you a quiet space to pause, reflect, and grow in your role as a parent-coach.*

*You can use this journal weekly, or simply at your own pace. What matters most is not how quickly you go through it, but that you show up – with honesty, openness, and a willingness to grow.*

*Remember: parenting isn't about perfection. It's about progress. It's about learning with your teen, holding space for both their journey and your own, and choosing connection over control.*

*Let this journal be your gentle companion. Be kind to yourself as you reflect and celebrate the small wins along the way.*

*With encouragement,*

*Coach Jaki  
Wasike-Sihanya*

*Parent & Author of Unlocking Your Teenager's Potential: A Coaching Approach to Parenting*

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## Parent Self-Assessment: Where Am I Now?

Rate yourself honestly in each of the following areas using this scale:

1 = Rarely 2 = Sometimes 3 = Often 4 = Usually 5 = Consistently

1. I listen to my teen.
2. I react vs respond.
3. I support their independence.
4. I set and uphold healthy boundaries.
5. I demonstrate trust in my teen's ability to make good decisions.
6. I allow my teen to share their perspective, even when it challenges mine.
7. I manage my own emotions during conflict or tension.
8. I affirm and encourage my teen without conditions.
9. I intentionally create opportunities for connection with my teen.
10. I model the behaviour I hope to see in my teen.



## Weekly Reflection

Affirmation:

Prompted Reflections:

- What worked well in my relationship with my teen this week?
- What moment challenged me?
- How did I respond?
- What did I learn about my teen?
- How did I practice coaching skills (listening, curiosity, non-judgment)?

## Weekly Reflection

Coaching Action Plan:

One thing I will try this week to support my teen is...

One thing I will do for myself this week is...

## Parenting Wins Log

This is a page for celebrating small and big victories, for example:

“A breakthrough moment I had with my teen...”

“A positive habit I’m building...”

“Something my teen said/did that encouraged me...”

## Powerful Questions

💬 When they seem withdrawn or quiet

- “I noticed you’ve been a bit quiet lately—what’s been on your mind?”
- “What’s something you wish I understood about how you’re feeling right now?”
- “What is weighing on you that you’d like to talk about?”
- “If your feelings had a voice, what would they be saying?”

🏫 After school or academic experiences

- “What’s one thing you learned today that made you think differently?”
- “Was there a moment today when you felt proud of yourself?”
- “How are you feeling about how things are going at school lately?”
- “What’s something you’d change about school if you could?”

💡 When they’re facing a tough decision

- “What matters most to you as you think this through?”
- “What are the possible outcomes you’re considering?”
- “What would your future self want you to choose?”

“What’s one step you feel ready to take right now?”

👊 When dealing with conflict or friendship issues

- “How did that situation make you feel?”
- “What would you like to say to your friend if you felt completely safe?”
- “What do you think the other person might be feeling?”
- “What would help repair things, if that’s something you want?”

🌟 To build self-awareness and confidence

- “What’s something you’re really proud of about yourself?”
- “What’s a value you try to live by every day?”
- “When do you feel most like your true self?”
- “What’s something you’ve overcome that made you stronger?”

## Powerful Questions

 To reflect after a mistake or failure

- “What did you learn from what happened?”
- “If you could go back and do one thing differently, what would it be?”
- “How can I support you to move forward?”
- “What do you want to remember from this experience?”

 To explore goals and future dreams

- “What are some dreams or ideas you’ve been thinking about lately?”
- “If nothing could stop you, what would you try?”
- “What kind of person do you want to become?”
- “What’s one goal you’d love to work toward this year?”

 To nurture your connection

- “What do you enjoy about the time we spend together?”
- “How can I be a better listener or support to you?”
- “What’s one thing you wish adults understood better about teens?”
- “What’s something you’ve never told me but would like to?”

## Progress Tracker

This is page to note growth over time. For example:

“3 ways I’ve grown as a parent...”

“What’s different in our relationship now?”





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