

# Episode 62. The Importance of a Strong Why

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## SPEAKERS

Deana Thayer, Kira Dorrian, Future Focused Parenting



Future Focused Parenting 00:03

What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting? They take their listeners from surviving to thriving. I'm Deana Thayer and I'm Kira Dorrian. Welcome to Raising Adults, a podcast brought to you by Future Focused Parenting.



Deana Thayer 00:22

Hi, everyone, and welcome to the laundry room. Kira and Deana here with another episode of Raising Adults. And if you're new welcome, especially to you, new listener, welcome to the laundry room. Yes, that's literal. Like we're here next to a washer and dryer, getting ready to share some parenting wisdom with you.



Kira Dorrian 00:39

So appropriate I think. I mean, a lot of a lot of my friends have commented on that like, that is really appropriate that you are talking about parenting in the laundry room, because I live in my laundry room. I like actually, I legit live in my laundry room, because I do my laundry here. And I podcast with you here as well.

D

Deana Thayer 00:56

That's true, you are legit living in it. And the other thing is, so much of motherhood happens here. I mean, cleaning clothes is something that happens all the time. And there's so many great metaphors, because we talk about airing our dirty laundry when we tell you funny stories and you know, having to get things cleaned up and tidy with relationships or conflict or anything. I mean, there's so many. And how we talk all the time that it's not just one conversation, it's a series, it's the same thing. It's like, I don't just wash it once I wash it over and over again. And answering listener questions the spin cycle, right? Amazing metaphor. So, welcome. And we're glad to be back with you once again, and discussing today, taking actually a deeper dive into something we actually talk about every time. So I want to get to that in a moment. But I also just want to remind all of you great friends, remember that you are our marketing team. So please, if you are enjoying what you're hearing, and you're downloading, take that moment to subscribe to our podcast. We're available on all major podcast platforms. Go ahead and subscribe, we'd so love to have you as a subscriber. And if you haven't done so already, or you're a newer listener hopping on the train, then we'd love if you rate our podcast or leave us a kind review. We really appreciate those. And those definitely help our relevance in the podcast world. So we're always thankful for those.

K

Kira Dorrian 02:15

Yeah, and if you haven't followed us on Facebook or Instagram, we are @FutureFocusedParenting and I'm going to tell you, we're very active now. We've gone live. Multiple times! There are pictures on there now. It's all very exciting. So do follow us @FutureFocusedParenting.

D

Deana Thayer 02:30

Yeah, it's getting busy over there on our social media pages. So come and join in. So as I hinted at, we're talking today about something we actually touch on every single episode. And that is those of you who've been listening for awhile will know we always start off, Kira and I, with describing our why for whatever topic we're discussing, whether it's sibling relationships, or screentime, or chores or manners. And so we always start with, hey, here's why this was important to me, or why I chose to do things the way I did. And today, we're going to take the whole episode to discuss "why" and what does it even mean to find your intention around parenting? And then how do you go about doing that? What does that look like?

K

Kira Dorrian 03:09

Yeah, and I think, you know, we talk about it every week talking about our why behind our how, but it's so important for us to share with you what that actually looks like. Because sometimes you don't even know your why. And the bottom line is if you don't know your why it's so much harder to make great parenting choices, because you're not even sure why you're making them. And especially when parenting gets hard. Having that strong why it can just keep you going. Jillian Michaels from *The Biggest Loser* says if you have a strong enough why you can tolerate just about anyhow and we totally agree. So I am excited to dive into this one because I think, it's almost like, I can't believe we haven't talked about this. And you know, we recently released these online courses. So if you're new and you haven't heard about them, do check out our shop page, we've got them. They're short, they're really reasonably priced and they just take such a good look at all the different things that we like to talk about and share with our coaching clients. But we start off our fundamentals program with this idea of figure out your why. Before you do anything else, you've got to understand why you're doing what you're doing. So I think it's great that we're gonna look at that today.

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Deana Thayer 04:18

It truly is the jumping off point. You can't do anything else or at least not do it well without knowing your why and I love that you brought up when it gets hard because I think also if you have a strong why it's something to come back to, to keep going if you feel like well this is the 37th time I've asked my toddler not to touch the coasters or I'm breaking up yet another sibling fight, I didn't think I was wearing a black and white striped shirt why am I a referee? What's happening? And you can just get tired and it can be easy to feel like I just want to wave the white flag of surrender today not keep going and the why is what helps us keep going because we're seeing the end. And you know, any of you have listened to us even a few times know, Kira and I are all about starting with the end in mind, stop raising kids, start raising adults. Think about who's the grown up that you want to see at the end of this long journey. And when you think about that, it becomes much more worth it to deal with yet another squabble over not sharing. That was just what came to me.

K

Kira Dorrian 04:19

That's what haunts Deana...squabbles over sharing. And I think you know, another thing that Deana and I talk a lot about when we're public speaking, but I don't know that we've talked as much about it on the show, is the idea of proactive parenting, right, and, and not always doing what is easiest or most expedient, but really, really leaning into what's best. And I mean, we touch on that with every topic. But I feel like that core idea of being proactive, being intentional, and really thinking about what is best long term, it all comes

back to that why. Because when you're in a hard moment, and you're like, all I really want to do is say yes to jelly beans at six o'clock in the morning, because it will just get you to stop whining, complaining, whatever, it can be really challenging to stand your ground. And you just want to do what's easy, you just want to fix the problem as quickly as you can. But the bottom line is that when you have a strong why, whether it's about health or nutrition, or even just, you know, I need to, I need to really show who's in charge, and I need to let my little person know that I'm the grown up in this situation. And grownups know, we don't eat jelly beans at six in the morning, or whatever it is, that is coming back to doing what's best. And that long range thinking of raising an adult. So if I say yes to jelly beans at six o'clock in the morning, what is my adult gonna think is acceptable, healthy eating, when they are grown? And so that long range thinking can be really hard without the why. So holding on to that, why whatever it is.

D

Deana Thayer 06:22

Yeah, you're right, if you're going to be proactive, and try and be preventative and not just treat a problem when it crops up, but try to prevent problems from cropping up, this is the absolute foundation for that. I mean, it's the jumping off point for all of those other things. I'm not going to have the presence of mind to do what's best in the middle of the night, when someone's tugging at me for the fourth glass of water. If I haven't thought about, okay, the way that I respond to my children's needs comes from my value of compassion, or whatever it is, when you can come back to that, that why, it helps you. I think it doesn't ever necessarily become easy to do what's best, but I think it does become easier. And I think that's an important distinction. We're not sitting here saying oh, we're floating through parenting, it's a breeze.

K

Kira Dorrian 07:41

No we are not!

D

Deana Thayer 07:43

But what we are saying is because we're intentional, it can minimize the confusion around okay, do I do what's best or not? Oh, absolutely. I do.

K

Kira Dorrian 07:53

Well, and I think that's exactly it. When you minimize the confusion, the clarity around what needs to be done, even if it's a harder choice, it's clear. And that helps. Because I know when I'm working with clients, the thing I hear the most often is I don't know what to

do. And I think that when you have a strong why it just becomes clearer, what needs to be done, because you understand why.

D

Deana Thayer 08:18

Thanks for saying it needs to be done. Because it isn't always what we want.

K

Kira Dorrian 08:21

No.

D

Deana Thayer 08:22

But often, it does become more clear what's needed. And I think we're more able to do it.

K

Kira Dorrian 08:27

Yeah. So how have you figured out your whys? Because I know, I mean, you're such an intentional person anyway. And I know just from sort of off mic things we've talked about that you actually do have, almost a system, to how you how you came to your whys around parenting, your ultimate why, and then all the little whys underneath it.

D

Deana Thayer 08:47

Yeah, and a lot of it, to be fair, really did come from my faith background, I think that's essential. And it's kind of provided a framework for me to operate from because I care about that, in terms of my integrity and wanting to honor God in my life, and in my parenting that definitely informed it. But I think this bigger, how did I get there came twofold. Number one, it was understanding what my values are which we have done an episode on that, thankfully. But really knowing what are the things that matter to me? And those character traits that matter to me, how do I want to instill those in my children so that they become adults that are rich and vibrant and full of character themselves? So I think starting with that was a big piece. And I think the second one was what you kind of hinted at, is I have operated personally with an overarching why so that my other little whys kind of stem from that. And so getting really clear on that really big thing I'm aiming at helped a ton. But I want to talk a little bit more about the values thing before we go away from that because I know it's really important to you too and we would advocate taking the time to think about your values. I mean, definitely listen to the episode on that. But know that when you're figuring out why you do what you do, it's critical that you already know, what are the character traits that are important to me? What are my

priorities? And then how am I working to instill that?

K

Kira Dorrian 10:10

Yeah, absolutely. I mean, I think for me, so much of my whys came from my work in mental health. And because I worked with kids a lot and I worked with adults, and you know, all adults were children once, they were, and oftentimes what we were working on, stemmed from their childhood. And so I got this really interesting insight into, I guess, in my opinion, or my professional opinion, what a healthy family looks like. And it was interesting, when I would work with kids and parents would bring their kids in, it was like, you could just see a mile away who had a really healthy family dynamic, who was parenting with intention coming from a place of really love and compassion and, and long range thinking, and then who were the families that were underwater just trying to survive. And that said, without criticism, it was just really interesting to kind of get that that view before I had my own kids.

D

Deana Thayer 11:02

You got a nice sneak peak.

K

Kira Dorrian 11:03

Yeah. And so and to also look at, okay, how did that happen? And what does this family need, and oftentimes, when I was working with kids, half the time, parents don't realize it, but you're really working with them too, right, you're trying to get them to have more understanding or patience, or grace for their child who's struggling with a phobia or a habit that they don't understand or, or whatever it is, and looking at their own issues and their their values. Like clearly, this is something that's important in your family, and your child's not matching that and, and that's really hard and uncomfortable, and etc, etc. So, I think for us, it was, it was a lot around that, like, I so want them to be mentally healthy, well, stable, happy. And so I wanted to provide a home life that was going to most likely give that to them. And this is what I just saw time and time again, the kids who were the most well adjusted, the most able to change, the most able to take the work and run with it, and talk to their parents and collaborate with their parents just came from homes where there really was this kind of system in place. And so it made me want to lean into that.

D

Deana Thayer 12:03

I'm a little jealous, like, you got to see and experience all these different things and go, I

will choose that. And I'll make sure to avoid that. It's like, it's like being at a buffet. I mean, it was like, awesome. So yeah, that that's amazing to have that background that you already brought to the table of like getting a sample of what does a healthy family model look like? And the healthy family unit? And then what can you hopefully replicate in your own family and to get to see it before you had kids even better?

K

Kira Dorrian 12:32

Well, it's interesting, because in some ways, I think doing that work made me a better parent, for sure. But it's also just, it has its challenges. Because, you know, there are moments where I'm a human being, and my human beingness makes me want to do something that I know isn't what's best. And you know, whether that's, you know, losing my cool or using a word I wish, like I used the word selfish the other day with one of my kids. And I thought about it. And I was like, that is just not how I want to express what I was trying to say. And for me, because I'm so Future Focused, because all of the work I did was the end, right? So I could kind of see like, oh, when this happens back here, this is the adult that they turn into.

D

Deana Thayer 13:22

Oh, now I'm seeing what are your work maybe is like a blessing and a curse.

K

Kira Dorrian 13:27

Exactly, like, with this issue, oh, this leads like when I talked about how like people who move around a lot are most likely to become smokers, right? So it's like, oh my gosh, I can see how this decision here 20 years from now has this impact. It makes you kind of neurotic as a parent, because you feel like every little misstep is a possible thing.

D

Deana Thayer 13:45

I'm sending them to therapy, 17 years from now by what I just did.

K

Kira Dorrian 13:48

So that has that has been a hindrance. But the good news is, I think is that then in those moments, like when I used the word selfish the other day, I was like, no, I don't I don't love that word. I don't love that. I said that. I don't like the way that I said it. And so I was able to dialogue with that kiddo and be like, hey, you know, I wish I hadn't said that. That wasn't the right word that didn't come across the way I wanted. So I think again, where

the background has helped is understanding how repair happens and and of course we're going to flub up but then when we do you know, how do you fix that to the best of your ability? Anyway, I have taken us so far down a rabbit trail. My apologies, this is what I do. This is my job on the show.

D

Deana Thayer 14:25

It's your superpower. Kira has the special skill of rabbit trails, in a single bound.

K

Kira Dorrian 14:33

So back to our whys...

D

Deana Thayer 14:35

But it was all related to your why came largely in part from your background in mental health, which makes perfect sense that you would, you know, bring that to the table as you walked into your own parenting journey. And so this is a great segue into another how. You might look at your own life and work experiences, to say what there have I learned that I might draw from as I'm creating an intention for my parenting? Definitely worth gleaning from your life experience, I think that's wise. And then the values thing is a second one. And a third thing, which I'll go a little deeper into this now is consider having an overarching why that guides your other ones. And this just means having, I mean, I really would suggest if you can even, like one word, but even just, if you can't boil it down to one word, a phrase or a sentence, that's your overarching goal for your children, what are you aiming them toward? And then it's so much easier. So say that your overarching goal is healthy and happy children? Well, the word healthy is in there. So now, if you're having a battle over a junk food choice, say, it becomes just that little nudge easier to help guide them to the right choice and explain why you know, in our family, this is really a value for us. We want to eat nutritious food that fuels our bodies, because you're thinking my overarching why, healthy, happy children, might help you with that little why, we don't do junk food before dinner. Or we don't do junk food, unless it's a special occasion, or whatever it might be. That micro issue, having that macro, why can help inform it. So I think it can be at least a helpful exercise to think through.

K

Kira Dorrian 16:22

Yeah. Are you comfortable sharing yours?



D

Deana Thayer 16:24

Yes. My one word overarching why? I bet you can even guess it.

K

Kira Dorrian 16:29

Integrity.

D

Deana Thayer 16:29

Yeah! Ding, ding, ding! I am working to raise people of character. That, ultimately, would just bless my heart. Of course, I'm hoping, like in our house, I'm hoping they're like walking with God and doing that. But like, if I were to just take it to one word, set all that aside. So even if you don't have a faith paradigm, strip that away, it's totally fine. But think about that one word. And for me, I love this idea of you know, caring about doing and saying the right thing, even when no one's around. Because that means when I launch these adults into the world, even when I'm not there, there's not a coach, or a pastor or a teacher or a parent for guidance, they're going to have in themselves this internal compass that is like, that's not right, and wants to lean toward what is. So that was my overarching why. And it was a huge help to creating all my little whys on smaller issues.

K

Kira Dorrian 17:17

Yeah, I love that. Can you give an example of how, how that led to a littler why?

D

Deana Thayer 17:22

Sure. Oh, yeah, I'd love to. Okay, so, because I brought it up earlier, let me talk about sharing. Yeah, maybe this was a thing I need to work through, I don't know. But if they got in, like a squabble over an item, for me, what I'm thinking about is a person who cares about the other's needs and wants is a person of character. And so I'm going to aim at that. So how can I get them to think about what might be kind to the other person because it actually takes integrity to move away from well, I just want what I want and I want it now. To move toward, what might they want? And so it helped me on the sharing to have conversations instead of, hand him that toy, it's his turn, it became more of a not a demand, but a conversation. How do you think that made your brother feel when you just yanked that out of his hands? How would that have felt if he did that to you? And how do you want to make your brother feel? And we also talked a lot in our family about, like, your sibling being your first friend, so it's also your friend? And would you want to make your friend feel that way? And so I might have been aiming at character maybe years from

now. But I'm getting there through how do I be kind and care what other people's needs and wants are in a situation, not just my own. In fact, one of our family values, it was number four, I still remember, concern for others, but it stemmed from the overarching integrity piece. And so we talked all the time about caring about others needs and wants, not just our own, they like had that little phrase memorized, but it came from the integrity you know, because if you don't have integrity, you're gonna be fine walking through life going well, it's all about me, and I'm going to work to get what I want when I want it and I'll step on you to get there. So it can happen so young that that foundation is laid and then you've got an adult who is mowing through life like a bull in a china shop.

K

Kira Dorrian 19:06

Absolutely. It's so interesting, because I was thinking about my overarching why and the little whys. Yeah. My example is also about a sibling squabble. So my overarching why, can you guess it?

D

Deana Thayer 19:21

You want your children to be happy?

K

Kira Dorrian 19:25

Well, I would flesh that out. But yes, I want them to be mentally healthy and happy. Yep. And I love that we knew that about each other. That's so great. So that's my overarching goal, mentally healthy and happy. To me there's all these little things that contribute to that, including how we treat people. And including how we then are treated based on how we feel about ourselves based on our relationships. So same example, sibling squabble. One of the things that was really important to me, in those moments to have those because we did the same thing, dialogue and conversation. It wasn't just an order. It was let's look at this from an empathetic point of view. How would you feel if it happened to you, blah, blah, blah, for me exactly what you said, the idea that your sibling's your first friend, and in my opinion, your first relationship really like peer relationship. So overarching goal, if they're going to be healthy, mentally healthy and happy, that means they have good, healthy, happy relationships, friendships, maybe romantic relationships, that they feel connected and loved and supported by the people around them. well, I better teach them how to treat other people, and how to expect to be treated, so that they can foster healthy happy relationships that contribute to them being mentally healthy and happy.

D

Deana Thayer 20:39

And so smart. Because we all know the research is out there, people are not only happier, but healthier when they have a good support system. So good on you for fostering and nurturing the very first support system, your sibling, you know, in your family, they become kind of your first people. So it does lead to that we know that factually, but when you can also work toward that mentally, intellectually, emotionally, I mean, however you need to arrive there. But finding this overarching why it just helps give so much direction. I mean, that was just a little kid disagreement. And I think many parents might even say, those are easy to go, it doesn't matter. Like it doesn't matter. But when you have an overarching why, and you're trying to raise an adult, all of this matters, because in the grand scheme, how you handle this now does impact things later.

K

Kira Dorrian 21:31

Yes! And I will say from someone who had a private practice, I can tell you, a lot matters. And that's not to put pressure, like, you are humans. Look, we're all going to mess up for sure. Like, can we just own that? I have already done it, I'm sure. But we're all gonna mess them up. But we want to minimize that as best we can. And I think that it's important that we lean toward it matters. It matters more often than it doesn't matter. And so assume that it matters. And parent with that strong why. Because it probably does.

D

Deana Thayer 22:03

Yep. And I think a good way that I helped myself with this, because I I can lean toward, and some of you might be in the same boat where this could even start to feel like pressure like, I lean toward majoring in the minors, I could get too hung up in the details and get wrapped around the axle. That would be a tendency for me. So if you can honestly answer the question, oh, if I don't teach, fill in the blank right now will it matter in five years? And you can honestly answer that with a no, then maybe it is one of those things that doesn't matter. But if I were to think, if I don't teach sharing and cooperative play right now, is that going to matter in five years? Oh, absolutely. And it becomes worth it to intervene appropriately and help out. And coming back to my overarching why, also raising people of character. So I think this just is, it's so foundational. And I love that you said lean toward it matters. It doesn't mean every single thing, there are going to be things that like, I'm not going to pick that. And that's totally fine. And of course that will be different for each of you, which things are worth it. And which ones are the ones you're going to let that particular thing go.

K

Kira Dorrian 23:13

But that's why you need the why. I agree. We also want you to have clarity around what you can let go right? There are going to be things that just don't matter to you. And that's okay. Everyone has things within parenting that they're like, no, not gonna worry about that. And that's great. Because when you have an overarching why it allows you to get really clear on actually, that thing doesn't matter. So I'm going to enjoy letting that go, because I'm pretty sure I've got another thing coming down the pipeline that I'm going to have to lean into.

D

Deana Thayer 23:41

I've literally had this happen. So I'll just give a few practical examples. One is hair. Kids almost universally go through some time of wanting to do wild things to their hair. And I was able to go, does that impact their character? Are they going to not be able to be a person of integrity if their hair is blue, or short? Or long or spiked? Or blah, blah, fill in whatever? And I was like, nope. So I don't, I don't personally pick that. And we had it recently the same thing. My daughter just got a tattoo. And again, I'm like, writing on her arm does not make her not a good person. So it informed me also what was worth going, yep, not a big deal on that one. And so you'll love it because it gives clarity both ways to what to give appropriate attention to and what to maybe give less attention to, and free up your time.

K

Kira Dorrian 24:30

Right. And then assume from a kid's perspective, they feel like, well, mom isn't on top of everything, right? She doesn't expect everything to be just, it takes away the controlling things, right? You're not being controlling. You're looking at what matters to us in our family? What matters? What do I want to impart to you? And what, like, your hair do I actually just not give a beep about, you know? I haven't sworn on the podcast in a long time. I'm gonna keep it that way. But you know that idea that it then gives some push/pull to there's things that they just get to be in charge of, because it's not going to connect to the values, or it does connect to your values. Maybe you value independence. And this is actually an opportunity to lean in and be like, you know what, that's your body. You get to decide, and what an awesome opportunity to do that way in a positive way that isn't like a redirection, or criticism or whatever.

D

Deana Thayer 25:21

And they're just enjoying, wow, I've been trusted with this particular freedom or privilege, or whatever. And that's really nice, too. And it helps to avoid breeding resentment, and all

of that. So it can be really lovely.

K

Kira Dorrian 25:31

And so going back to that, like jelly bean example, it might be that you decide that actually, I don't care about jelly beans at six o'clock in the morning, and that is totally okay. This is the beautiful thing about having your own values and your own why is there isn't a right or wrong way. And we would agree, right? We don't actually care how you do this, this has to match you. This has to match who you are as a family. And it's not going to look like mine. Even Deana's and I are different, but when you look at the jelly bean example, and you talked about you know, in five years, is it gonna matter? Maybe the jelly beans don't matter in terms of health and nutrition. But they might matter in terms of who's in charge. And so you may want to decide that actually, it's really important that my kids know that when I say no, I mean, no. And so this is a moment where what I'm choosing is to be the grown up and to say, you're the kid, and I've said no. And we need to respect what mom has said, even if the jelly beans themselves don't matter.

D

Deana Thayer 26:27

Yeah, and that's such a good key point is that your why can also help you understand when maybe the little micro issue at hand isn't a very big deal. But the undertone underneath the micro issue is important. And so it might be really helpful with those layers of complexity, to say, you know, but in my why, if I'm aiming at mentally healthy and happy part of that is they are going to deal with bosses, teachers, they're going to deal with authority all their life. So how do I be that gentle, but firm, leader and teach them that even though to me the jelly beans aren't a big deal, them respecting that my word means what it says really is a big deal. And I think that's a really key point. So I'm thankful you brought that up.

K

Kira Dorrian 27:10

I love, we were talking about this a little earlier when we were working, but I loved it. Like I just barf out things. And Deana like makes them into a succinct sentence that makes sense. It's really great. Because honestly, you'd have a very short show if Deana was the only host.

D

Deana Thayer 27:29

Here's your pithy saying and your acronym, have a great day!

K

Kira Dorrian 27:35

But I really appreciate that you can take what I say and make it so much more articulate. Thank you for that. So listener, I hope that that was helpful, and that you can really look as we're coming into 2020, it's February now, like looking at what's my why? What's that overarching why that guides our family that I can keep coming back to? And then how does that lead to other little whys along the way? So we hope that you can take a look at that. If you have a parenting partner that you guys can sit down together and look at that, give some thought to what really matters to you. And let that guide you in 2020.

D

Deana Thayer 28:13

Yeah, it's so helpful. And I hope that if you've been a newer listener, this is a great foundation. Now you'll understand why you always hear us talking about our why. But if you've been listening for a while, you might have even been wondering well, yeah, great guys. But how in the world do you do that? So hopefully, it was helpful to really get some nuts and bolts around coming to a place of intention. How do you get there? What do you draw from, and we are just thrilled to tell you that if this was helpful to you, there is a whole course, a whole online course for you. And actually we build a word, of course, the word future. And the very first letter F is figure out your why. And so that's why we want to talk about this today because it's truly fundamental to not only the Future Focused Parenting philosophy, but just how important intentional, proactive parenting is. This intention is is huge for that. So definitely check those out, you can find them on our shop page, <https://futurefocusedparenting.com/shop>. And there's other resources there as well. But I just wanted to highlight that one because it includes what we talked about today.

K

Kira Dorrian 29:12

And that's the fundamentals program. And all of our courses are short, I think the fundamentals program is just over an hour. So super easy, and you can watch it or you can listen to it, we have an audio version of it as well because some people prefer to listen to a kind of like a podcast, right? And don't forget listeners, you get a discount. So if you are interested in that bigger course, if you go to the shop page of our website, when you check out put in the code, RAISINGADULTS, all one word, all caps, and you'll get 15% off.

D

Deana Thayer 29:39

Yes, please do that. And as we mentioned at the top of the show, if you're liking what you're hearing, please subscribe, rate, and review. We really not only appreciate your feedback, but it helps and those things matter out in the podcasting world and we value

that and really can't do it without you. So thanks for being here in the laundry room with us.



Kira Dorrian 29:59

That's right, don't forget to follow us at @FutureFocusedParenting on Facebook and Instagram. Do you have a quote today?



Deana Thayer 30:07

I sure do and how appropriate, it's a Jillian Michaels quote. We quoted her at the top of the show, you know, because workout guru, parenting guru, totally similar, right? Well, well, actually hard, hard work. And it's all about transformation and the journey progress, not perfection. In fact, that's kind of what this quote is about. So here's what Jillian Michaels says: "It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs." We couldn't agree more. If you get clear about your intention and your why, and bring the effort behind the why you will see change.



Kira Dorrian 30:46

Yep. You just read my mind. I was thinking exactly that. Thanks for being with us, everyone. Don't forget to go to our website <https://futurefocusedparenting.com> and if you have any listener questions, we love hearing from you [info@futurefocusedparenting.com](mailto:info@futurefocusedparenting.com).



Deana Thayer 31:01

Send them our way, we'll make them into a spin cycle. Raising Adults is produced by Kira Dorrian and Deana Thayer and recorded in Kira's laundry room. Music by Seattle band Hannalee. Thanks for listening



Future Focused Parenting 31:12

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