

Worksheet: Father's Respect for Mother & Teaching Love Through Example

Section 1: Self-Reflection

1. On a scale of 1–10, how often do I show the **father's respect for mother** in daily life?
 2. Which 3 actions from me have the most **impact on my children**?
 3. Do I model **sacred love in parenting** through my tone and actions?
 4. What moments today can I turn into opportunities for **teaching love through example**?
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Section 2: Daily Practice Checklist

- Speak kindly to the mother in all situations.
 - Acknowledge her efforts in front of the children.
 - Share household and parenting responsibilities equally.
 - Support her decisions and ideas openly.
 - Avoid disrespectful humor or criticism in front of the children.
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Section 3: Family Reflection Activity

- **Evening Circle** — Each family member shares one kind action they saw that day.
 - **Gratitude Note** — Father writes one sentence daily showing **respect for mother** and reads it aloud.
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Section 4: Action Plan for Fathers

1. **Morning:** Begin the day with appreciation for the mother.
2. **Daytime:** Include children in moments of teamwork and respect.
3. **Evening:** Reflect on the **impact of father's behavior on children** and adjust for tomorrow.