

You did it! Week 12! Congratulations!

Now it's time to celebrate your hard work and the change you've created in your family. This week you'll also put together a plan to stay on track in the future.

1. Well-being

Check back to the Week 1 homework. How did you rate your current level of "well-being" at the start of this course?

How would you rate it now?

What have you done that has increased your well-being?

What could you do now to further increase your level of well-being?

2. Intention

In the first homework, you set your intention for this course by describing your highest vision for yourself as a parent, and selecting three words to describe the parent you're striving to be. What were your three words?

Has your vision or your three words changed? If so, how and why?

Do you feel you've made progress toward being the parent you want to be? In what ways?

3. Give yourself credit!

What do you feel has changed for the better in your family since beginning this course?

How has your child responded to your new approach?

What specific actions have you taken that have helped to create this change?

4. Take Stock

Use the chart below as you review your homework packets from each week. Give yourself credit for what’s working, and really applaud yourself for your hard work! Then, identify what you would like to work on further. What is the next concrete step you can take in each area?

	What’s working?	What is the next step for you to take this further?
Regulating Your Emotions (Week 2)		
Connecting With Your Child (Week 3)		
Emotion Coaching (Week 4)		

Week 12: Putting It All Together

	What's working?	What is the next step for you to take this further?
Moving Beyond Discipline (Week 5)		
Preventive Maintenance (Week 6)		
Transition to Peaceful Parenting (Week 7)		
Self Care (Week 8)		

	What's working?	What is the next step for you to take this further?
Mastery Coaching (Week 9)		
Healing Your Own Triggers (Week 10)		
Siblings (Week 11)		

5. Make a Plan for the Future

Review your completed chart (above). Pick three things to work on first. I suggest that one of them be about self-care and one about connection, because those are the levers you can pull that will give you the fastest results.

Now, state your three intentions as a *specific, measurable* goal. For instance:

- If you want to lose your temper less, you might set the goal *“I will not have a Mommy tantrum more than once a month.”*
- If you want a stronger connection with your children, you might set the goal *“I will have at least 15 minutes of special time with each child at least three times a week.”*
- If you want to heal shame and love yourself more, you might set the goal: *“I will look in the mirror and love myself at least once a day for a two minutes.”*
- If you want to heal your own triggers, you might set the goal: *“I will find a therapist I like, to work with for three months.”*

Describe your three intentions/goals below.	What do you think will be different once you accomplish these goals?
Intention 1:	
Intention 2	
Intention 3:	

Week 12: Putting It All Together

Now, brainstorm how can you support yourself to achieve each goal. For instance, do you need more sleep or other self-care? Do you need to find some audio books or make some sensory boxes to keep one child busy while you have special time with the other child? Create your plan below to accomplish your goals. Be sure to include practices that have been working for you and that you want to remember to keep using.

	Ways to support myself to achieve this goal
Intention 1:	
Intention 2:	
Intention 3:	

Finally, let's talk about staying on track. Everyone has hard days, so it's essential to give yourself support to stay on track, both on ordinary days and when times get tough.

- 1. Encourage yourself.** Give yourself lavish encouragement for every time you even come close to accomplishing one of your goals. Really. You're your own cheerleader.
- 2. Not working? Find whatever support you need** to help you make your plan a reality. It takes 30 days to create a new habit. If you make a daily choice to take a step in your desired direction, soon you'll find yourself in a whole new landscape. Check in every day and reinforce your intention to work towards your goal by taking some positive action.
- 3. What about those days when you blow it?** Plan now -- of course those days will happen! If you learn from it, it's not a total loss. What can you do to recover when you fall short of your goal?
- 4. Write yourself a letter.** Now, write a short pep talk to read on those days when nothing is going right and you feel like throwing in the towel. (Remember, that only creates more laundry!) Tell yourself what a wonderful job you're doing as a parent. Remind yourself that your child is an immature human who's still learning and deserves your best. Reassure yourself that you have the power to make things better.
- 5. Put a date on your calendar every month** to spend an hour reviewing this chart and revising it. Really. Do it right now.
- 6. What is the most important thing for you to remember, to keep yourself on track?**

That's it. You have everything you need for this journey. There will be ups and downs, but you have the tools to deal with them. You're on your way. You've got this!