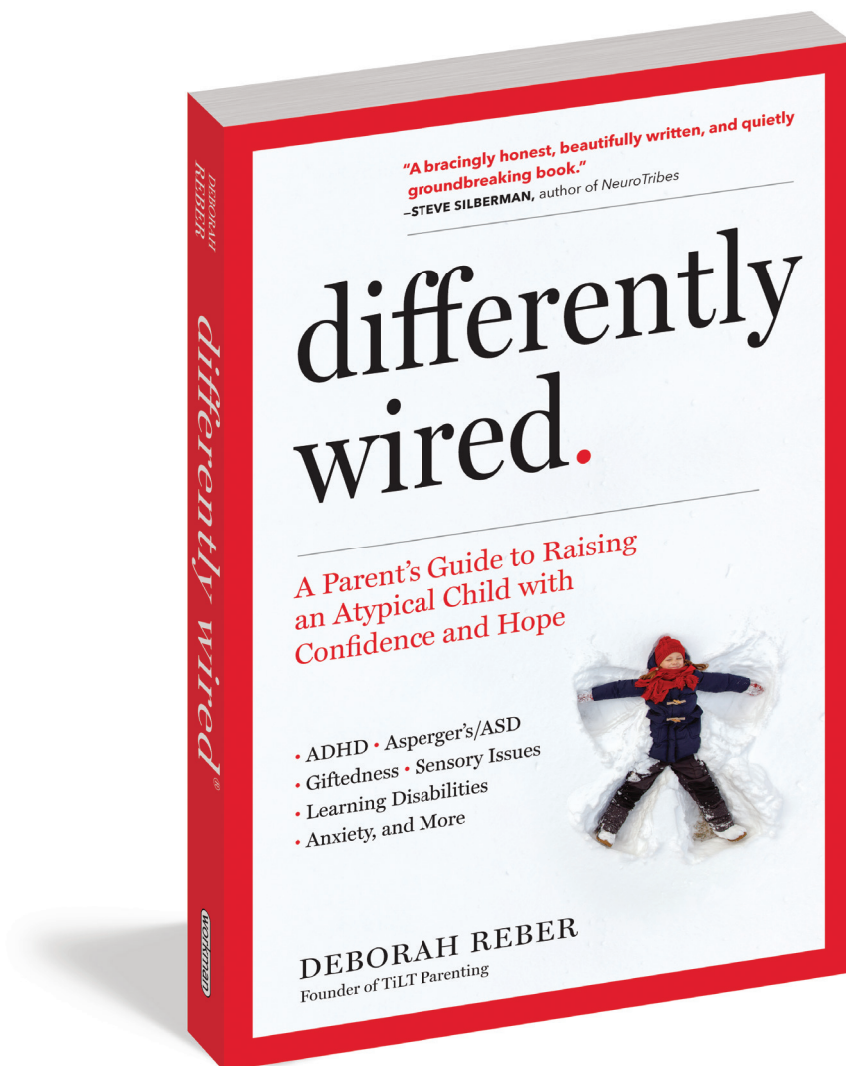


Join the Conversation



**An Interactive Workbook
for Readers**

CHAPTER 1: AN UNMARKED PATH

NOTES:

CHAPTER 2: THE NEW NORMAL

NOTES:

CHAPTER 3: SQUARE PEGS IN ROUND HOLES

NOTES:

CHAPTER 4: WHAT'S KEEPING US STUCK

NOTES:

CHAPTER 5: IT'S TIME FOR SOMETHING NEW

NOTES:

QUESTION EVERYTHING YOU THOUGHT YOU KNEW ABOUT PARENTING

REFLECTION QUESTIONS

How willing am I to question my ideas of what I expected my child's life to look like?

Where am I regularly coming up against my own parenting expectations not meshing with our current reality?

How might my beliefs about the way things “should look” be keeping me stuck?

GET OUT OF LIMITED THINKING

Make a list of the things you believe you “should do,” “have to do,” or “need to do” when it comes to raising your child, paying special attention to school, activities, friendships, summer camps, vacations, and birthdays.

For each one, question each assumption one by one by asking yourself: Is this really true? To take it one step further, come up with at least one piece of evidence for how each assumption might actually not be true.

Belief / Thought:

Is it *really* true?

How might it actually *not* be true?

Belief / Thought:

Is it *really* true?

How might it actually *not* be true?

Belief / Thought:

Is it *really* true?

How might it actually *not* be true?

Belief / Thought:

Is it *really* true?

How might it actually *not* be true?

Belief / Thought:

Is it *really* true?

How might it actually *not* be true?

IMAGINE WHAT COULD BE

What would you create or do for your child if you knew they would be successful?

Do an “Ideal Day” exercise to explore what could be by closing your eyes and visualizing your way through an ideal day in the life of both you and your child, from first waking up through bedtime. The more detailed, the better. How can you bring one piece of that vision into your current reality?

FILL YOUR INSPIRATION BUCKET

How can you fill your inspiration bucket on a regular basis? Make a list of authors, artists, musicians, thought leaders, podcasters, and more that you can regularly tap into when you need inspiration.

START NOW

Make a list of the things you want to question in relation to your child's life, and start getting curious today.

NOTES:



GET OUT OF ISOLATION AND CONNECT

REFLECTION QUESTIONS

How open am I about what's hard in my life right now?

Where do I find myself censoring, keeping mum, or dropping out of conversations or opportunities because it feels too hard to be in community with others?

How might our family's life improve as a result of my becoming more engaged and connected?

CONSIDER WHERE YOU MIGHT BE ISOLATING YOURSELF

Answer the following questions with a yes or no:

- ☐ Am I avoiding certain situations or conversations because of who my child is or how they might behave? Yes / No
- ☐ Am I being inauthentic in the way I show up in my daily life? Yes / No

- ☐ Have I become less engaged in outside interests, or more secluded in general as challenges with my differently wired child have increased? Yes / No
- ☐ Do I feel as though most everyone else doesn't (or can't) understand what I'm experiencing and the difficulties in my world? Yes / No

FIND YOUR PEOPLE

Make a list of the people in your life you can turn to in the middle of a crisis or when you're in need of mental, emotional, moral, or physical support.

PLUG THE LEAKS

Make a list of the areas where you would love some extra support, and brainstorm where you might start to look for help—a parenting coach, a therapist, a couples counselor, and/or online communities dedicated to supporting parents like you.

What I Need

Where to Find It

START NOW

Set a goal or intention for consciously connecting with one person, online community, or social media group for the purpose of getting out of isolation and building up your support network.

NOTES:

LET GO OF WHAT OTHERS THINK

REFLECTION QUESTIONS

How concerned am I about what others think about my parenting style or choices?

How do I suffer when I prioritize others' thoughts and opinions over what I think, feel, or know to be true?

How is my child affected when I prioritize others' thoughts and opinions over what I think, feel, or know to be true?

MAKE SURE YOUR EGO ISN'T RUNNING THE SHOW

In what types of situations (if any) do you find that your behavior or emotions in response to your child are being influenced by other people? How can you commit to responding differently in the future?

CHECK YOURSELF

Do you ever make judgments about other parents' choices, styles, and approaches? What things do you make judgments about? How can you work to curb your own judging tendencies?

TRAIN YOUR FRIENDS

Do you have any friends or family members you'd like to "compassionately educate" about your life as a parent? What might you say to them?

PROACTIVELY PLAN FOR PUBLIC CHALLENGES

Predictably Challenging Situation

Plan for Responding

START NOW

Commit to putting your child's emotional and physical needs above your own need to manage or protect your reputation, especially in challenging public situations. Develop language or a plan for one recurring situation so that the next time it happens, you'll know exactly how to respond.

NOTES:

STOP FIGHTING WHO YOUR CHILD IS AND LEAN IN

REFLECTION QUESTIONS

What aspects of who my child is am I not fully accepting?

What implicit biases might I have with regard to neurodiversity?

In what ways, if any, am I secretly hoping an issue/trait/aspect of who my child is will eventually “go away” or that they will ultimately become “normal”?

RECOGNIZE WHERE YOU’RE FIGHTING REALITY

What are your “hot-button issues,” aka areas where you regularly argue with reality in relation to your child?

REFRAME WHAT IS

How can you make a conscious choice to accept and embrace aspects of who your child inherently is instead of becoming frustrated by them?

ACTIVELY APPRECIATE

What language can you use when describing your child that leads with their strengths?

START NOW

Identify one habit or behavior tied to your child's wiring that you find particularly grating or annoying, and commit to authentically accepting it and reacting accordingly (which may mean not reacting at all).

NOTES:

PARENT FROM A PLACE OF POSSIBILITY INSTEAD OF FEAR

REFLECTION QUESTIONS

Do I make decisions from a place of fear or possibility, both in my life at large and in my life with my child?

How might fear be holding me back from making decisions that would benefit or better support my child?

How might my concerns about the future be unhelpful in the way I'm parenting my child and the choices I make?

GET IT ALL OUT ON THE TABLE

Make a "fear's greatest hits" list by writing down the parenting fears that regularly get you spinning.

TURN “OH NO” MOMENTS AROUND

Write out a list of your “Oh no” statements and turn them around by incorporating words such as “maybe” or “perhaps” or “I’m curious” to look at the situation through the lens of possibility.

LEARN TO TUNE IN

Reflect on the following question about why your child’s potential is limitless: What do I know for sure about my child in every fiber of my being?

GET YOUR BRAVE ON

Make a list of times in your life when you made a tough choice—ones viewed skeptically by others—and pushed ahead, fueled only by your own faith, courage, and strength.

START NOW

Tackle a major or minor child-related decision by tuning in, determining the best choice from the perspective of love and possibility, and trusting in what could be by embracing that choice.

NOTES:

LET YOUR CHILD BE ON THEIR OWN TIME LINE

REFLECTION QUESTIONS

How concerned am I about areas where my child may be on a “delayed” time line?

What am I afraid will happen if my child develops at their own unique pace instead of what’s typical?

What aspect of their developmental time line is most concerning to me and why? What is at the root of my concerns? Are they based in reality?

CHALLENGE THOSE TIME LINE BELIEFS

Make a list of areas where you’re concerned about your child’s unique time line. For each one, consider the following questions: *Why does my child need to know how to do this now?* and *What “negative thing” would happen if they learned this later?* Lastly, for each item, come up with at least one example for why your child mastering that skill in their own time is actually perfectly okay.

Area of Concern:

Why does my child need to know this now?

What “negative thing” would happen if they learned this later?

How is my child mastering this skill in their own time just fine?

* * * * *

Area of Concern:

Why does my child need to know this now?

What “negative thing” would happen if they learned this later?

How is my child mastering this skill in their own time just fine?

* * * * *

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Area of Concern:

Why does my child need to know this now?

What “negative thing” would happen if they learned this later?

How is my child mastering this skill in their own time just fine?

* * * * *

TALK OPENLY ABOUT TIMELINES

In what areas is your child excelling and doing really well, not just in academics or cognitive areas, but also in character strengths? How can you share these strengths with your child while also helping them become familiar with areas of lagging skills?

BE PREPARED TO DEFLECT THE DOUBTERS

What can you say to people who confront you or say insensitive things regarding your child's unique time line? Write out a "script" or two so you are ready with the language to respond confidently and in a way that respects your child when someone suggests your child is "behind" in some way.

START NOW

Make a list of skills your child is struggling with, and commit to working with your child to improve on these skills with love, patience, and no preconceived time line.

NOTES:



BECOME FLUENT IN YOUR CHILD'S LANGUAGE

REFLECTION QUESTIONS

What might my child be trying to communicate to me through their challenging behavior or unexpected emotional reactions?

How might becoming more fluent in my child's language support them in their journey?

How might true fluency positively affect my relationship with my child and their relationship with themselves?

REMEMBER: THERE'S ALWAYS A REASON

Personalize Dr. Ross Greene's statement—"Kids do better when they can." For example, *[insert name of child]* would do better if he could.

GET TO KNOW YOUR BAGGAGE

What are your personal “blind spots” and how might they be interfering with your ability to pick up on your child’s communication signals in the moment?

GET TO KNOW YOUR CHILD’S “KEY PHRASES” (NOT JUST VERBAL)

How does your child express love?

How does your child express fear?

How does your child express anxiety?

How does your child express anger?

How does your child express happiness?

How does your child express contentment?

ADAPT YOUR LANGUAGE SO YOUR CHILD CAN UNDERSTAND YOU

What communication methods do you have that are most effective in ensuring your child is able to receive the information you want to share? (Remember—this won’t all be verbal.)

START NOW

When your child does something that elicits a strong, negative response in you, commit to respectfully asking them why they made that choice and listen to their answer with an open mind. Add whatever you learn to your personal translation dictionary.

NOTES:

CREATE A WORLD WHERE YOUR CHILD CAN FEEL SECURE

REFLECTION QUESTIONS

In what environments and situations does my child regularly become anxious or stressed?

How might these stressful environments and responses be standing in the way of their learning and growth?

How might my child blossom if they felt more secure and grounded in everyday life?

IDENTIFY YOUR CHILD'S STRESS TRIGGERS

Make a list of situations and environments that have the tendency to push your child into a state where their learning shuts down, as well as identifying what that anxiety looks like.

DEVELOP STRESS-COPING STRATEGIES

What are some stress-reducing strategies or a coping routine that can help your child in-the-moment when in a difficult situation?

ENSURE THAT HOME IS A SAFE PLACE

What steps can you take to actively create a safe physical, mental, and emotional environment for your child?

START NOW

Make a list of situations that regularly create anxiety for your child, and work in collaboration with them to develop a plan for proactively addressing each one.

NOTES:

GIVE (LOUD AND UNAPOLOGETIC) VOICE TO YOUR REALITY

REFLECTION QUESTIONS

Am I comfortable using the language surrounding my child's diagnosis if they have one?

What am I afraid will happen if I am open about what's happening in my world?

How might my experience, and that of my child, improve by giving a voice to my reality?

BE HONEST WITH YOURSELF

What negative or uncomfortable beliefs, if any, do you have surrounding neurodiversity in general and, more specifically, in your child's diagnoses?

NOTICE WHERE YOU'RE KEEPING QUIET

In which areas, if any, are you regularly keeping quiet, both about negative and positive aspects of your differently wired reality? What gifts and/or challenges are you downplaying?

DISCLOSE IN A WAY THAT'S RIGHT FOR YOUR WORLD

Write out your personal philosophy surrounding when and how to disclose what's happening with your child and your family in a way that feels positive, rooted in love as opposed to fear, and in alignment with your personal values.

START NOW

Commit to combating negative stigmas by honestly sharing what's happening in your world with one new person this week. Who will you share this with?

NOTES:

PRACTICE RELENTLESS SELF-CARE

REFLECTION QUESTIONS

How well am I meeting my physical, emotional, mental, and spiritual needs right now?

If I'm not meeting those needs well, how could my lack of a self-care practice be negatively affecting my ability to effectively parent my child?

How might weaving more self-care into my life positively affect me? My child? The state of my family?

ASSESS YOUR CURRENT STATE OF SELF-CARE

Conduct a one-week self-audit in which you track your daily activities (i.e.: sleeping, eating, working, exercising, reading, projects, creative outlet, watching TV, housework, etc.) and clarify how you actually spend your time. Where are the gaps? Where could you create more balance?

DAY 1:

TIME	ACTIVITY
12am - 1am	
1am - 2am	
2am - 3am	
3am - 4am	
4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
8am - 9am	
9am - 10am	
10am - 11am	
11am - 12pm	
12pm - 1pm	
1pm - 2pm	
2pm - 3pm	
3pm - 4pm	
4pm - 5pm	
5pm - 6pm	
6pm - 7pm	
7pm - 8pm	
8pm - 9pm	
9pm - 10pm	
10pm - 11pm	
11pm - 12am	

DAY 2:

TIME	ACTIVITY
12am - 1am	
1am - 2am	
2am - 3am	
3am - 4am	
4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
8am - 9am	
9am - 10am	
10am - 11am	
11am - 12pm	
12pm - 1pm	
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2pm - 3pm	
3pm - 4pm	
4pm - 5pm	
5pm - 6pm	
6pm - 7pm	
7pm - 8pm	
8pm - 9pm	
9pm - 10pm	
10pm - 11pm	
11pm - 12am	

DAY 3:

TIME	ACTIVITY
12am - 1am	
1am - 2am	
2am - 3am	
3am - 4am	
4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
8am - 9am	
9am - 10am	
10am - 11am	
11am - 12pm	
12pm - 1pm	
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4pm - 5pm	
5pm - 6pm	
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7pm - 8pm	
8pm - 9pm	
9pm - 10pm	
10pm - 11pm	
11pm - 12am	

DAY 4:

TIME	ACTIVITY
12am - 1am	
1am - 2am	
2am - 3am	
3am - 4am	
4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
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8pm - 9pm	
9pm - 10pm	
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11pm - 12am	

DAY 5:

TIME	ACTIVITY
12am - 1am	
1am - 2am	
2am - 3am	
3am - 4am	
4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
8am - 9am	
9am - 10am	
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11am - 12pm	
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7pm - 8pm	
8pm - 9pm	
9pm - 10pm	
10pm - 11pm	
11pm - 12am	

DAY 6:

TIME	ACTIVITY
12am - 1am	
1am - 2am	
2am - 3am	
3am - 4am	
4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
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DAY 7:

TIME	ACTIVITY
12am - 1am	
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4am - 5am	
5am - 6am	
6am - 7am	
7am - 8am	
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DEFEND AGAINST YOUR SELF-CARE ROADBLOCKS

Potential Roadblock

Plan for Defending Against It

CREATE YOUR IDEAL SELF-CARE PRACTICE

Brainstorm a list of self-care activities (from easy-to-implement to special occasion items) that you can commit to incorporating into your life.

CREATE A PLAN WITH SUPPORT AND ACCOUNTABILITY

How will you consciously build self-care habits into your daily life? What is your plan for staying accountable?

START NOW

Commit to at least one small act of self-care every single day moving forward and write out your plan below.

NOTES:

LET GO OF YOUR IMPOSSIBLE EXPECTATIONS FOR WHO YOU "SHOULD" BE AS A PARENT

REFLECTION QUESTIONS

Where do I think I'm failing as a parent? In what areas do I experience guilt or shame?

What do I regularly tell others I could be doing a better job with when it comes to my parenting?

Where am I screwing up regularly in my relationship with my child, and what is perfect about that?

UNLEASH YOUR INNER CRITIC

When are you most likely to judge and shame yourself for parenting decisions, in-the-moment reactions, and other things that result in your feeling like a failure?

GIVE YOURSELF A BREAK

How can you be compassionate with yourself after less-than-brilliant parenting moments? What is your plan for recovering, letting go, and moving on?

START NOW

Write out an affirmation centered on your intention to parent your child in the best way you can right now. For instance: *I am doing the best I can with the information and resources I have available to me. And I'm working toward becoming an even better parent every day.*

NOTES:

MAKE A RUCKUS WHEN YOU NEED TO

REFLECTION QUESTIONS

Have there been times in my child's life when I didn't advocate as powerfully as I could have?

What, if any, personal concerns or uncomfortable feelings do I have around the idea of making a ruckus?

How might my child benefit from my playing more of an advocacy role in their life, in school, in activities, and among friends and family?

GET TO KNOW THE ADVOCATE IN YOU

What beliefs and attitudes do you have about advocacy that may be holding you back or making you feel uncomfortable in the role?

YOU'VE GOT TO ASK TO GET

What kind of support or accommodations would you like to get for your child that they aren't currently receiving?

BE KIND AND CLEAR, NOT PUSHY

How can you phrase your ask (verbally or via written message) in a way that is kind, clear, and respectful? For help getting started, check out this article by Understood.org: [*8 Sentence Starters to Use When Talking to Teachers.*](#)

START NOW

Identify at least one area of “least satisfaction” with regard to something happening with your child at school or in another institution/sport/group/organization. Put on your advocacy hat, and respectfully and intentionally speak up for the change or action you'd like to see.

NOTES:

ALIGN WITH YOUR PARTNER

REFLECTION QUESTIONS

Is the way my partner and I parent our child in alignment?

Do I feel like I'm carrying more of the weight of what's hard?

How might being more aligned with my partner benefit my relationship? How might it benefit my child?

ASSESS AND TAKE PERSONAL RESPONSIBILITY

Answer the following questions to explore the current state of your parenting dynamic and examine areas that might be out of balance:

- ☐ Do I sometimes feel like my family is divided into two teams: me and my child against my partner? Yes / No
- ☐ Am I regularly checking out instead of checking in? Yes / No
- ☐ Am I contributing to a dysfunctional relationship with my partner? Yes / No
- ☐ Do I feel a need to maintain control in a way that puts my partner at a disadvantage? Yes / No
- ☐ Do my partner and I work well together when tough stuff with our child arises? Yes / No
- ☐ Do I regularly make the choice to not involve my partner? Yes / No

SEE YOUR PARTNER WITH COMPASSION

What is one thoughtful thing you can do for your partner to let them know that you see them every day?

DESIGN YOUR ALLIANCE

How can you design an alliance with your partner so you can show up as your best, most united selves? What would your ideal alliance look like? What are your individual concerns and shared goals for the family?

START NOW

Make a date with your partner to talk about your desire to parent from a place of respect and partnership, and invite them to work with you to be a united team. Write out your plan below.

NOTES:

FIND YOUR PEOPLE (AND DITCH THE REST)

REFLECTION QUESTIONS

What are the signs my body gives me when I'm not with "my people?"

How do I and my child pay the price when I spend time with people who just don't get it?

How might my child feel more secure as the result of spending more time with people who see and appreciate them?

TIGHTENING UP THE CIRCLE

If you're ready to "declutter" your relationships, evaluate them by answering the following questions to determine who gets to be in your inner circle:

☐ Does this relationship bring meaning and joy to my life? Yes / No

☐ Do I feel free to be my authentic self when hanging out with this person? Yes / No

☐ Is this relationship reciprocal in that we're both benefiting from it and having our needs met?
Yes / No

☐ Does this person accept and appreciate who my child is? Yes / No

☐ Does this person acknowledge my personal challenges relating to parenting my child? Yes / No

Make a list of people you regularly interact with who leave you feeling unsupported and/or unseen, and determine how you want to proceed with each relationship.

FIND YOUR PEOPLE

Which watering holes—places you can go for feel-good community and connection—are available to you or can you seek out?

FIND YOUR WATERING HOLES

Where can you look to find more of “your people?”

School Groups:

Facebook or Social Media Groups:

Organizations / Community Groups:

START NOW

Reflect on the people with whom you most regularly interact, and identify relationships in which the other person doesn't respect or validate your parenting reality. Make a conscious plan for protecting yourself in that relationship.

NOTES:

RECOGNIZE HOW YOUR ENERGY AFFECTS YOUR CHILD

REFLECTION QUESTIONS

How in touch am I with my personal energy, especially in the midst of heightened situations?

What connections can I make between my energy reactions and my child's behavior?

How do I think my child might benefit if I were better able to manage my internal energy, especially during challenging situations?

PINPOINT YOUR EMOTIONAL TRIGGERS

What are your emotional triggers or “buttons” that regularly get pushed? How are they ultimately about you as opposed to your child? Make a greatest-hits list of your negative emotional triggers.

ANSWER THE BIG QUESTION: WHAT AM I MAKING THIS MEAN?

Choose one (or more) of your emotional triggers from above and explore in answering the question: *What am I making this mean?* In other words, explore how what “baggage” or pain or fear in your own life some aspect of your child’s behavior is bringing up in you.

CREATE YOUR OWN COPING ROUTINE

What kinds of coping strategies can you commit to using in your daily life when you are triggered by a negative emotional response by your child? What might your coping routine look like? Come up with an actual plan for yourself: How many breaths will you take? Who will you call? How will you respond?

DESIGN A RESET RITUAL

Create a reset ritual for after good days or bad, for the transition between work and home, and/or for the transition from being your child's homeschool teacher to being their parent. How will you consciously push the reset button?

START NOW

Create a personal energy management plan and commit to using it when interacting with your child during difficult moments and situations. What is your plan?

NOTES:

SHOW UP AND LIVE IN THE PRESENT

REFLECTION QUESTIONS

How connected to my child (in a meaningful way) do I feel on a daily basis?

What obstacles are preventing me from more fully living in the present?

How would my child benefit from my being more present in day-to-day life?

INTENTIONALLY SHOW UP EVERY DAY

What is your intention right now with regard to how you want to show up as a parent? How can you build daily intention setting into your morning or evening routine?

CREATE YOUR OWN RITUALS

What (screen-free) rituals can you design to do together with your child that focus on fostering closeness and the bonding that comes from shared experiences?

LOOK FOR THE BRIGHT SPOTS EVERY DAY

Create an end-of-day check-in ritual for yourself that involves time for reflecting on the “bright spots.” What is your ritual?

START NOW

Create a routine for setting your parenting intention every single morning and reflecting on three bright spots at the end of each day. What will your routine be?

NOTES:

HELP YOUR KIDS EMBRACE SELF-DISCOVERY

REFLECTION QUESTIONS

Am I actively fostering and modeling a culture of self-discovery in our family?

Am I regularly sharing insights for my child about their neurodifferences in a way that encourages reflection and self-awareness?

Do I handle difficult situations or challenges in a way that focuses on helping my child learn more about who they are rather than punishing them or addressing only the behavior?

NURTURE A CULTURE OF OPENNESS AND HONESTY IN YOUR FAMILY

How transparent / honest is your communication with your child? Consider these questions and rate yourself on a scale of 1 to 10:

☐ Do you avoid talking about current events in age-appropriate ways to “protect” your child?

☐ Do you bend the truth to avoid challenges and disappointment?

☐ Do you minimize or downplay things that are difficult?

EXPLORE BRAIN SCIENCE WITH YOUR KIDS

What is your plan for integrating explorations of brain science and self-knowledge concepts with your child? What resources can you tap into?

USE LANGUAGE THAT SUPPORTS, NOT SHAMES

How can you talk with your child about their neurodifferences in a way that lets them know there is nothing “wrong” with them? Write out a script / language here:

REMEMBER THAT EVERYTHING IS AN OPPORTUNITY FOR GROWTH

What challenges regularly recur in relation to your child, at home, with siblings, with you or your partner, with friends, at school? Go through each one and consider what lagging skills are involved and how you can leverage that challenge for growth and self-discovery:

Recurring Challenging Situation:

What are the lagging skills?

How can I reframe this challenge as an opportunity for growth?

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What are the lagging skills?

How can I reframe this challenge as an opportunity for growth?

MAKE SELF-DISCOVERY A PRIORITY FOR YOU, TOO

Who are your favorite gurus? What kinds of writers or bloggers or podcasters inspire you to reflect? How can you set aside time to do your own self-discovery work?

START NOW

Introduce your child to Carol Dweck's theory of mindset and work together with them to identify where they land on the map of growth versus fixed mindset.

NOTES:

IF IT DOESN'T EXIST, CREATE IT

REFLECTION QUESTIONS

What is one thing I would change right now if I could that would have a positive, tangible effect on my child's immediate experience?

Am I willing to take a risk and/or get uncomfortable to help my child be fully seen and embraced?

What is the biggest hurdle I need to overcome when it comes to embracing my brave self?

GET INSPIRED

Make inspiration a part of your daily routine. How / where can you get your daily inspirational fix? Make a list of your go-to sources:

CREATE YOUR OWN CHEERING SQUAD

How can you actively surround yourself with people who not only inspire you, but wholeheartedly believe in you and will cheer you on as you do the brave work of creating the circumstances, opportunities, and life that will allow your kids to thrive? Describe your cheering squad here:

START SOMEWHERE, START NOW

What small change can you make today to start creating more of that ideal world in your life for tomorrow and beyond?

START NOW

Boldly answer this question: *What would I create in support of my child if I knew I would succeed? What is one step I can take toward making that vision a reality?*

NOTES:
