



Differently Wired 7-Day Challenge



Workbook



Day 1: Become an Expert at Breathing

Your TILT Challenge:

Commit to taking a breath, counting to five, and slowly exhaling when you're in a tough situation with your child at least one time each day. Repeat every day.

→ **My reflections / observations:**

Day 2: Set a Daily Parenting Intention

Your TILT Challenge:

Set a daily intention for how you want to show up in your relationship with your child. Then, before you go to bed, reflect on your intention and see how you did. Repeat every day.

→ **My intention for today:**

→ **My evening reflection:**



Day 3: Proactively Practice Self-Care

Your TiLT Challenge:

Commit to doing at least one intentional self-care act today. Repeat every day.

→ **Brainstorm** 5-10 ideas for your daily self-care, and identify at least one to do today:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Day 4: Look for One Bright Spot Every Day

Your TiLT Challenge:

Recognize at least one bright spot and capture it in some way (writing, photograph, tell a friend, etc.). Repeat every day.

→ **Today's bright spot:**



Day 5: Memorize the Phrase: S/he would do better if s/he could

Your TiLT Challenge:

Commit this phrase — s/he would do better if s/he could — to memory. Write it down somewhere, take it to heart, and recall it in a difficult moment.

→ **My reflections / observations:**

Day 6: Explore the Question: What am I making this mean?

Your TiLT Challenge:

The next time you're emotionally triggered by your child, explore and answer the question: *What am I making this mean?* Then work it through to shift your feelings (see below).

→ **Step 1:** Briefly describe the situation:

→ **Step 2:** Answer the question: What am I making this mean? (Spend a little time here... It can take some digging to get to the core thoughts/beliefs.)



→ **Step 3:** Dispute and/or challenge the thought you identified above. What evidence can you find that it's actually not 100% true?

→ **Step 4:** Reframe the thought / belief from Step 2 to something more positive and optimistic.

Day 7: Give Yourself a Break & Push the “Reset Button”

Your TiLT Challenge:

Consciously give yourself a break when you have a less than brilliant parenting moment, take responsibility, and push your own virtual reset button.

→ **My plan for pushing the reset button:**