



REFLECTIONS

What Have You Learned? Look back at your 10-day goals and reflect on the challenges and changes you have made. Try not to judge your progress. Recognizing where you haven't made any progress is just as important, and it means you're one step closer to reaching your long-term goals. What have you learned since you began this 10-day course?

1. Do you notice a change in how you see your children and talk about their behavior?

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YES

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NO

☐

SOMEWHAT

2. Have you experienced and increase in tolerance and/or compassion for yourself and your children?

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YES

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NO

☐

SOMEWHAT

3. Are you looking for root causes of behavior and acknowledging feelings and needs before problem-solving with your child?

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YES

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NO

☐

SOMEWHAT

What have you learned?





GOALS FOR MY CHILD

Who Do I Want My Child to Become? Conscious communication doesn't eliminate all conflict. You might still get angry or feel impatient with your kids sometimes. Remembering who you want your child to become can serve as a reminder of the long-term goals you set at the beginning of this challenge.

In the boxes below, list the goals you have for your child and any strategies you've learned. What qualities do you hope to see in your kids as they mature? Hang the list in view to help you stay on track and model the behaviors you wish to see one day.

Goal



Strategies

Goal



Strategies

Goal



Strategies

