01 Responsibility

Owning your choices

Date _____ Child _____

IN BRIEF

- Responsibility is ownership of your own choices, not guilt over other people's.
- Let the admission stand alone before the explanation comes: Stop at the first period.
- Give tasks that matter, and let the consequences do the teaching.

THE QUESTION

> *Which task in your home is your child's, completely and entirely?*

THIS WEEK'S SENTENCE Say It Like This

> "Stop at the first period."

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

02 Self-Discipline

Steering yourself, even when no one is watching

Date _____ Child _____

IN BRIEF

- Self-discipline is technique, not inborn willpower.
- Move the temptation before the fight begins.
- Zones and routines work better than lectures.

THE QUESTION

> *Which fight in your home could have been won before it began?*

THIS WEEK'S SENTENCE Say It Like This

> "Put it in the drawer."

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

03 Perseverance

Keeping going, even when it's boring

Date _____ Child _____

IN BRIEF

- Every child can start. Character shows on day 17.
- There's always a dip coming. Say so before it arrives.
- You stop at a stopping point, not on a mood.

THE QUESTION

> *What will you say the next time your child hits the dip?*

THIS WEEK'S SENTENCE Say It Like This

> "You're in the dip now. That's completely normal. And there's only one way out: through."

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

04 Courage

Doing the right thing, even when it costs you

Date _____ Child _____

IN BRIEF

- Courage is acting in spite of the fear, not without it.
- Every loving rescue teaches the child that they couldn't do it themselves.
- The formula: "I can see you're nervous, and I know you can do it."

THE QUESTION

> *What do you rescue your child from that they could handle themselves?*

THIS WEEK'S SENTENCE Say It Like This

> "I can see you're nervous, and I know you can do it."

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

05 Integrity

Being the same person, no matter who's watching

Date _____ Child _____

IN BRIEF

- Integrity is doing the right thing when you could get away with not doing it.
- Make the truth the cheapest place to live.
- The one who owns up gets credit for it, every time; the consequence still has to fit what happened.

THE QUESTION

> *What does it cost to tell the truth in your home?*

THIS WEEK'S SENTENCE Say It Like This

> "Thank you for telling me yourself. That takes something."

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

06 Empathy

Feeling others without losing yourself

Date _____ Child _____

IN BRIEF

- Empathy is noticing another person, and doing something about it.
- We've taught children to feel inward. Now they need to learn to feel outward.
- You can help without carrying the other person's feeling.

THE QUESTION

> *When did you last see your child notice another person, and do something about it?*

THIS WEEK'S SENTENCE Say It Like This

> "What do you think he felt?"

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

07 Curiosity

Wanting to understand before you judge

Date _____ Child _____

IN BRIEF

Curiosity is the door every subject has to come in through.

Your child doesn't need you to know all the answers. They need you not to close the door.

The best answer is also the cheapest: "I don't know. What do you think?"

THE QUESTION

When did you last answer "that's just how it is," and what was the question?

THIS WEEK'S SENTENCE Say It Like This

"I don't know. What do you think?"

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

08 Gratitude

Seeing everything that's already good

Date _____ Child _____

IN BRIEF

- Gratitude is an attention skill, not a politeness phrase.
- It's trained with one question at the dinner table: "What was good today?"
- It must never be used as an answer to a child's frustration.

THE QUESTION

> *What was good today, for you?*

THIS WEEK'S SENTENCE Say It Like This

> "What was good today?"

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

09 Humor and Lightness

Laughing in the middle of the hard stuff

Date _____ Child _____

IN BRIEF

> Humor is the ability to see proportions. Lightness is the ability not to sink.
>
> We don't laugh at other people. We laugh with other people.
>
> Healthy humor comes after the feeling has been met, never instead of it.

THE QUESTION

> *What do you laugh at today that wasn't funny at all when it happened?*

THIS WEEK'S SENTENCE Say It Like This

> "That was hard. AND in three years we'll laugh about it."

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME

10 Hope and Optimism

Believing it pays to keep going

Date _____ Child _____

IN BRIEF

Hope isn't that everything will turn out fine. It's that something can, and that you can do something about it.

Hope is made of a goal, a pathway, and the belief that you can walk it yourself.

Two questions: "Is this forever, or is it for now?" and "What's your next step?"

THE QUESTION

How did you explain your most recent defeat while your child was listening?

THIS WEEK'S SENTENCE Say It Like This

"Is this forever, or is it for now?"

TOMORROW'S EXPERIMENT

WHEN WE TRIED IT Check a box each time you try, even if it was hard.

Date ☐ Date ☐ Date ☐ Date ☐

WHAT I NOTICED

WHAT WE'LL REPEAT OR CHANGE NEXT TIME