



Thank you for downloading the journal pages that go with Get Set to Thrive!

These pages each have an email that will be sent to you to explain the page and help you discover key mindset shifts for thriving as a parent.

Look for the emails with [Get Set to Thrive] once a day the next few days.

I'm excited to hear how these ideas help your family become more calm and connected! You are welcome to share this class with anyone whom you think would benefit. They can sign up easily on Bounceback Parenting.

~

Always Learning,

Alissa

Get Set to Thrive – Your Why (Day 1)

What does a thriving relationship with your kids mean to you? Use the following questions to get inspired and come up with what it means to you to thrive. Brainstorm and jot some notes.

If we had a thriving relationship, my kids would feel (Possible answers might include feelings like: *loved, able to be themselves, more calm, connected, able to talk with me...*use words that resonate with you.):

If I had a thriving relationship with my kids, I'd feel (*confident, like I was doing a good job, calm, like a good leader to them, connected, less worried ...*again, think about what a thriving relationship means to YOU):

Time travel - fast forward 20 years in the future. What would you like your kids to remember about their childhood? What are some things you did together? What are some things that they enjoy looking back on? What really mattered? Write down 5 (or more) things:

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Get Set to Thrive – Compassionate Reality Check (Day 2)

**Remember there's an email that goes with this page, look for [Get Set to Thrive] The "perfect family" in your inbox.*

The Perfect Family is different than I thought it would be...

In our current social media filled age we can see so much possibility - it's intoxicating to have so many options, so many things to try! We start to imagine each of these possibilities is something we need to make our life better.

But quickly all of the things we want to do can become suffocating, exhausting, overwhelming - a land of "shoulds" and dissatisfaction. Instead of seeing the unique wonder that exists in our own quirky kids and family, we compare ourselves to what we think the perfect family does, and we're dismayed at what we see. Our imaginings and preconceived notions of family get trampled and tattered with the realities of parenting.

It's time for a reality check.

Start by giving yourself some compassion. It can be painful to realize that parenting is not the way you hoped it would be, or that you're in a different place right now than you'd like to be. You can feel that grief.

Also know: your family life can be fulfilling and lovely even when it looks nothing like the way you imagined. Let's have a reality check and get clear on what really is happening right now, so you can move forward from here.

As you lay out your current reality you'll want to be thinking: *What matters most to me?* Look for moments with people you care about, heartfelt values you want to teach, basic needs of your family - put your energy there. Give yourself permission to let go of some the the things you've been envisioning to make room for what's happening now, and to make room for what matters most to you.

When we cling to too many possibilities, we can't enjoy what is.

Get Set to Thrive – Compassionate Reality Check (Day 2)

Reality Check Journal Prompts: Use these to write, think or discuss

Looking back: How did you think it would be to have kids? What shocked you? What made you sad? What joyfully surprised you? Take a moment to acknowledge how much it takes to let go of how you thought it would be. Sometimes we need to grieve a little to be able to accept and celebrate what we have.

Reality check: Ok, what's going on right now in your unique family? What's difficult, unusual or hard to explain to others? Any life transitions like a birth, death, moving or job changes making now feel tumultuous? Are your kids going through new growth stages? Are you? Get clear on what's happening right now. This lets you get perspective, stop comparing and see more clearly.

Stop SHOULDING on yourself!

Instead of I Should, try:

I could...

I might...

I'm choosing to...

One option is...

One idea is...

A possibility is...

I'm working on...

A path I could take is...

I'm thinking about...

I wonder if...would help?

In the future I'd like to...

When we're ready I could...

I'm going to make a note so I remember to...

At some point maybe I'll...

I'll consider...

Remember:

You're always learning.

You are empowered to change.

It takes wisdom and strength to discard what doesn't work for you or your family and make new choices.