



1. Shifting our Focus—it is All About You!

The greatest thing we can do for our kids is learn to focus on ourselves.

Our biggest enemy as parents is our own emotional reactivity.

SHIFT: Don't worry so much about their behavior, worry more about our own.

- ✿ How do I want to behave when my kids misbehave?

- ✿ Have you been focusing too much energy on trying to control your kids? How could you be more successful at trying to control your behavior rather than others' behavior?

- ✿ Look at the most common power struggles you face and ask yourself if you are trying to be in control.

- ✿ How do you normally react when your kids push your buttons? Do you feel guilty afterwards?

Action Step

What can you do today to help you focus on you, your actions, and your part of the pattern of behavior? What will be your reminder to keep the focus on you?

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