

ACTIONABLE TIPS



Next time your kids break something, mess something up, do something you don't like, do this:

**PAUSE & NOTICE**

Awareness is a powerful tool to help us work through negative experiences or emotions. The pause between an incident and your reaction gives you more control over how you think and behave.

**IDENTIFY THE FEAR**

Find the fear-based thoughts and challenge yourself to find a love-based thought. Notice the emotional and mental shift when you do this.

**REPEAT & MASTER**

Repeat steps one and two until love becomes your automatic response to your kids' mess ups. Eventually this will help in all aspects of your life..