

Masterclass:

RAISE YOUR
STRONG-WILLED
CHILD WITHOUT
REGRETS



CONFIDENT & *Connected*

HOW YOU RAISE YOUR STRONG- WILLED CHILD TODAY MATTERS... (VIDEO #2)

If you could wave a magic wand on your household and change anything you'd like, what would you change? Less yelling? Fewer power struggles?

No more guilt at the end of the day? Fewer emotional meltdowns/outbursts? More patience? ect.

Why is your child's emotional health and self-esteem important to you?
Have your parenting approaches up until now nurtured this priority?

Describe in detail the type of relationship (qualities and adjectives) you want to have with your spirited child/ren in the future.



Have you prioritized finding and growing your child's strengths? What changes might you see, if you were to focus more on their positive attributes and behaviors?

How would your life look different if you had an unbreakable close bond with your child and rock-solid confidence in your approach to parenting and discipline?

What would look different in day-to-day life (be specific!)?

What new opportunities might open up?



THE BIGGEST STEP TOWARD MORE COOPERATION AND LESS CONFLICT WITH YOUR SWC... (VIDEO #3)

What unhelpful thought/s about your child or parenting, commonly pop into your head when frustrated or overwhelmed during the day?

Is this a logical thought that can be proven by fact or evidence?
Does it align with research on child development and psychology (if you don't know take a quick minute to research it) ?

Are these thought/s helpful for you and or your child? Why or why not?
(Think: how do I feel and then act after these thoughts?)

What is another more helpful thought/s I can replace this thought/s with?



7 STEPS TO CONFIDENCE AND CONNECTION... (VIDEO #4)

Which of the 7 steps discussed in the video do you currently view as your biggest strength? Which do you view as your biggest weakness?

How might understanding WHY your child acts the way they do help you to respond in a more effective/helpful way?

A step/s I will commit to reading and researching more on is...

What are your biggest questions about disciplining (teaching) y our child?
Is what you're doing currently working to significantly and consistently decrease negative behaviors without nagging, yelling, and threatening?



Notes and Goals:

Growth happens with intention AND effort. #getthoseneuronsflowing
What are 3 goals you have to bring more confidence & connection to your
home in the next 4 weeks?

*(reading a parenting book, researching social and emotional child development for
your child's current age/stage, trying meditation, connect more with child ect)*

