Workbook Answers

DAY ONE: Common Mistakes We Make That Stunt Our Kids Growth and Sabotages Their Independence

5 Ways Well-Meaning Parents Sabotage Their Tween or Teens' Growth

1. **Controlling behavior**
2. **Fixing and rescuing**
3. **We get in the way of them experiencing natural consequences**
4. **We tend to focus more on the negative behavior and problems**
5. **We fortune tell**

The Cost: 5 Potential Negative Consequences of Enabling

Studies show that:

1. **They don't enjoy school as much and don't do as well academically**
2. **They are less successful solving problems and lack perseverance and grit when faced with a challenge**
3. **Kids with parents who are jumping in and attempting to manage or control things don't have as good of a relationship with their parents**
4. **When we overdo for our kids we get in the way of them developing the problem solving skills that they need**
5. **When we hover and over-do we wind up sending our kids a message that we don't believe that they are capable**

Why We Struggle To Step Back

- **We believe it's a loving thing to do**
- **Fear and anxiety about what might happen if we step back**
- **We measure our worth, value and success based on our kids' choices and performance**
- **We have our own agenda**

3 Questions To Ask Yourself To Discern When To Step In And When To Step Back

1. **Am I hurting them or helping them especially in the long run?**
2. **Is this more about me?**
3. **Is this something that I can control?**

DAY TWO: How To Stop Enabling And Empower Them Instead

3 Things You Need To Know About Reasonable And Unreasonable Expectations

1. **Understand where they are developmentally**
2. **In order to have reasonable expectations you need to focus on skills they need to learn and how they are uniquely wired**
3. **Remember they are works in progress just like us**

7 Keys To Motivate and Empower Your Tween or Teen

1. **Your #1 Superpower Motivator is your relationship with your kids**
2. **Provide them with positive control**
3. **Give him more freedom to succeed and fail without you taking credit for either**
4. **Believe in them** (that they are capable)
5. **Seek and Seize Opportunities**
6. **Shift your focus from the negative to what they need**
7. **Ask empowering questions**

3 Mistakes We Make When It Comes To School, Homework and Other Responsibilities

1. **We give external rewards and punishments**
2. **We over-care (we care more than they do so they don't have to)**
3. **You believe it's your job to motivate your kid**

5 Effective Ways Wo Support Your Tween/Teen When It Comes To School, Homework And Other Responsibilities

1. **Focus on what's happening in the moment**
2. **Focus on effort**
3. **Provide them with strategies**
4. **Be curious about why they are struggling and focus instead on what he/she needs**
5. **Support them with reasonable expectations and consequences (and include them in the process)**

DAY THREE: How To Foster Independence: Build Confidence, Inner Strength and Perseverance

The Thrive Formula =

Studies show that in order to thrive your kids need:

Inner Strength + Perseverance = (build their) Confidence and the tools they need to be independent and successful

What Self-Confidence Is Not

Self-Confidence Is Not Self-Esteem.

Many of us grew up in the self-esteem movement of the 80's and 90's where every kid got a trophy and no kid should be meant to feel badly.

Parents were encouraged to smooth over every bump, solve any problem, and never, ever let them fail.

While the intention was good we are experiencing the ramifications. Most parents view self-esteem as the flight path to happiness and success, so we constantly tell kids: "Believe in yourself," "You're special," and "You can be anything you want."

But our well-intended efforts are reaping dismal returns.

Today's kids are more depressed and anxious than any previous generation, and they are more self-absorbed and lack real meaning and a sense of purpose.

On the flip side, kids who have parents that were invested in knowing them, listening to their feelings and what they wanted for their lives and who they want to be and that they can affect their destiny were the ones who thrived.

And the kids who recognized what they do well, they're motivated to use those strengths again and again.

5 Ways To Support Your Kids To Develop Inner Strength and Self-Confidence

1. **Help them to develop a strong sense of self**
2. **Unleash yourself (and them) from your preset agenda and respect them for who they are**

3. **Focus on strengths to compensate for weaknesses**
4. **Go to school on their strengths**
5. **Find what gives them meaning and purpose**

<u>3 Things Your Tween/Teen Needs To Become Independent and Successful</u>

1. **Give them ownership of their lives**
2. **Make room for them to make mistakes, learn and grow**
3. **Allow them to take healthy risks (and look for opportunities)**