WORKBOOK

THE COST OF DEPENDENCE. ARE YOU SUBCONSCIOUSLY SABOTAGING YOUR TEEN?



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momsoftweensandteens

DAY 1: Common Mistakes We Make That Stunts Their Growth And Sabotages Their Independence

REFLECTIVE QUESTIONS:

What is one (or two or three) parenting struggle(s)/challenge(s) are you having?

What makes it challenging for you?

What is going well with your tween or teen?

When it comes to the challenge(s) you are having, what have you tried that's worked?

What hasn't worked?

What would you like to get out of this 3-day training?

DAY 1: Common Mistakes We Make That Stunts Their Growth And Sabotages Their Independence

Overview:

Definition of Enabling:

DAY 1: Common Mistakes We Make That Stunts Their Growth And Sabotages Their Independence

5 Common Ways We Can Stunt Our Kids Growth:

1.

2.

3.

4.

5.

Notes:

DAY 1: Common Mistakes We Make That Stunts Their Growth And Sabotages Their Independence

The Cost: 10 Potential Negative Consequences of Enabling

DAY 1: Common Mistakes We Make That Stunts Their Growth And Sabotages Their Independence

Why We Struggle To Let Go:

DAY 1: Common Mistakes We Make That Stunts Their Growth And Sabotages Their Independence

3 Questions To Ask Yourself To Discern When You Need To Step In And When To Step Back:

1.

2.

3.

Write Your Question Or Action Step Here:

DAY 2: How To Stop Enabling And Empower Them Instead

3 Things You Need To Know About Realistic And Reasonable Expectations:

1.

2.

3.

Realistic and Reasonable Expectations:

DAY 2: How To Stop Enabling And Empower Them Instead

7 Ways To Motivate And Empower Your Tween/Teen:

1.

2.

3.

4.

5.

6.

7.

What tasks can you tween/teen begin doing on their own?

DAY 2: How To Stop Enabling And Empower Them Instead

Common Mistakes Parents Make When I Comes To School, Homework And Other Responsibilities

1.

2.

3.

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

1.

2.

3.

4.

5.

DAY 2: How To Stop Enabling And Empower Them Instead

Notes:

DAY 3: How To Foster Independence: Build Confidence, Inner Strength and Perseverance

REFLECTIVE QUESTIONS:

After reflecting on yesterday's teaching, what are some proactive steps you will take to empower your tween/teen?

Where might you step back and allow them to be more responsible and experience freedom to succeed or fail on their own—without having to give you credit?

What might be one or two benefits of stepping back a bit?

How might you support them?

What is an empowering question you might ask?

DAY 3: How To Foster Independence: Build Confidence, Inner Strength and Perseverance

The Thrive Formula...

Notes:

DAY 3: How To Foster Independence: Build Confidence, Inner Strength and Perseverance

What Self-Confidence Is Not:

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

1.

2.

3.

4.

5.

DAY 3: How To Foster Independence: Build Confidence, Inner Strength and Perseverance

Notes:

3 Things Your Tween/Teen Needs To Become Independent and Successful:

1.

2.

3.

DAY 3: How To Foster Independence:
Build Confidence, Inner Strength and Perseverance

Write Next Steps Here:

Outcome You Want:

How You Will Implement:

Takeaways:

THANK YOU FOR JOINING US!

I'm so grateful for YOU and that you would take the time out of your busy schedule to spend your time with me and the other moms. This speaks to how much you care about your kids and taking care of yourself!

I'd love to hear your feedback or how I can better support you. Please email me at sheryl@momsoftweensandteens.com.

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ROOTING FOR YOU!
WITH TONS OF LOVE,
XOSHERYL

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