

# *7 Days to Less Chaos*

WORKSHOP

## *Part 5*

# **YOUR FAMILY SUCCESS PLAN**

CALM *the* CHAOS

# JOURNEY ROADMAP



**RIDE THE  
STORM**



**BOOST  
TIME &  
ENERGY**



**DIFFUSE  
IN THE  
MOMENT**



**GET AHEAD  
OF  
STRUGGLES**



**BUILD A  
FAMILY  
TEAM**



**ADVOCATE:  
GET  
OTHERS  
ON BOARD**



**CONQUER  
AND  
THRIVE**

# JOURNEY ROADMAP

## RIDE THE STORM

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**

## BOOST TIME & ENERGY

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**

## DIFFUSE IN THE MOMENT

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**

## GET AHEAD OF STRUGGLES

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**



# JOURNEY ROADMAP

## BUILD A FAMILY TEAM

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**

## ADVOCATE: GET OTHERS ON BOARD

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**

## CONQUER & THRIVE

**YOU:**

**CONNECT:**

**UNDERSTAND:**

**EMPOWER:**



# WHICH STAGE?

START HERE

ARE YOU ADDING TO THE CHAOS?

YES

NO

RIDE THE STORM

DO YOU HAVE ENOUGH TIME AND ENERGY TO GET THROUGH YOUR DAY?

NO

YES

BOOST TIME AND ENERGY

DO YOU KNOW WHAT TO SAY AND DO IN THE MOMENT TO CALM THE SITUATION?

NO

YES

DIFFUSE IN THE MOMENT

CAN YOU AVOID THE BEHAVIOR BEFORE IT BEGINS?

NO

YES

GET AHEAD OF STRUGGLES

DO YOU HAVE SYSTEMS SO YOUR FAMILY "JUST WORKS"?

NO

YES

BUILD A FAMILY TEAM

CAN YOU AND YOUR CHILD ADVOCATE FOR YOUR WANTS AND NEEDS?

NO

YES

ADVOCATE: GET OTHERS ON BOARD

CONQUER & THRIVE

I KNOW WHERE I AM ON THE JOURNEY TO HAVING A FAMILY THAT JUST WORKS

CALM the CHAOS

**#MYSTAGE**  
TAKE THE QUIZ TO FIND YOUR STAGE & POST IN THE COMMUNITY.  
SUBMIT YOUR ACTION STEPS FOR A CHANCE TO WIN SOME PRIZES!