

7 Days to Less Chaos

WORKSHOP

Part 1

HOW TO CALM THE CHAOS

Simplify Your Parenting

CALM *the* CHAOS

you **CUE** AT A GLANCE

UNDERSTAND

What do you do to understand your child?

Understanding is simply seeing..

CONNECT

What do you do to connect?

Connection really is about...

EMPOWER

What tools do you use to empower your child?

More than this, empowering is...

Caring for you is really ...

YOU

#STARTINGPOINT

TAKE THE LIFE
ASSESSMENT ON THE
DASHBOARD
AND POST YOUR RESULTS
IN THE COMMUNITY

CALM the CHAOS



CALM *the* CHAOS™

LIFE ASSESSMENT

YOU

The "You" section is about helping you stay calm and confident no matter how bad things get. Instead of getting stressed, overwhelmed, or hopeless, you'll know deep down that "I got this."

This is critical. In order to help your child get calm, you must try not to add your chaos to the situation. But you can't just will yourself to be calm. You have to have a plan in place.

1 Are you able to see all behavior as communication?

Yes ☐ No ☐

2 Do you know how to swap your thoughts when you are feeling worried, overwhelmed or frustrated?

Yes ☐ No ☐

3 Do you take time to recognize when things go right (ie. gratitude journals, small celebrations and/or shouts of joy)?

Yes ☐ No ☐

4 Are you able to Stop, Breath and Anchor so you can remain calm in the moment?

Yes ☐ No ☐

5 Do you take at least 5 minutes a day, every day, to focus on your own needs?

Yes ☐ No ☐

CALM *the* **CHAOS**

YOU

6

Do you know what recharges your batteries and actively make time to do it?

Yes ☐ No ☐

7

Do you have a career or project you're passionate about?

Yes ☐ No ☐

Add 1 Point for Every YES

Score: _____

If you didn't score a 5, that's ok. That just means you've got room to improve and we have the tools to help you.

If you've scored a 5 or higher in the "You" section, Congratulations! You're creating a strong foundation to fall back on when things get really hard. We'll show you how to use that energy and calm in order to calm the chaos in your home as well.

I want to remind you that with Calm the Chaos, I'm in your corner now and you've got an army of people behind you. So even if you scored 0, there is hope.

Like Ashlee, who, when she started, described herself as in complete survival mode. Once she started using the You-CUE framework, she instantly gained a support system, had room to pick back up her hobbies and even stopped smoking and drinking because she was no longer "needing" these things to cope with the stress.

In Calm the Chaos, we help you get out of survival mode and put YOU back on the to do list!

CALM *the* **CHAOS**

CONNECT

The "Connect" section is about building strong relationships within your family where everyone feels seen, heard and valued. Connection is not just about spending time together, but about making sure we all feel safe to be who we are, even in our worst moments. Ensuring everyone has a voice so that you can work together as a team.

Connection is the key to getting buy-in from the whole family so you are not spending energy fighting against the people who should be your biggest supporters.

1

Do you check your body language and tone of voice before interacting with your kid?

Yes ☐ No ☐

2

Do you have daily positive interactions with each of your family members? (in a ratio of 5 positive to 1 negative)?

Yes ☐ No ☐

3

Do you try to make time to connect and have fun with your kids regularly?

Yes ☐ No ☐

4

Do you make time with other important adult(s) in your child's life for them to connect?

Yes ☐ No ☐

5

Do you connect and discuss family decisions as a family before they are set in stone?

Yes ☐ No ☐

CALM *the* CHAOS

CONNECT

6

Is your child's opinion heard and given weight when making decisions?

Yes ☐ No ☐

7

Are you able to describe your child in a positive way even when they're getting on your last nerve?

Yes ☐ No ☐

8

Do you recognize the positive flip side of your child's struggles?

Yes ☐ No ☐

Add 1 Point for Every YES

Score: _____

If you scored less than 5, that's OK. There are tiny, simple things you can do to increase connection quickly and easily. We build connection into everything we do.

If you have a score of 5 or higher in "Connect," Congratulations! Your family has started to build the supports for a really successful future. We'll even show you how you can connect in your child's (and your) worst moments.

And if you scored 0, all is not lost. You're going to see IMMEDIATE and DRASTIC improvement. Implementing this piece can help prevent a lot of violent, destructive behaviors. We've seen it over and over again with our students.

Like Jess Flynn, for example. Before she learned how to connect with her son, it was hard just to get through a day together. He was so violent, the thought of him touching her made her flinch. Now, their favorite thing is to run around the house having tickle fights.

Because of Calm the Chaos, Jess has found her happy place with her son, and you can, too.

CALM the CHAOS

UNDERSTAND

The "Understand" section is about figuring out WHY a behavior is happening.

This is one that a lot of people struggle with. You can't change a reaction if you don't know why it's happening. If you can really understand what the root cause of your kid's meltdown (or outburst, or shut-down, or ...) you can learn to see them coming, how to quickly solve them, or even how to avoid them entirely.

1 Do you believe that all behavior is communication?

Yes ☐ No ☐

2 Do you know what your child's behavior is trying to tell you?

Yes ☐ No ☐

3 Do you know how to calm down your child in the moment when they are having a meltdown, outburst, or frustrating behavior?

Yes ☐ No ☐

4 Do you know how your child responds when they are stressed, worried, excited or afraid? (Is it Fight, Flight or Freeze)

Yes ☐ No ☐

5 Do you know what causes your child's most challenging behavior?

Yes ☐ No ☐

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UNDERSTAND

6

Have you noticed a clue that lets you PREDICT your child's outbursts, tantrums and meltdowns?

Yes ☐ No ☐

7

Do you have a plan that helps prevent your family's biggest chaos causer?

Yes ☐ No ☐

8

Do you know each family member's sensory preferences?

Yes ☐ No ☐

Add 1 Point for Every YES

Score: _____

If you scored lower than 5, don't worry. That is normal. This is where most people get stuck. Luckily we have tools like the Behavior Funnel[®] and Behavior Spiral[®] to finally take the guesswork out of it and you'll have the support of coaches and the team to help you decode the behavior.

If you scored a 5 or higher on Understanding, that's amazing. You have a good handle on the why, and I'm excited to dive deeper with you, on how you can solve the struggles.

Even if you scored a zero, don't worry. We've got you. We will help you get to the bottom of it, step by step. Just like Sonja Martin did.

Sonja, a professional mental health therapist and neuropsychologist, who thought she knew exactly what was wrong with her son. And yet, he was still falling apart. The You-CUE framework gave her a systematic way to help her discover the missing pieces she needed.

Every kid is different, but Calm the Chaos will help you spot, identify, and understand the unique causes and triggers of your kiddo's behaviors, so you can stop them before they start.

CALM the CHAOS

EMPOWER

The final section is the "Empower" section. This is about incorporating and celebrating your kiddo's unique personality, so they actually want to solve these problems on their own. It's about developing the skills to be an independent and productive adult.

Because you can give your kid all the tools in the world and make all the routines you want. But if the kids aren't part of the plan and the solutions ... it won't matter.

1

Do you let your children have a voice in decision making for the family? (ie. dinner options, vacation ideas, family outings, movies to watch)

Yes ☐ No ☐

2

Do you include your children in the creation of family rules, values and routines?

Yes ☐ No ☐

3

Do your family members come together to talk through and solve problems?

Yes ☐ No ☐

4

Can your child recognize their own strengths and weaknesses?

Yes ☐ No ☐

5

Does your child recognize what upsets them, sets them off or sends them into a spiral?

Yes ☐ No ☐

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EMPOWER

6

Does your child know what calms them down when they are upset?

Yes ☐ No ☐

7

Does your child know how to speak up for their needs and wants in a way so that others will listen?

Yes ☐ No ☐

8

Does your child solve a conflict without you?

Yes ☐ No ☐

Add 1 Point for Every YES

Score: _____

If you scored a 5 or higher in this section, you're doing great. Keep going.

If you scored lower than 5, don't worry at all. What's great about this step is it happens automatically. Kids are like little sponges. So when you follow the You-CUE framework they pick it up.

If you scored a 0, it's ok. This is a hard one to start, but easy to keep rolling. Just ask Tamara Morgan.

Tamara and her daughter Hannah hadn't had a conversation that didn't end in a screaming argument in months. Tamara just didn't trust Hannah to do anything on her own, and Hannah wouldn't do anything Tamara told her to do. And all the books, programs, and Pinterest suggestions weren't helping. Since using the framework, Tamara and Hannah have become a seriously dynamic duo, working together happily in just about every aspect of life.

It sounds like magic, but it's not. It's the result of the You-CUE Framework.

CALM *the* CHAOS

NEXT STEP

Share your scores using #You-CUEScore in the 7 Days to Less Chaos Facebook Group [here](#).

No matter what scores you got, it's okay. This is simply about helping you become aware of the missing pieces that have kept you struggling.

Over the next week, you'll learn to fill those gaps using the YOU-CUE framework. So you can calm challenging behaviors while creating a family that empowers each other, advocates for each other, and enjoys each other. You'll even have a chance to talk with our coaches directly to get help on your specific struggles. So you can create the family you've always wanted faster than you thought possible.

Go share your scores now and we'll see you tomorrow!



CALM *the* CHAOS

MY VISION

WHAT DO I HOPE FOR, FOR MY FAMILY IN 3, 5, 10 YEARS?

WHAT WOULD HAVING A FAMILY THAT "JUST WORKS", MAKE POSSIBLE FOR MY KIDS AND FOR ME?

LIFE ASSESSMENT SCORES

YOU

Score: _____

CONNECT

Score: _____

UNDERSTAND

Score: _____

EMPOWER

Score: _____

I'M COMMITTED TO CREATING A FAMILY
THAT WORKS TOGETHER



TIME & ENERGY BOOSTS & DRAINS

WHAT DRAINS ME?

WHAT BOOSTS ME?

I WILL DELETE THIS DRAIN....

AND REPLACE IT WITH THIS BOOST....

I KNOW WHAT BOOSTS AND DRAINS ME