

# *7 Days to Less Chaos*

WORKSHOP

## *Part 7*

### **3 SECRETS** to Create a Family That Works

CALM *the* CHAOS

# 3 SECRETS

## SECRET #1

GATHERING MORE INFORMATION, ONLY LEADS TO \_\_\_\_\_

THE PROBLEM WITH THIS IS YOU BECOME \_\_\_\_\_

INSTEAD YOU NEED A \_\_\_\_\_ THAT \_\_\_\_\_ WHAT YOU KNOW

## SECRET #2

MOST PEOPLE ASSUME THEY CAN \_\_\_\_\_ AS THEY GO.

THE PROBLEM IS YOU END UP \_\_\_\_\_

AND YOUR BRAIN GOES INTO \_\_\_\_\_

INSTEAD YOU NEED TO \_\_\_\_\_ FOR IT AHEAD \_\_\_\_\_

## SECRET #3

MOST MOMS GO INTO " \_\_\_\_\_ " MODE TO HELP IN THE MOMENT

THE PROBLEM WITH THIS IS THEY \_\_\_\_\_

AND THEY TEACH \_\_\_\_\_ BEFORE THEIR KID \_\_\_\_\_

INSTEAD YOU NEED A \_\_\_\_\_ BY \_\_\_\_\_

# COMMON TRAPS

## TRAP #1

THINKING I NEED 100 \_\_\_\_\_ IS THIS ME? ☐

WHAT I CAN DO INSTEAD:

## TRAP #2

THINKING \_\_\_\_\_ IS THIS ME? ☐

WHAT I CAN DO INSTEAD:

## TRAP #3

BELIEVING I HAVE NO \_\_\_\_\_ IS THIS ME? ☐

WHAT I CAN DO INSTEAD:

## TRAP #4

FALLING BACK INTO \_\_\_\_\_ IS THIS ME? ☐

WHAT I CAN DO INSTEAD:

## TRAP #5

BELIEVING I AM THE \_\_\_\_\_ IS THIS ME? ☐

WHAT I CAN DO INSTEAD:

I CAN AVOID THE 5 TRAPS ☐