

STEP ONE:

Choose

I'M READY FOR A NEW STORY:

MY WHY...

Why have you signed up for this challenge?

I AM COMMITTED TO CHANGE MY STORY:

MY NEW STORY...

What are you choosing for your NEW Story?

NOTES...



CHALLENGE: Post your new story with your introduction in the Facebook group.
BONUS POINTS: Post as a Facebook Live.

STEP TWO: Reflect

HOW LONG I'VE SEARCHED FOR CALM:

I'VE SPENT TIME, ENERGY & MONEY ON MYSELF:

What books, courses, professionals, therapies, solutions have you tried to help your own thoughts, emotions, and patience?

	Did it work? Y/N	Easy? 1-10		Did it work? Y/N	Easy? 1-10
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>

I'VE SPENT TIME, ENERGY & MONEY ON CONNECTION:

What books, courses, professionals, therapies, solutions have you tried to help you or your child connect with others?

	Did it work? Y/N	Easy? 1-10		Did it work? Y/N	Easy? 1-10
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>

I'VE SPENT TIME, ENERGY & MONEY ON UNDERSTANDING:

What books, courses, professionals, therapies, solutions have you tried to help you understand yourself or your child better?

	Did it work? Y/N	Easy? 1-10		Did it work? Y/N	Easy? 1-10
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>

I'VE SPENT TIME, ENERGY & MONEY ON EMPOWERMENT:

What books, courses, professionals, therapies, solutions have you tried to help empower yourself or your child?

	Did it work? Y/N	Easy? 1-10		Did it work? Y/N	Easy? 1-10
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>

I'M READY TO TAKE ACTION:

NOTES...



CHALLENGE: Post your reflection and your commitment to take Action in the group
BONUS: Comment on 2 other people's posts for support.

STEP THREE: *Redefine*

I HAVE FALLEN INTO OLD WAY IN THE PAST

What are some examples of Old Way Parenting & Thinking you have used in the past?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTES...

I WANT THE BEST FOR MY CHILD, MY FAMILY & MYSELF

What does being "a good parent" mean to you? What does success look like?

NOTES...

I CAN REDEFINE SUCCESS

Find examples of "Out of the Box" people that grew up to live a "Successful" Out of the Box Life?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTES...

I'M READY FOR AN OUT-OF-THE-BOX LIFE

How confident are you that you need an Out-of-the-box plan?

1	2	3	4	5	6	7	8	9	10
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EXERCISE: Post your commitment to an Out-Of-the-Box Plan in the Facebook group.
BONUS POINTS: Share this on your Facebook Page and Invite Friends to Join In.

STEP FOUR:

Believe

I RECOGNIZE THINGS FEEL HARD RIGHT NOW

What feels hard, challenging, exhausting, or utterly impossible right now for you, your family and your dreams?

NOTES...

I HAVE BEEN THROUGH HARD THINGS IN THE PAST

When in your past have you overcome something that once felt impossible.

NOTES...

I'VE OVERCOME THE "IMPOSSIBLE" BEFORE

How did you overcome hard things in the past? What got you through it?

NOTES...

I CAN DO HARD THINGS!



EXERCISE: Post your #IcandoHardThings in the Facebook group.

BONUS POINTS: Go Live in the Facebook Group and Share Your I CAN DO HARD THINGS STORY

STEP FIVE:

Celebrate

I GET STUCK IN OVERWHELM OVER NOT BEING FAR ENOUGH ALONG

What are some things you believe you or your child SHOULD already be able to do, or complete?

NOTES...

I HAVE MADE PROGRESS

What baby steps have you or your child already taken forward?

NOTES...

I CAN CELEBRATE SMALL WINS

What small wins can you celebrate just from the warm up?

NOTES...

I AM COMMITTED TO FINDING #ONEWINADAY



EXERCISE: Post your first #ctcwin in the Facebook group with #myfirstctcwin.
BONUS POINTS: Commit to posting #onewinaday in the Group.