

### Worksheet for Parenting At Your Best; Without Regrets

- ♥ As you read the book, I'm hoping you flag some pages that have ideas you wanted to consider implementing with your family.
- ♥ Please reference those pages below and select two to three ideas you would like to implement over the next 6 months.
- ♥ Prioritize and describe those ideas here.

Page #	Briefly describe the idea as you understood it from the book.	How will you implement this idea with your family?	What obstacles do you expect? How will you handle those obstacles?	Date to begin implementation ----- Date to share results	<u>Results</u> Did it work? What went well? What did not work well? Will you continue with this practice?

Once you've implemented the above ideas for six months, select 2-3 more ideas from the book and repeat the exercise above.