

CHAPTER 10: HOW TO THRIVE WORKSHEET

Instead of holding your breath and waiting for the next shoe to drop, this worksheet gives you tangible and practical ways to help your daughter thrive. It also helps you move past reactive parenting in order to build a proactive parenting strategy. The How to Thrive Worksheet also serves as a checklist to identify where your daughter has gotten off track. Take thirty minutes and go to a quiet place where you will not be disturbed and start designing a blueprint to make your daughter thrive.

THE FUNDAMENTALS OF GOOD HEALTH: Nutrition, Sleep, and Exercise

In this section we are going to evaluate your daughter's nutrition, sleep patterns, and her exercise routines. After evaluating these fundamentals think of one thing that you can do.

NUTRITION AND HEALTHY EATING

One of the most important ways you can help your daughter thrive is by helping her establish eating habits that keep her in good health and serve her for the rest of her life.

What are your daughter's comfort foods?
What does she tend to binge on?

Does she eat a lot of foods with simple sugars that includes cookies, candy, and ice cream?

What's one thing that you can do?

Does she have healthy eating habits?

Does she start her day with a nutritious breakfast and not skip meals? Does she drink plenty of water, and eat healthy snacks?

What's one thing that you can do?

Does she get the brain fuel she needs?

The glucose she needs to provide energy to her brain should come from complex carbohydrates such as whole grains, nuts, vegetables, and fruits, not from the refined sugars found in sweet snacks.

What's one thing that you can do?

A GOOD NIGHT'S SLEEP

Sleep is absolutely vital for your daughter's good health, as it is for yours. She, however, needs substantially more than you do—and if she's a typical teen, probably gets substantially less.

On average, how much sleep does your daughter get on the weekdays and on the weekends?

Your daughter needs nine to ten hours of sleep for her brain to regenerate and operate at peak efficiency.

If your daughter is not getting at least eight hours of sleep at night, write down why.

Do you see any evidence of sleep deprivation?

What's one thing that you can do?

REGULAR EXERCISE

Like proper nutrition and a good night's sleep, regular exercise is important for your daughter's health. (As it is to yours; you might want to download another copy of this worksheet and fill it out for yourself.)

What does your daughter do for exercise?

This includes team and individual sports, dance, yoga, gym class, in school or out of school activities.

Does your daughter *like* to exercise? If she doesn't, why not?

Does your daughter exercise every day?

Does she get at least thirty minutes of cardio?

What's one thing that you can do?

A FLOURISHING HOME ENVIRONMENT

Making a happy and nurturing home takes a lot of work, especially when there are teenagers in the house. Reducing stresses, instituting a 'no-drama' policy, creating a family intention, and building a supportive atmosphere will help you establish an environment in which your entire family will thrive.

How would you describe the environment in your home?

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One way you can eliminate stress is to have regular downtime with your family.

Do you and your family have consistent downtime? Is it planned?

What are the best moments with your family? Describe these moments.

What's one thing you can do to create more downtime?

What's helps you de-stress and are you doing that on a consistent basis?

Do you have a no-drama policy in place?

If you don't, start with you. Write down what you want for the family. Also write what you will do to calm down and not join in the drama. Next share this with your partner.

ANSWER THESE QUESTIONS TO CREATE YOUR FAMILY INTENTION:

1. What's one word to describe your ideal home?

(Sample responses: peaceful, positive, safe, warm, respectful, fun, loving, connected, playful, organized, relaxing)

2. How would family members treat each other if you had a flourishing home environment?

(Sample response: "They would be encouraging and understanding, rather than yelling or losing their tempers.")

3. What do you want in your ideal home?

(Sample response: "I want to be able to come home from school and relax.")

Now write down your family intention.

ARE YOU A THOUGHTFUL ENCOURAGER?

A supportive atmosphere requires a "thoughtful encourager," a mom who praises efforts rather than the underlying ability, is specific with praise, is sincere, and doesn't overdo it. Write down five positive things about your daughter. Write down where you see any effort or progress.

1. _____

2. _____

3. _____

4. _____

5. _____

A PLACE TO BELONG

Your daughter needs to feel like she belongs, both at home and with her peers.

How do you demonstrate your unconditional love towards your daughter?

What statements validate her feelings?

Statements like the following show your daughter that you understand and validate her feelings: "That must have really hurt," or "That must have been embarrassing." This can be hard for moms. We immediately go to correcting our daughters. It takes a lot of practice to *try* to understand what's going on with your daughter before jumping in and giving your critique. What are validating statements that you can tell your daughter?

Can you help your daughter facilitate teenage “play dates.”

Can you think of a few girls that you can invite over to your house or take shopping? Write down your ideas for teenage “play dates.”

Does your daughter have positive places to belong?

What are they and why are they positive?

What are other possible places for your daughter to belong?

This could be group lessons, sports, and summer camps.

A TEAM OF SUPPORTIVE ADULTS

You are not in this alone. Other adults can and should play an important role in your daughter's life. The more positive influences in her life, the better for her—and for you.

Write out all the supportive adults involved in your daughter's life.

This includes extended family, teachers, and coaches.

Who is not positive or supportive of your daughter?

What negative influence do they have over your daughter?

Where does your daughter need extra support? Who can help?

Does your daughter need professional help?

If your daughter is suffering from severe depression, anxiety, loss, trauma, eating disorders, or drug and alcohol abuse don't hesitate to seek out professional help. Is there anyone you know that can give you a credible referral?
