YOUR PERSONAL ACTION BOOK

The Present Parent

Stay calm in the moments that used to set you off.

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THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30

Family. Used a pause-and-breathe response for two weeks of triggers

Mind. Kept a daily 10-minute decompress ritual for two weeks

DAY 60

Family. Held a daily one-on-one connection moment with each kid for a month

Mind. Said no to or removed at least one commitment

DAY 90

Family. Reacting calmly in most of the moments that used to set me off

Mind. Noticeably calmer on most days

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

FAMILY

Be a calmer, steadier parent

Catch yourself before you snap and respond instead of react.

THE CHALLENGE

I lose my patience with my kids

WHY IT MATTERS

The calm you bring is the emotional climate your kids grow up in.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Used a pause-and-breathe response for two weeks of triggers.
Month 2–3	Turn the routine into a result you can point to, working toward: Reacting calmly in most of the moments that used to set me off.

MILESTONES

- **DAY 30** Used a pause-and-breathe response for two weeks of triggers
- **DAY 60** Held a daily one-on-one connection moment with each kid for a month
- **DAY 90** Reacting calmly in most of the moments that used to set me off

KEYSTONE HABITS

Pause before reacting

When I feel my patience snap, I will take one slow breath before I respond.

Daily connection moment

After school or before bed, I will give each kid a few minutes of full attention.

Repair after a rupture

After I lose my temper, I will circle back and reconnect calmly.

YOUR FIRST ACTIONS

- [ ] **Name your triggers**
  Notice the moments that reliably set you off so you can see them coming.

- [ ] **Pick one calm response**
  Decide in advance what you'll do instead of yelling — a breath, a step back.

- [ ] **Protect your own basics**
  Guard sleep and a short break so you're not parenting on empty.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Pause before reacting

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Daily connection moment

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Repair after a rupture

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IF-THEN PLAN

When I feel the anger rising, **then** I take one breath and lower my voice instead of raising it.

When I feel guilty after snapping, **then** I repair with my kid and move on instead of spiraling.

When I don't know what to do instead, **then** I get down to their level and name what they're feeling.

MIND

Lower the daily stress load

Build small recovery rituals so stress stops running the day.

THE CHALLENGE

Constantly stressed and overwhelmed

WHY IT MATTERS

A calmer baseline makes every decision and relationship easier.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Kept a daily 10-minute decompress ritual for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Noticeably calmer on most days.

MILESTONES

- DAY 30 — Kept a daily 10-minute decompress ritual for two weeks
- DAY 60 — Said no to or removed at least one commitment
- DAY 90 — Noticeably calmer on most days

KEYSTONE HABITS

Daily decompress

When I close my laptop for the day, I will take 10 minutes to decompress.

Breathing reset

When I feel my chest tighten, I will take five slow breaths.

YOUR FIRST ACTIONS

- [ ] **Pick a shutdown ritual**
  Choose a short fixed sequence that signals the workday is over.
- [ ] **Audit your commitments**
  List everything you've said yes to and pick one to drop.

- [ ] **Schedule real downtime**
  Block a recurring window that is purely for rest, not errands.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Daily decompress

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Breathing reset

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IF-THEN PLAN

When I keep checking messages**, then** I put my phone in another room during downtime.

When I'm tempted to say yes**, then** I say 'let me check and get back to you' instead of yes.

When stress builds with nowhere to go**, then** I take a 10-minute walk before reacting.