

YOUR PERSONAL ACTION BOOK

# The Present Parent

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



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# 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?

# 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**

**Daily connection moment**

**Repair after a rupture**

**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.

# 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**

**Breathing reset**

**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.