

# Good Inside

by Becky Kennedy

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- <sup>01</sup> **Use the good-inside pause**

Before responding, silently name the frame: 'This is a good kid having a hard time.' Let that sentence change your face, tone, and first words.

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- <sup>02</sup> **Connect before the limit**

Lead with one sentence of seeing: 'You really wanted that.' Then hold the line: 'The answer is still no.' Do not skip either half.

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- <sup>03</sup> **Practice two-things-are-true scripts**

Write three scripts that pair validation with a boundary, such as: 'You can be mad, and I will not let you hit.' Keep them visible.

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- <sup>04</sup> **Run a repair within ten minutes**

After you snap, return quickly: 'I yelled. That was my job to manage. You did not deserve that. I love you and I am working on it.'

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- <sup>05</sup> **Build your sturdy-leader reset**

Choose one body cue that calms you before teaching: feet on floor, hand on chest, slower exhale, or stepping away for sixty seconds.

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- <sup>06</sup> **Look beneath one behavior**

Pick one repeated conflict and list three possible hidden struggles: transition, hunger, shame, skill gap, sensory overload, or need for connection.