



FIVE STEP FORMULA

Plan your challenge resolution below...

Step 1: What is the challenge you're trying to overcome?

Step 2: What are your values? How will these guide to to overcoming this challenge? e.g. respect, honesty.

Step 3: What is the underlying problem/emotion that is causing this challenge?



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Step 4: How can you empower your child to get through this challenge/phase?

Step 5: What resources or systems can you create to support this empowerment?
