



Let's start our journey to the future together!

1. Get Ready!

Download and review PDFs before watching videos.. Set up a cozy space for quality family time with the material so you can listen carefully!

2. Mindful Moments

Watch with purpose, considering family dynamics, and embrace the framework by focusing on strategies to understand concepts effectively. Be honest with yourself with where changes need to be made.

3. Shift Your View

Change perspective and be consistent in your approach. Practice regularly and use challenges as opportunities. Make a daily commitment to your new vantage point to make it feel easier to implement. Celebrate small wins regularly!

4. Dive into Support

Think critically about content and its fit in the family puzzle. Join the FB community for support, attend workshops (zoom or live!) for insights, and take daily actions for family well-being.

Prepare for transformative insights, enhanced connections, and a stronger bond with your children. Keep in mind, building these relationships requires consistency and time as you shape the future adults they will become.