



1.0 CREATING THE VISION

Welcome to ParentBubble. Even if this tool is all you do, you are going to be a healthier parent. This program will help you be able to keep your cool when your child spills a gallon of milk on the floor or takes the car keys without you knowing it. ParentBubble is not a parenting class. It will not teach you methods of discipline for when your child acts out. **ParentBubble is a training program for your mind and emotions.** It will help you be the person you want to be when the stress is high and the rubber hits the road. This program will teach you tools you need to control your mind and emotions like an elite athlete. Parenting is a hard job. You want to be the best you can be, and yet we all slip up all the time. This program is a step-by-step training program to help you gain control of your emotions when you feel like you are about to lose control. It's hard, but it will be worth it.

Whenever I work with an athlete one of the first things I do with them is create the vision of who they want to be. So we will begin this program with an exercise I call "Creating the Vision." It's essential to create the vision of the parent you want to be before we give you the tools to get there. Think of the best parents you know. How would you describe them? Would you call them patient and positive? Strong and calm? Disciplined and compassionate? Take a moment and think about how you want to be as a parent. This is your vision. It is your ideal mental state when things are great and when things are stressful. Your vision words will start with the words I AM. I am are two of the most powerful words we have in the English language. What you say after "I am" has a tendency to become truth.

Take a moment and think about the three I AM statements that define who you want to be as a parent, especially in times of stress. These words are your ParentBubble. Here are some examples: I AM patient, I AM calm, I AM encouraging. I AM authoritative. I AM loving. I AM present and talk eye-to-eye with my child.

In this first tool you will **make the decision** of who you want to be as a parent everyday. This is your ParentBubble. Your ParentBubble becomes the litmus test for all your behavior. When your kids do things that drive you crazy, can you be your I AM's? When your toddler gets out of bed for the 12th time in one night, can you be your I AMs? The important thing about being in your ParentBubble is that it is your place of power. It is the place where you can make good decisions that reflect your values, and not simply arising from anger or frustration.

Your I AMs don't always have to be warm and fuzzy. Your I AMs can be strong, disciplined, and authoritative as well. This is all part of being a great parent.

Place your I AM statements on post it notes where you can see them every day. Your I AM statements are hard to maintain. We want to put these post-its where you are reminded of them all the time. Put them on your computer screen, use them as a screen saver, post them on your bathroom mirror or on the dash of your car. Everywhere you see these statements you will be reminded of who you want to be for yourself and for your kids.

This week, when you start to feel like you are losing your cool, use your I AM statements to bring you back to your ParentBubble. As soon as you begin to feel upset, say your three statements remembering the parent you are committed to being.

The rest of the program contains all the strategies and tools to help you get into your ParentBubble, stay in the bubble, and get back to the bubble when you get off track. Train your mind to be the best parent you can be.