

PARENT SUCCESS BUILDER™

VERSION 1.0

As a parent, you are not only responsible for yourself, you are also responsible for fostering habits and values in all of your children that will support them to live healthy, rich and full lives. This coaching assessment tool supports the philosophy that in order for a family to be healthy, all parts of it must be healthy.

The Parent Success Builder™ is not a test! It was not designed to generate self-criticism or judgment. The items on the list are simply tools to help you more easily get what you really want.

Parents and parenting books alike seem to agree that there are certain key skills, attitudes and behaviors that highly effective parents have in common. These qualities are focused in ten general areas:

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- | | |
|-------------------------------|--------------------------------|
| 1. Self-Care | 6. Self-Esteem |
| 2. Balance | 7. Communication |
| 3. Your Child's Health | 8. Family Relationships |
| 4. Finances | 9. Family Values |
| 5. Learning | 10. Personal Habits |
-

Listed below are ten statements for each of these ten areas. For each item, check the "S" column if it is sometimes true for you, the "G" column if the statement is generally true, and leave it blank if it is not true. Detailed instructions for this assessment are on the last page.

Families come in many forms: Nuclear, blended, extended, single-parent, etc. Children of different ages also have different needs. Consequently, some generalizations provided in this assessment may not apply to your situation. If a certain topic does not apply to you, give yourself a "G" — or better yet, change the wording to suit your situation, while keeping the spirit of the statement.

NOTICE

This program is designed to be delivered by a specially trained personal coach. This program is owned exclusively by Kristen Caven, and any adaptation or group use for fee requires licensing and royalty payment. Individuals may use this program for their own personal development, with no licensing required.

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The Parent Success Builder is available online
at www.LittlePig.com/psb.pdf

This program was inspired by the
Clean Sweep Program of Coach University.
For more information, visit www.CoachU.com

1. SELF-CARE

S G

- — I take good care of myself.
- — I receive regular health and dental care.
- — My weight is within my ideal range.
- — I eat a well-balanced and delicious diet to nourish my body & senses.
- — I get regular exercise.
- — I get enough sleep.
- — I rarely am ill.
- — I do not smoke or misuse alcohol, legal or illegal drugs.
- — I take care of my appearance and dress well.
- — I ask for help when I need it.
- — I have a support group that I can count on when I need help.
- — I create private time for myself in my weekly and daily routines.
- — I tell other people around me what I want.

— Number of "G" boxes filled in

2. BALANCE

S G

- — I feel loved by my family and friends.
- — I know my True Values and model them for my children.
- — I have a very strong Personal Foundation.
- — I am emotionally healthy.
- — I know my most important Needs and have asked others to meet them for me.
- — I always tell the truth to myself.
- — I do not create incompleteness.
- — I am not tolerating anything in my family life or environment.
- — I do not rush or use adrenaline to get the job done.
- — I say no when I need to without putting others off.
- — I don't volunteer if it means sacrificing important areas of my life.
- — My worklife rarely impacts the quality of my home life.
- — If I find myself getting overwhelmed, I ask for help.
- — I have reserves of time, energy and money.

— Number of "G" boxes filled in

3. MY CHILD'S HEALTH

S G

- — I take excellent care of my children.
- — My children have received all of their scheduled immunizations.
- — I wash my hands often and have taught my children to do so as well.
- — Our house and environment are free of toxins and health hazards.
- — My children receive regular medical and dental care.
- — My children eat a well-balanced diet, receiving all their required nutrients.
- — My children brush and floss daily.
- — My children get regular exercise.
- — My children all weigh within their ideal range.
- — Our refrigerator and pantry are regularly stocked with healthy snacks.

- — My kids rarely consume sugary foods.
- — I don't force my children to eat; I encourage them to choose healthy foods.
- — My children get enough sleep every night.
- — There are no smokers in our household.
- — No one in our household misuses alcohol, legal or illegal drugs.
- — My children are rarely ill.

— Number of "G" boxes filled in

4. FINANCES

S G

- ___ ___ Our net household income far exceeds our household budget.
- ___ ___ Our assets are well-insured.
- ___ ___ We have excellent health insurance
- ___ ___ I have adequate life insurance for my spouse and children.
- ___ ___ I have an up-to-date will.
- ___ ___ I have appointed guardians for my children.
- ___ ___ I pay all my bills on time.
- ___ ___ My child support and alimony payments are always on time.
- ___ ___ I hire help when I need it.
- ___ ___ If I borrow money, I use it to create assets, not liabilities.
- ___ ___ I shop wisely and teach my children to do the same.
- ___ ___ My children get an allowance.
- ___ ___ I teach my children to save and invest money, and model it as well.
- ___ ___ I/We have a clear, written plan for financing our children's education, and stick to it.
- ___ ___ I/We have a clear, written plan for financing our retirement. and stick to it.

___ Number of "G" boxes filled in

5. LEARNING

S G

- ___ ___ I read to my young children every day.
- ___ ___ I see that my children do their homework every day.
- ___ ___ I talk with my children about things which interest me.
- ___ ___ I never make my children feel dumb for asking questions.
- ___ ___ I encourage my children to learn their own lessons.
- ___ ___ I help my child to see the value of all their school subjects.
- ___ ___ I know my children's teachers and speak with them monthly.
- ___ ___ I participate in activities at my child's school.
- ___ ___ I encourage my children to let their learning affect their behaviors.
- ___ ___ I empower my children to follow their passions.
- ___ ___ I discuss with my children what they experience in the media.
- ___ ___ I learn from my children as much as they learn from me.

___ Number of "G" boxes filled in

6. SELF-ESTEEM

S G

- ___ ___ I listen to my children without interrupting.
- ___ ___ I touch my children often in a loving and appropriate manner.
- ___ ___ I tell my children I love them every day I can.
- ___ ___ I ask my children for their opinions.
- ___ ___ I respect my children's personal boundaries.
- ___ ___ I encourage my children to make their own decisions.
- ___ ___ My children trust me.
- ___ ___ I trust my children.
- ___ ___ My children know they can always

count on me.

- ___ ___ I love my kids unconditionally.
- ___ ___ My children feel unconditionally loved.
- ___ ___ My child spends quality time with both parents and / or with male and female adult role models.
- ___ ___ My parenting style is neither overly permissive nor autocratic.
- ___ ___ I keep my promises to my children, no matter what.

___ Number of "G" boxes filled in

7. COMMUNICATION

S G

- ___ ___ I underpromise and over-deliver with all members of my family.
 - ___ ___ I am unconditionally constructive when I speak to or around my family.
 - ___ ___ I never yell at my kids or hit them for any reason.
 - ___ ___ I maintain a charge neutral attitude when dealing with problems.
 - ___ ___ Mealtimes are focused and calm, occasions for connecting.
 - ___ ___ I spend time in conversation with my children and spouse daily.
 - ___ ___ I don't gossip around my family and discourage them from doing so.
 - ___ ___ I am solution-oriented when dealing with problems.
 - ___ ___ I condition change rather than forcing it or creating conflict.
 - ___ ___ When in conflict, I listen fully before I speak.
 - ___ ___ I quickly correct miscommunications and misunderstandings when they occur.
- ___ *Number of "G" boxes filled in*

8. FAMILY RELATIONSHIPS

S G

- ___ ___ I play with my child/ren every day.
 - ___ ___ We spend time together as a family every week.
 - ___ ___ I know the True Values of each of my family members and encourage them to express them fully.
 - ___ ___ Our family time together is characterized by laughter, enjoyment and fun.
 - ___ ___ In our extended family there are many adults who care for my children.
 - ___ ___ I have terminated all relationships which negatively affect my children.
 - ___ ___ Each member of our family has a clean relationship with every other.
 - ___ ___ I know each the Needs of each of my family members and strive to meet them.
 - ___ ___ I have resolved and completed all past issues with my spouse.
 - ___ ___ I have resolved and completed all past issues with my children.
 - ___ ___ I have resolved and completed all past issues with my parents.
 - ___ ___ Strong and healthy boundaries are respected and encouraged in my family.
 - ___ ___ There is romance in my life.
- ___ *Number of "G" boxes filled in*

9. FAMILY VALUES

S G

- ___ ___ My children are my highest priority.
 - ___ ___ Our family takes vacations together every year.
 - ___ ___ We have family traditions and rituals that create joy and closeness.
 - ___ ___ I am very proud of my family.
 - ___ ___ Our family is greater than the sum of its parts.
 - ___ ___ We all see ourselves as members of the same team.
 - ___ ___ My children help with household responsibilities.
 - ___ ___ My children know they can discuss anything with me.
 - ___ ___ I encourage my kids to explore spirituality and choose wisely.
 - ___ ___ My children know right from wrong; they act with integrity.
 - ___ ___ I encourage my kids to build friendships and make it possible for them to do so.
 - ___ ___ My children take pleasure in giving away old toys and possessions.
 - ___ ___ Our family does community service together every year.
- ___ *Number of "G" boxes filled in*

10. PERSONAL HABITS

S G

- ___ ___ Everyone in our household says "please" and "thank you" often.
- ___ ___ My children take good care of their pets, plants and rooms.
- ___ ___ I teach my children by example and conditioning, not by forcing.
- ___ ___ In our household, we make our beds every day.
- ___ ___ I provide structure for my children by encouraging a daily schedule.
- ___ ___ In our family, we practice good hygiene.
- ___ ___ I have taught my children to take pride in their appearance.
- ___ ___ People in our family have excellent manners.
- ___ ___ I have taught my children to respect and care for their clothing.
- ___ ___ We recycle in our home and elsewhere.
- ___ ___ The house is free of unwanted clutter.
- ___ *Number of "G" boxes filled in*

Flow Chart

10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
	<i>Self-Care</i>	<i>Balance</i>	<i>Your Child's Health</i>	<i>Finances</i>	<i>Learning</i>	<i>Self-Esteem</i>	<i>Communicati</i>	<i>Family Relationships</i>	<i>Family Values</i>	<i>Personal Habits</i>

Date Commenced: _____

Progress: _____

Date Completed! _____

PARENT SUCCESS BUILDER

Detailed Instructions:

There are four steps to completing the Parent Success Builder.

Step 1:

Next to the above statements, place an 'S' in the S column if it is [s]ometimes true, or if you have [s]tarted working on that item. Place a 'G' in the G column if you feel [g]reat about it, or if it is [g]enerally true. Be rigorous; be a hard grader. If the item does not apply or will never be true for you, you may reword it or fill in the G column and give yourself credit for it. This program is a tool for you and a measure for you to use, not a rulebook. Let these recommendations inspire your unique genius as a parent; don't let them discourage you.

Step 2:

Choose the top ten statements from each section that best reflect your values. Add up the number of filled-in "G" items in each section. Then add up all ten sections and write the current total in the box below.

Step 3:

Color in the Flow Chart below. If you have five items checked in the Self-Care section, for example, color in the bottom 5 boxes, and so on. Always start from the bottom up. The ideal would be to have the entire chart filled in — but parenting is about reality! Over time, using different colors, you can create a picture of how you are improving in each of the ten areas.

Step 4:

Keep paying attention until all the boxes are filled in, or until you no longer feel you need this tool. This process may take months or it may take years, but you can do it! Retake this assessment every three months to document your progress. A reputable coach who specializes in parenting can be an excellent resource for change. Your spouse, friends and fellow parents are also invaluable resources on the challenging and rewarding path to personal and family growth.

NOTE:

These are high and uncompromising standards for dynamic, changing families, but as you work to build love, compassion and respect into your family life, you will continue find perfection, no matter what your score!

Written with the inspiration and blessings of my mother, Dr. Louise Hart, author of [The Winning Family: Increasing Self-Esteem in Children and Yourself](#) (Celestial Arts, 1992), and in conjunction with my brother, Damian Nash, pcc, creator of the Student Success Builder™, which you can find at www.LittlePig.com/ssb.pdf . A very special thanks to all the mommies and daddies who helped create this program, the Mommy SIG at Coach U, my husband Dave for helping me define my own family values, and my son Donald, who it's all about!