

## Working Parents Survival Guide Action Funsheet

### Amanda Alexander

1. *I started the session with a question taken from an article in The Sunday Times Magazine 30<sup>th</sup> Aug 2020. It was a question that "nobody asked working parents" who were juggling homeschooling and work over lockdown.*

#### **How is it going?**

Use the space below to reflect on how it's going for you...

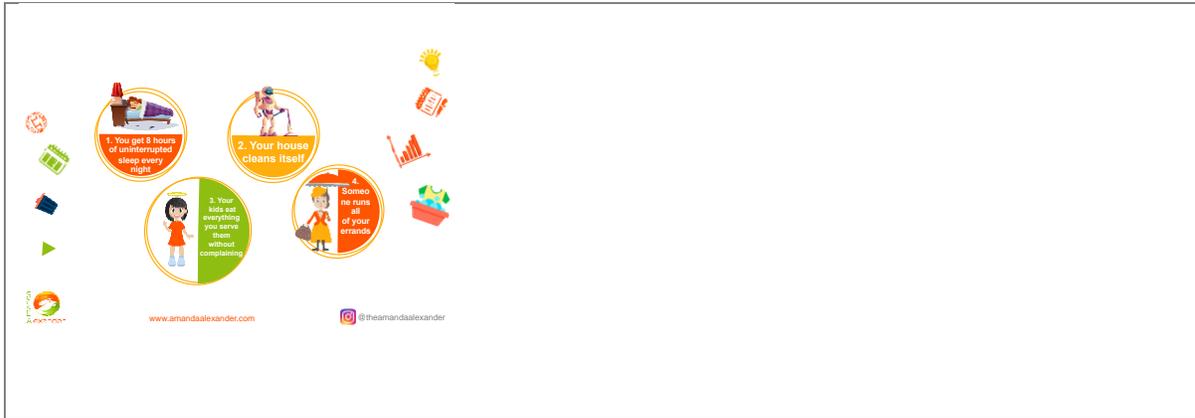
2. Where were you on the Change Curve back in March, just before Lockdown? Where would you place yourself on the change curve now? Do you jump around on the curve depending on what's going on? Remember – Awareness is the precursor to choice!

3. Do you think you generally have an internal locus of control or an external locus of control? Why? Give an example from your life. If you're more external locus, what can you do to shift a bit more to internal?

4. "My choices" exercise. Follow the instructions I give in the video; use the pause button.

I have to...	I choose to...

5. Which would you choose... and why? Do you think there's a "right" answer or not?



6. I introduced the concept of values based parenting. What are *your* core values as a parent?

Blank space for writing answers to question 6.

7. Write down 3 things on your TADA! List from the past 24 hours

8. What are your 3 MITs for tomorrow?

9. Decision fatigue and your cognitive load:

What percentage of the judges' rulings were favourable a). At the beginning of the day? b). Just before lunch? c). Just after lunch and d). At the end of the day?

What's the learning from this study that applies to YOU as a working parent?

a).  
b).  
c).  
d).

10. Write down 10 things you're grateful for from the past 24 hours (following instructions in the video)

11. Choose your favourite "acceptance" mantra and read it every day! Or submit your own alternative mantra to the Q&A session, as it might help another parent too!

- *This too shall pass*
- *Let go, let God (Replace "God" with whatever Deity/faith/word works for you)*
- *Right now, it's like this*
- *It is what it is*
- *Would I rather be right or would I rather be happy?*
- *"It is what it is. Accept it. You cannot change it. It will either control you or, you will control it. Harvest the Good. The more you look for it, the more you'll find. Forgive all of the rest. Forgive means to let go of completely, abandon." Samuel Beckwith*