

Parent's Pursuing Purpose

Routines are where it's at, Parents! It's the secret sauce that keeps your progress going. In fact if the Walk With Purpose Workshop were a cake, Routines would be icing on the cake!

THE ROUTINE TRACKER

It's vitally important that you track your routines for two reasons:

- 1) One, it keeps you accountable
- 2) Two, it makes you reward yourself

So many parents will start making progress in their lives but they make a huge mistake by not rewarding themselves. Parents, read this carefully. If you do NOT reward yourself, you have not activated that part of your brain that will help you repeat that behavior.

For example, when I trained my dog I gave her a treat every time she went to the bathroom outside.

Here's how this plays out:

I poop outside → I get a reward ..I'm → going to poop outside again

If I didn't reward her behavior here's how it would play out:

I poop outside → nothing.. → ...I'm going to poop wherever I want

This is why you may not maintain routines when you start them, like tracking your finances, making your bed, teaching your kids, doing devotionals. Because for some crazy reason, parents don't feel like their behavior is "worthy" of a reward. You know what this does to the parent brain? Yep, you guessed it. We start pooping wherever we want!

But seriously If you want to keep a behavior going, you have to reward it. It could even be something as simple as a gold star sticker or a fancy latte at the end of the week...Or just a Cookie 😊. Something, anything, to tell your brain, "Good Job!"

On the routine tracker, you will see blanks to fill out.. Put the routines that you want to start developing on those blanks - AND DO THEM ONE AT A TIME! - I would get one down, and then add another one every few days.

The Routine Tracker will last you 12 weeks.. Just check off or put a gold star on each week you get that routine accomplished.

My Routine Tracker

	ROUTINE	WK 1	WK 2	WK3	WK 4	WK 5	WK 6
1							
2							
3							
4							
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21							

MOMENTUM

Write down all of your routines you are currently developing and give yourself a check (or even a gold star) on every week you follow through. Remember, the secret to your success is hidden within your daily routine!

	WK 7	WK 8	WK 9	WK10	WK 11	WK 11	WK 12
1							
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