


BE INTENTIONAL THIS YEAR

GOALS FOR MOMS

Find your values, identify your goals,
& plan out your highest hopes for your
kids.

WORKBOOK WITH FREE VIDEO SERIES

from [ParentingwithABA.org](https://parentingwithaba.org)



Overflow Parking Lot

As you think about 2020, your mind may race with ideas. Park them here.

We are going to work through specific prompts to help you focus and be intentional with your hopes and goals for your kids. We don't want the extra ideas getting in the way. Let them out now before you move on.

For family in general:

For me:

Identify Your Values

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

-The Happiness Trap

Values are:

- ✓ Our heart's deepest desires: how we want to be, what we want to stand for, and how we want to relate to the world around us.
- ✓ Leading principles that can guide us and motivate us as we move through life

Values are not goals. A value is a direction we dire to keep moving in, an ongoing process that never reaches an end.

A goal is a desired outcome that can be achieved or completed.

Deep down inside, what do you really want?

What do you want your life to be about?

What sort of relationships do you want to build?

-The Happiness Trap

Live your values every step along the journey

- ✓ Not a goal!
- ✓ This leads to fulfillment.

Values are directions. You can go east, always going east, but you'll never achieve east.

- ✓ But going in the right direction is living your value → fulfilling!

When you do something in the direction of a value it becomes a behavior.

Sample Values

Values are here and now, goals are the future.

Values never need to be justified.

Values often need to be prioritized.

Values are best held tightly.

Values are freely chosen.

Accountability	Diversity	Humility	Security
Accuracy	Dynamism	Independence	Self-actualization
Achievement	Economy	Ingenuity	Self-control
Adventurousness	Effectiveness	Inner Harmony	Selflessness
Altruism	Efficiency	Inquisitiveness	Self-reliance
Ambition	Elegance	Insightfulness	Sensitivity
Assertiveness	Empathy	Intelligence	Serenity
Balance	Enjoyment	Intellectual Status	Service
Belonging	Enthusiasm	Intuition	Shrewdness
Boldness	Equality	Joy	Simplicity
Calmness	Excellence	Justice	Soundness
Carefulness	Excitement	Leadership	Speed
Challenge	Expertise	Legacy	Spontaneity
Cheerfulness	Exploration	Love	Stability
Commitment	Expressiveness	Loyalty	Strategic
Community	Fairness	Making a difference	Strength
Compassion	Faith	Mastery	Structure
Competitiveness	Fidelity	Merit	Success
Consistency	Fitness	Obedience	Support
Contentment	Fluency	Openness	Teamwork
Contribution	Focus	Order	Temperance
Control	Freedom	Originality	Thankfulness
Cooperation	Fun	Patriotism	Thoroughness
Correctness	Generosity	Perfection	Thoughtfulness
Courtesy	Goodness	Piety	Timeliness
Creativity	Grace	Positivity	Tolerance
Curiosity	Growth	Practicality	Traditionalism
Decisiveness	Happiness	Preparedness	Trustworthiness
Dependability	Hard Work	Professionalism	Truth-seeking
Determination	Health	Prudence	Understanding
Devoutness	Helping Society	Quality-orientation	Uniqueness
Diligence	Holiness	Reliability	Usefulness
Discipline	Honesty	Resourcefulness	Vision
Discretion	Honor	Restraint	Vitality

Values

List out all the words that describe your values for your role as mom.

Narrow it down to your top 3 for yourself AND your family.

My top 3 values for my family are:

1. _____

2. _____

3. _____

Express Gratitude

Look back at last year. For each area below, list out what you most appreciate, or what you are most proud of. Use the back or print 2 of these for more space.

Family functioning as a whole:

Child #1:

Child #2:

Child #3:

Family traditions:

Family communication:

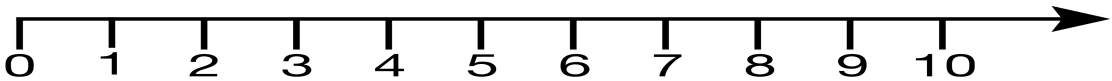
Current Levels

For each child, circle a number on the rating scale for how you feel things are going right now in this area. (Print one page for each child).

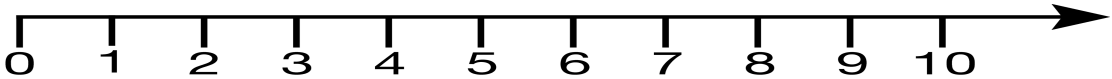
Zero= Things are going terribly. We need ALL the help in this area.

10 = Doing awesome! My child is totally independent and right on or above age level expectations.

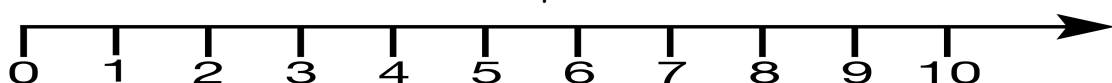
Communication skills:



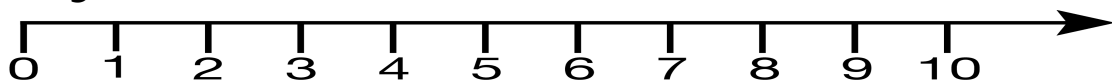
Getting along with others:



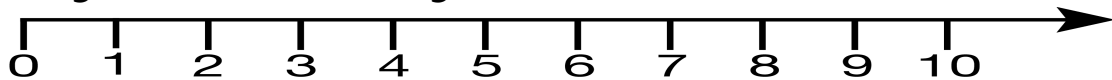
Following instructions from parents:



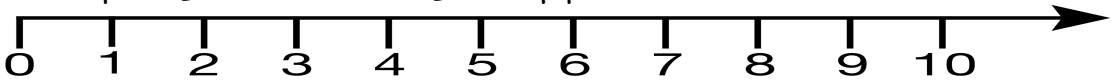
Play/ leisure skills- can entertain oneself:



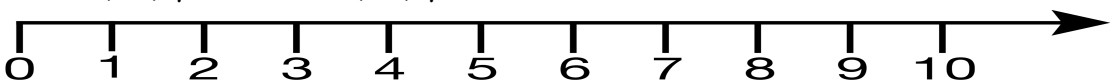
Daily skills- dressing, hygiene, following regular routines:



Accepting no, handling disappointment:



Pre-academic or academic skills:



Child:

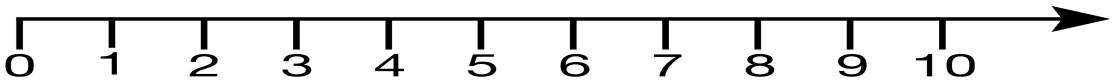
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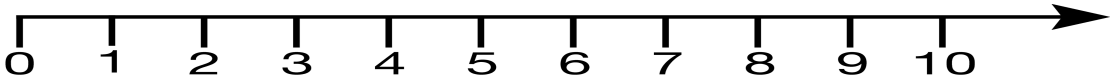
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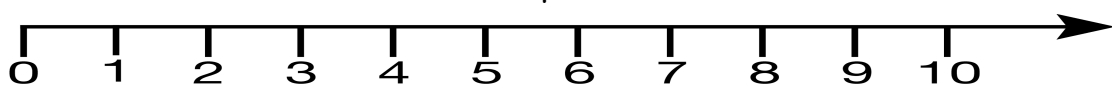
Communication skills:



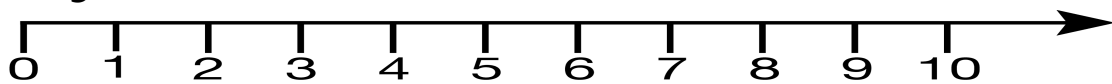
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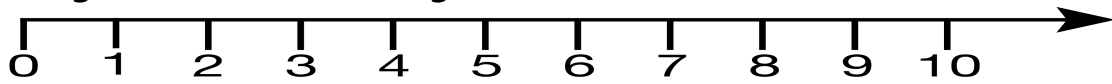
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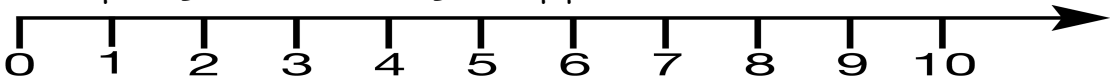
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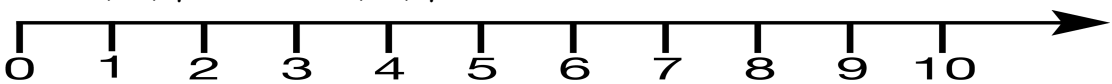
Daily skills- dressing, hygiene, following regular routines:



Accepting no, handling disappointment:



Pre-academic or academic skills:



Child:

Goals: How- to

Select a simple, straightforward goal based on your assessment of their current skills levels for most of the areas listed. (Print one set of goal templates for each child).

Write out one main thing for each area that you want your child to learn to do this year. If you can't decide on just one- write out a few ideas and then come back to circle just one.

Don't have a goal for each & every area? No problem. Skip it! Make this goals workbook work FOR you and your family.

Remember: behavior is something that you DO or SAY. It needs to be something that can be observed. How do we know if they achieved the goal? Because we can see or hear it ourselves.

When defining a behavior, we must be clear & concise.

Dead Man's Rule:

If a dead man can do it, it's not a behavior.

NOT talking, NOT hitting, NOT anything- not a behavior!

Example goals:

Communication: Ask nicely for things instead of screaming

Getting along with others: Ask brother for toys instead of hitting

Following instructions: Follow directions with only 1 or 2 reminders

Play: Complete a small lego set by herself

Daily skills: Use a picture schedule to get ready for school in the morning

Accepting no: When disappointed, he will use a calm down strategy from our list or ask for help.

Preacademic or academic skills: Recognize all the letters of the alphabet.

Goals for each child

Child:

Communication skills:

Getting along with others:

Following instructions from parents:

Play/ leisure skills:

Daily skills

Accepting no/ handling disappointment

Preacademic or academic skills

Goals for each child

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Accepting no/ handling disappointment

Preacademic or academic skills

Commitment to Intention

This year, I commit to parent with intention.

I will focus on building up positive behaviors to help my child(ren) be successful.

When new problems arise, as I know they will, I will:

1. Pause
2. Breathe
3. Look at the big picture
4. Identify a positive behavior my child CAN do instead
5. Teach it
6. Build it up with positive reinforcement
7. Watch to see if it's actually working
8. Adjust, fade, repeat as necessary.

This year when I do have my own big emotional reactions to problem behaviors, I promise to give myself grace and an extra chance or three to go back and do all the steps listed above.

I commit to modeling positive behaviors for my children such as:

- ✓ Taking care of myself
- ✓ Asking for help
- ✓ Taking a break when I need to recharge
- ✓ Giving myself second chances or re-dos
- ✓ Giving my loved ones second chances or re-dos
- ✓ Talking out loud about my feelings, motivation, and thoughts

I will parent with intention in 2020.

Signature

Date

What's Next?

Teach a new skill:

Behavior Skills Training:

- ✓ research-based, 4 step method to teach a skill to mastery
- ✓ Instructions, modeling, rehearsal, feedback
- ✓ Free articles for you:
 - ✓ <https://www.parentingwithaba.org/behavior-skills-training-at-dinner-time/>
 - ✓ <https://www.parentingwithaba.org/wp-content/uploads/2017/06/BST-generic-freebie.pdf>
 - ✓ <https://www.parentingwithaba.org/bedtime-and-behavior-skills-training/>

Prompting:

- ✓ Support the teaching you've done using Behavior Skills Training with some prompting to help your child achieve independence!
- ✓ Use things like visual supports and cues to remind your child what to do in the moment to prevent failing. Help them succeed with lots of support and then fade out the support until they are doing it on their own!
- ✓ Free articles for you:
 - ✓ <https://www.parentingwithaba.org/errorless-learning/>
 - ✓ <https://bsci21.org/prompt-fading-for-parents/>
 - ✓ <https://www.parentingwithaba.org/look-at-the-whole-picture/>
 - ✓ <https://www.parentingwithaba.org/parenting-strategies-for-sick-kids/>
 - ✓ <https://www.parentingwithaba.org/arranging-the-environment/>

Reinforcement:

- ✓ This is so so so so so important! We add something to the environment following the behavior: a praise statement, a high five, a sticker, whatever!
- ✓ But we have to pay attention AFTER. Does the behavior improve? Happen more often, more easily, more independently?
- ✓ Behavior→Something is added→behavior occurs more often in the future
- ✓ Then we slowly fade out the extra reinforcement
- ✓ Free articles for you:
 - ✓ <https://www.parentingwithaba.org/positive-reinforcement-defined/>
 - ✓ <https://www.parentingwithaba.org/how-can-you-tell-if-your-rewards-are-working/>
 - ✓ <https://www.parentingwithaba.org/isnt-positive-reinforcement-bribery/>

What's Next?

Where can I get help when I need it?

Coming soon:

Get your young child to listen & other cool stuff

6 week course for moms

Learn step-by-step how to identify, teach, and build up appropriate behaviors

Gain direct access to a behavior analyst & parent coach

Community group with other moms learning the same principles of behavior

Get some quick wins and make real change in your household

No to more yelling

No to more nagging

Yes to learning some behavior basics

Yes to children who listen

Yes to more positive interactions in your home

Yes to building relationships in your family

Yes to connection