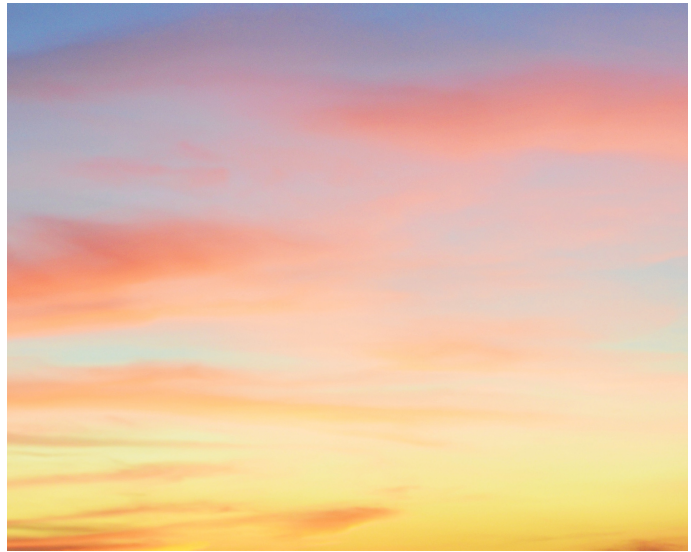


SUNSET STATE OF MIND

Imagine you are at a beautiful scenic location watching the sunset...your favorite vacation spot- the beach, the mountains, a family lake house, or somewhere meaningful to you.

Picture that moment.



What do you see around you?

Who is with you?

Which direction does the sun set so you know where to watch?

As the sun is dipping down, what colors are across the sky?

What feelings come up for you?

Does a smile come across your face?

Can you choose a few simple words to describe that moment?

SUNSET STATE OF MIND

How do you view your child? As a sunset to be enjoyed or a math problem to be solved?

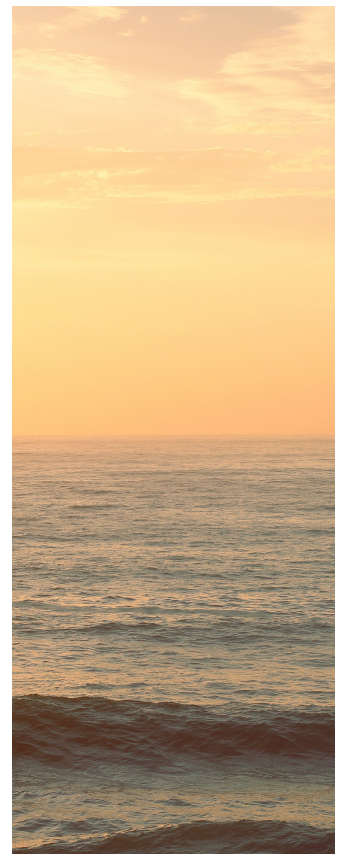
CARL ROGERS

A sunset or a math problem? Yikes. That can be a tough pill to swallow if we've been spending all our efforts in problem solving our parenting.

A sunset or a math problem? I ask this NOT to cause more guilt and overwhelm. There is a time and a place for math problem solving in your parenting. Without any solutions-focused parenting where would your child be right now? Stuck in all kinds of unhelpful behavior patterns, unable to communicate effectively, and not making the growth and progress they are capable of. So for all your problem solving skills and efforts- you deserve some congratulations! Good job!

But sometimes we stay in problem solving mode and we miss the amazing sunset right in front of us. It's easy to be a busy parent who is too busy to stop and enjoy the sunset.

Tell yourself before you even get out of bed "I'm going to enjoy all the sunsets of today." Getting into this mindset and keeping it top of mind can help us find those sunset moments. On hard days or during hard periods, the sunset moments are quick and can slip by unnoticed if you aren't looking for them.



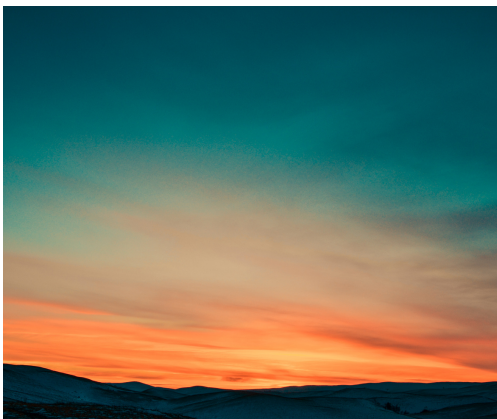
SUNSET STATE OF MIND

How do you view your child? As a sunset to be enjoyed or a math problem to be solved?

CARL ROGERS

How do we actually DO this? How do we actually work on a sunset state of mind? There's no magic answer here. The thoughts in your mind are uniquely yours but I can give a few tips rooted in the science of behavior to help you.

1. Set your intentions to be sunset seeker at the start of your day. Tell yourself, "I'm going to seek out some sunset moments with my child today."
2. Remind yourself throughout the day. Ask yourself, "Is there a sunset moment happening right now?"
3. Use reminders for you. A visual of a sunset can be saved as your phone lock screen. You can set timers or alarms or reminders in your phone that just say seek the sunset or something.
4. Buddy up with another parent- ideally your coparent. Share a sunset moment each day with each other. That way you can be held accountable. You know you're going to have to report your sunset moment so you'll remember to be on the lookout for it!
5. Enjoy the sunset moment. Put down your phone. Limit distractions. For that moment be the tourist, the vacationer, the islander who can take one hot minute to look at the sunset and just smile.



WHICH OF THESE
ARE YOU WILLING
TO TRY TODAY?



SUNSET REFLECTION

Which strategy did you use to help you employ a sunset state of mind?

When you paused and noticed the good moments- what feelings came up for you?

What thoughts came up for you? What did your mind tell you in those sunset moments?

Is it worth it to continue pursuing a sunset state of mind in your parenting? Why or why not?

What are you willing to try to continue in this sunset state of mind?
(see strategies to help on previous page)