

# Parent Like a Pro

## Work Hard Parent Hard Daily Success Guide

- 1. Morning Dream Session:** Before you even think about escaping the clutches of your oh-so-comfy bed, keep those peepers shut! Picture your dream life. You know, the one where you're not just scraping Weetabix off the kitchen table but living large and in charge! Feel it – the pride, the joy, the "I've-got-my-life-together" vibes. You're basically a superhero, minus the cape (because, let's face it, capes are a health and safety nightmare).
- 2. Gratitude Graffiti:** Now, hop out of bed and jot down 10 things that make you feel grateful. It could be your kiddo's toothless grin, your partner finally remembering to put the toilet seat down, or just the fact that coffee exists. Close your eyes, take a deep breath, and send some cosmic high-fives to the universe. Got someone bugging you? Imagine texting them, "Hey, you're awesome, but please stop using my mug."
- 3. Ideal You:** Write down your "worthy ideal." Something like, "I'm over the moon that I've finally mastered the art of hiding veggies in meals so my kids eat them." Keep telling yourself this – your subconscious is listening (and it's a better listener than your toddler).
- 4. Self Pep-Talk:** Time for your daily affirmation. Try: "I'm ready and raring to step out of my comfort zone to... finally remember where I put my keys."
- 5. Life Script:** This is your chance to be the scriptwriter of your own blockbuster life. "I always have enough money for coffee. My success in hiding broccoli in pasta sauce is inevitable."
- 6. Action Hero Mode:** Write down 6 things you will do today. Could be as epic as negotiating peace among your kids or as simple as not burning dinner.
- 7. Priority Juggling:** Throughout the day, tackle things based on how much they'll help you reach your "worthy ideal." Got a problem? Take a deep breath, channel your inner Zen master, and ask, "What would Super Me do?"

8. **Goal Card Gala:** Whip your goal card whenever possible. It's like a backstage pass to your dreams.

9. **Worthy Ideal Check:** Whatever you're doing – conquering the world or just staring into space – ask yourself, "Is this getting me closer to my dream of not accidentally wearing my shirt inside out?"

10. **Nighty-Night Manifestation:** Repeat your morning dream session before you hit the hay. The mood you snooze in sets the tone for your morning – so let's aim for "confidently caffeinated" rather than "Why did I watch that last episode?"

REMEMBER: You are what you think about while trying to convince your kid that broccoli is a treat. Choose those thoughts like you choose your battles – wisely and with a sense of humour! The great thing is you can do all of these while spending time with your little ones.



**GOAL TRACKER**

ACHIEVE  
YOUR DREAMS

Started on: MM/DD/YYYY

ONE STEP  
AT A TIME



"Rock Your Day: The 'Work Hard, Parent Hard' Guide to Nailing Daily Goals"

Let's get honest about making a daily goal checklist that doesn't end up as just another pretty paperweight. Here's how to craft a checklist that's more useful than finding a hidden stash of chocolate:

1. **Top Trio: Kick off with your Big Three** – the trio of crucial tasks that deserve their theme music. These biggies will edge you closer to being that superhero version of yourself.

2. **Break It Down:** Got a mammoth task? Slice it up like a ninja! If your goal is as big as organizing the family holiday, break it down into mini-missions: booking flights, packing bags without forgetting the essentials (like your sanity), and planning how to survive the plane ride with kiddos.

3. **Tick-Tock Deadlines:** Set deadlines like you mean them. Whether it's finishing a report or finally sorting through that mountain of laundry, giving yourself a finish line can turn a "meh" day into a

