

# STEP II: CONNECT

PARTNER A: \_\_\_\_\_

Reflect on your favorite boss/leader over the course of your lifetime.

Who was this person and what did they do well?

How did you feel and perform while on their team?

Name three parts of parenting that feel joyful to you:



- 1.
- 2.
- 3.

# STEP II: CONNECT

PARTNER A: \_\_\_\_\_



Brainstorm ways to spend the “9 Magic Minutes” with your kids. If you aren't home with them in person during these hours--can you connect with them in other ways?

3 minutes in the morning:



- 1.
- 2.
- 3.

3 minutes in the afternoon:



- 1.
- 2.
- 3.

3 minutes at night:



- 1.
- 2.
- 3.

Circle the Love Languages you already doing well.

Physical touch

Quality time

Acts of Service

Words of Affirmation

Gifts

Circle the Love Languages you want to practice more often.

Physical touch

Quality time

Acts of Service

Words of Affirmation

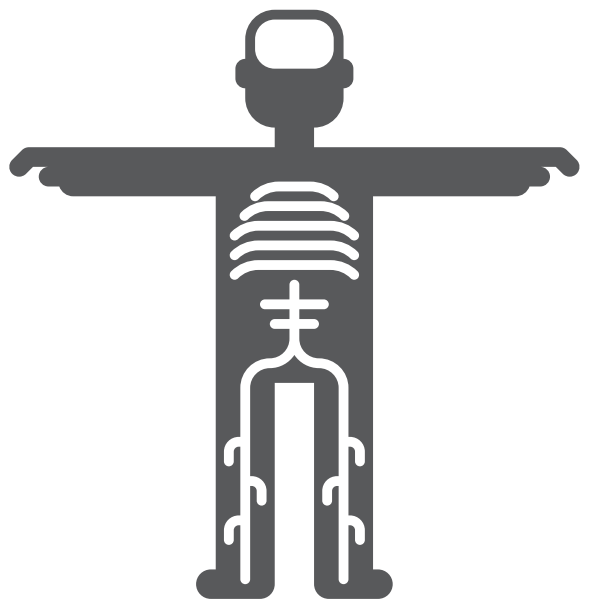
Gifts



### HEAR THE MESSAGE

Communication with our kids can be a barrier because the words and tone they use can trigger us. Let's talk about how you feel when your kids speak to you in a rude manner.

Draw in the reactions you have in your body (i.e. do you feel your shoulders getting tight, teeth clenching, heart beating fast, etc.)



**WHAT THOUGHTS DO YOU HAVE IN THESE CHALLENGING MOMENTS??**

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### LET'S TALK ABOUT FALLING 'FAR FROM THE TREE'

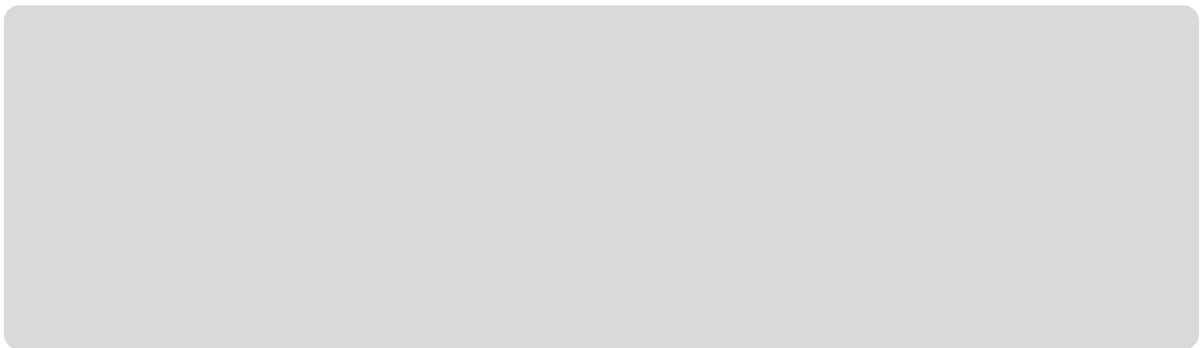
When a child has traits and identities that differ from their parents, sometimes it can create a barrier in the parent-child connection. Do you have a child that falls 'far from the tree'? Do you or one of your siblings fall 'far from the tree'? If so, share some reflections of that experience.

# STEP II: CONNECT

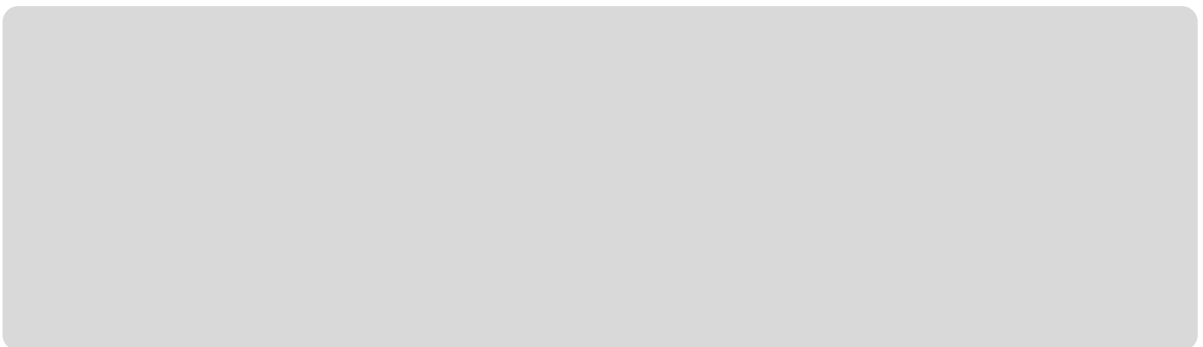
PARTNER B: \_\_\_\_\_

Reflect on your favorite boss/leader over the course of your lifetime.

Who was this person and what did they do well?



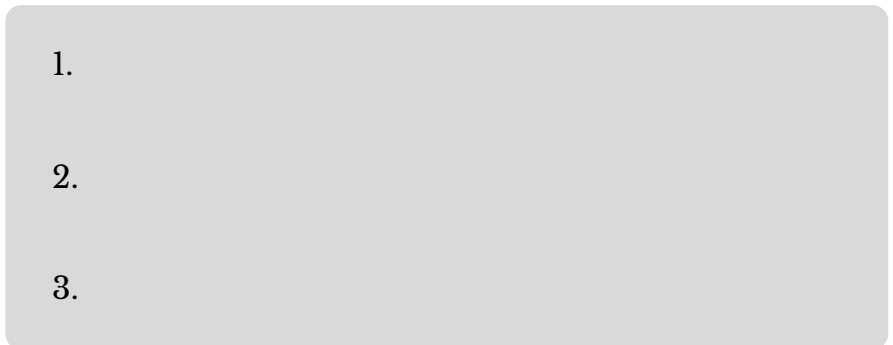
How did you feel and perform while on their team?



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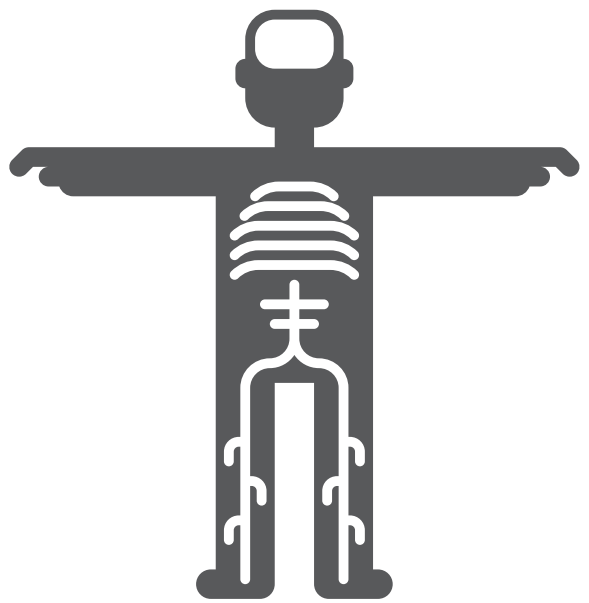
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