

# *Guide to*



# *Recognizing Successes*

So many of us are experts at seeing our mistakes and what could be done better.

This can be demotivating and often overshadows our ability to see the things we do well and our improvements.

## *Let's change this!*

This guide is designed to broaden your knowledge of the many different sources of success that are available. support you in recognizing the many many successes you have every single day!

Why do we focus on our own successes in relation to being better parents?

- To be **aware** of where we are and where we want to be.
- To increase **self-confidence**.
- To build a habit of **positivity** towards ourselves (instead of criticism).
- To recognize areas for **improvement**.
- To **build the habit** of looking for positivity so we can also look for it in our kids (and partners).

# G - is for Goal



This first source of success is what people usually think of when they are looking to recognize something they have done well. Nothing wrong with it, it's just not the **ONLY** source of success!

Goal means you achieve something you were aiming for!

Examples:

- Getting a job you applied for.
- Having a full day out with your kid(s) without a single tantrum.
- Enjoying 20 uninterrupted minutes of reading.

# *L - is for Learning*



Yes, learning something is a sign of success! Imagine if we went through our whole lives without learning, or seeing learning as something positive?! Or that our kids wouldn't recognize that learning helps them become better and more successful in life?! That would be a shame right?

Learning means you gain a new skill, increase your knowledge or have a renewed insight.

Examples:

- Finding out that your CV doesn't include a skill you have and would help you get the job you are going for.
- Learning a tool that helps diffuse your kids tantrums (like recognizing feelings and emotions).
- Going to a yoga class and learning there are some types you don't enjoy.

# *A - is for Action*



Action taking is another source of success. How is this different than achieving a goal? When you take action, it's the action itself that counts. It doesn't matter if you achieve the goal or not!

Taking action means you dare to take a step towards what you want to achieve! You're moving in the right direction - forward.

Examples:

- Applying for a job.
- Recognizing your kids emotions or feelings out loud.
- Calling the salon and making an appointment to get your hair done.

# *M - is for Making Progress*



Wait, wasn't I making progress by reaching a goal or taking an action, or learning something? Yes, yes...also! Making progress is a nuanced success. It can come from something you've set in motion and only later we see the progress.

Making progress is an improvement/progress which is a result of earlier successes.

Examples:

- Getting invited for an interview.
- Experiencing conflicts with my child as less stressful.
- Having clear what self-care means for myself.

# *R - is for Recognized Mistake*



Huh? Making a mistake is a success? No, it's not the mistake that's the success. It's the recognition. Because only by becoming conscious of a mistake do we have the opportunity to fix it. Use this source in moderation otherwise the risk is ending up too self-critical again.

A recognized mistake is identifying something that went wrong which allows us to correct it next time.

Examples:

- Not building in buffer time to leave for an interview (resulting in arriving late).
- Expecting my child to handle a whole day out in my tempo (resulting in a meltdown).
- Not planning in my self care (so it doesn't happen).

# *Just remember...*

**Goal - Learning - Action - Making Progress - Recognized Mistake**



**Each one of these is a source of success.** Did you know there's the potential to recognize literally HUNDREDS of successes every day?! Pretty amazing, right?

## *Time to practice!*

To start changing that critical inner voice, building confidence and change the way we talk to our partners and kids...

add a little GLAMR to your life by

***Writing 3 successes every day!***



# Bio

World Traveller, Badass and Parent Coach  
with a passion for helping other moms make life easier!

Raised on on a boat sailing around the world, I've lived in New Zealand, California, Spain, Israel and The Netherlands. Currently exploring Mexico, I'm married with 3 amazing little kids; Tyler (6), Dylan (4) and Roxy (1). For fun I do anything water related, read, & dive.

I'm a researcher (MSc), hold a degree in Psychology and am a certified Coach and Communication Trainer. As I'm a lifelong learner...these are just a few of my (most relevant) qualifications ☺

There's a whole lotta theory out there. And even more videos, blogs and podcasts. Information overload is a real thing, and can be overwhelming. Want to create lasting change through fun, practical and personal support? Want to work with someone who really cares about your success? Then you've found the right coach!

Working in small groups and one-on-one I help driven, badass moms who want it all to create balance, communicate better and deepen connection with their young kids. How? By increasing awareness, providing tools and taking things step by step to integrate learnings into daily life for lasting change. The results? More confident, calm and in connected moms with happier, more fun home lives!

## Think I Can Support You?

I'd love to have a chat to see if we have a click and if working together is the best move for you right now.

The easiest way to do this is by booking a [check-in call](#).

Are we connected on Social Media? If not...you can find me via the links below.

