KEEP YOUR Cool

WORKBOOK

HOW TO THRIVE WITH KIDS THIS SUMMER

This workshop is brought to you by

MADE for GREATNESS

COACHING FOR CATHOLIC MOMS

"The world offers you comfort. But you were not made for comfort. You were made for greatness." —**Pope Benedict XVI**

Our mission is to lead Catholic moms to the Holy Spirit and give them tools to become the peace centers for their homes.

We tackle topics such as discernment, marriage, parenting, minimalism, weight loss, entrepreneurship, and tools for calming your nervous system down so you can make decisions from peace.

We offer a coaching membership and one-on-one coaching with our highly trained coaches who are devout Catholics.

This workshop has been lovingly and prayerfully created to lead you closer to God.

Our team is praying for you!

Learn more at madeforgreatness.co

Welcome!

This workbook is a space for you to encounter the Holy Spirit as you pursue peace this summer with your family.

You want to be a calm Catholic mom and this workbook has all the tools you'll need.

Be patient with yourself.

You're going to become a scientist: running experiments, trying things out, talking to the Lord, and figuring out what rhythms, rules, and tools work for your family.

Progress is messy so don't expect a straight line.

But do expect to get to the end of the summer feeling proud of how you showed up, the memories you created with your kids, and how you honored what you heard the Lord tell you in your prayer time.

Practicing the tools in this book and doing the daily planning page will help you feel like you have a great plan AND you know what to do when things don't go according to plan.

This is how we create a peaceful summer.

Blessings,

Sterling

Co-Founder
Made for Greatness: Coaching for Catholic Moms

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BULK DAILY WORKSHEETS
60 COPIES "KEEP YOUR COOL"
10 COPIES "THE MODEL"

DAY One

STRESS *Responses*

FIGHT RESPONSE

Your brain wants a better sense of control.

You show up angry, combative, threatening, critical, demanding, controlling, defensive, entitlement, etc.

FLIGHT RESPONSE

Your brain wants to escape what feels threatening.

You show up fearful, anxious, you avoid things, run away, procrastinate, withdraw, hide, etc.

FREEZE RESPONSE

Your brain wants to dissociate, to check-out, to not be seen.

You show up helpless, overwhelmed, stuck, shut-down, zone-out, unresponsive, isolate yourself, camouflage, spacey, etc.

FAWN RESPONSE

Your brain wants to avoid being attacked.

You show up people-pleasing, co-dependent, no boundaries, can't speak up, easily controlled, doormat, etc.

WHAT ARE SOME OF THE STRESS RESPONSES THAT ARE MOST COMMON FOR YOU DURING THE SUMMER?

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KNOW YOUR Saboteurs

Go to https://www.positiveintelligence.com/saboteurs/ and take the Saboteurs Quiz.

Top Saboteur _____

What kinds of things does this saboteur say in your mind?

How is this saboteur trying to help you?

How can you respond to and reassure this saboteur?

Second Saboteur _____

What kinds of things does this saboteur say in your mind?

How is this saboteur trying to help you?

How can you respond to and reassure this saboteur?

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WAYS TO Calm Down

BREATHING

PRAYING

OUT OF THE HOUSE

IN THE HOUSE

KIND & SUPPORTIVE WAYS TO SPEAK TO YOURSELF:

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PRACTICING THE Model

The Model is a way to reveal **what you are thinking** and **what that thinking is creating in your life.**

The best way to understand your thinking is to practice using The Model every single day.

A lot of you will be tempted to do models in your mind, but we want to encourage you to practice using the worksheets. Writing models is a very powerful way to slow down your thinking and to see what's really going on in that brain of yours.

Have an open mind, **ask the Holy Spirit to guide you.**

STARTING WITH A CIRCUMSTANCE

Tips: *Make sure your Circumstance is as specific as possible. If you put down something general like "my husband" you might struggle to fill out the rest of the Model. You have LOTS of thoughts about your husband so the thoughts, feelings, and actions will be muddled.*

1. (C) Start by putting neutral facts in the **C**ircumstance **line**.

Example Model

C: *Saw a picture of someone's St. Therese feast day celebration with their kids.*

T:

F:

A:

R:

2. (T) Next, ask yourself, ***"What is my thought about that circumstance?"*** Pick one phrase or sentence and write it in the **T line**. Don't write multiple phrases or sentences because those are separate models. Pick one.

Example Model

C: Saw a picture of someone's St. Therese feast day celebration with their kids.

T: "*I should do more feast day celebrations with the kids.*"

F:

A:

R:

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PRACTICING THE Model

3. (F) Then ask yourself, ***"How do I feel when I think this thought?"*** Put the feeling in the **F line**. Only put one word in the feeling line. You may have multiple feelings that come up but choose one.

Example Model

C: Saw a picture of someone's St. Therese feast day celebration with their kids.

T: "I should do more feast day celebrations with the kids."

F: ***Guilty***

A:

R:

4. (A) Now you ask yourself, ***"How do I act when I'm feeling this emotion because I'm thinking this thought?"*** Put those actions (or inactions) in the **A line**. Keep your actions related to the specific feeling, thought, and circumstance in the Model that you're working on.

Example Model

C: Saw a picture of someone's St. Therese feast day celebration with their kids.

T: "I should do more feast day celebrations with the kids."

F: Guilty

A: ***Spend 25 minutes scrolling through social media researching Liturgical Living but don't make any actual plan, snap at the kids for interrupting me, think of all the other things I think I should be doing that I'm not doing, not praying, not spending time with the kids.***

R:

5. (R) Finally, ask yourself, ***"What is the result of my actions when I think this thought?"*** The result written in your **R line** is going to be related to your T line. It might be more evidence of your thought. The result is <u>always about you.</u>

Example Model

C: Saw a picture of someone's St. Therese feast day celebration with their kids.

T: "I should do more feast day celebrations with the kids."

F: Guilty

A: Spend 25 minutes scrolling through social media researching Liturgical living but don't make any actual plan, snap at the kids for interrupting me, think of all the other things I think I should be doing that I'm not doing, not praying, not spending time with the kids.

R: ***You still have no plan for feast day celebrations with your kids.***

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THE Model

Put one unintentional thought into the model and shift it to an intentional one.

UNINTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

INTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

UNINTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

INTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

UNINTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

INTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

UNINTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

INTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

_____

Result: _____

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KEEP YOUR *Cool*

DATE: / /

Pray: *"Lord, send down the Holy Spirit to guide me through this work."*
Take a few breaths until your body is calm enough to plan.

WHAT LESSONS DID YOU LEARN YESTERDAY?

WHAT'S THE PLAN FOR TODAY? *Food, leaving the house, activities, naps, screen time, etc.*

TOP 3 FEELINGS YOU WANT TO FEEL TODAY:

NOURISH YOUR BODY & STAY CALM

How will you take care of your body and your mental health today? What tools will you use to calm down when you feel upset?

WHAT SKILLS ARE YOU WORKING ON?

What skills are you learning or practicing to help your days run more smoothly?

LISTEN TO THE LORD

Sit quietly for a few minutes and ask the Lord what He wants to share with you.

GO FORTH IN PRAYER

Ask for a Gift of the Holy Spirit and anything else you want to pray for.

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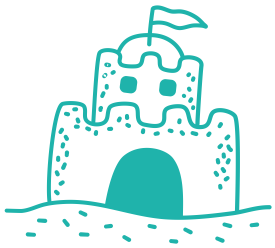
DAY Two



REVISITING A MEMORY WITH Jesus

This exercise takes five minutes. Make sure you can be in a calm and quiet place for that long. Have a pen handy so you can take notes in the space provided on the following page.

Take a deep breath and roll out your shoulders.

This is a sort of prayer so make the sign of the cross and then begin praying. You may picture yourself sitting down on a comfortable couch and watching the memory on a big screen. Ask God, Jesus, or the Blessed Mother, whoever you can most easily picture in your mind, to sit next to you and watch this memory with you.

Ask your guide to show you the truth of the memory, to reveal what each person in the memory was thinking and feeling. Sit quietly with your piece of paper and write down whatever your guide says. Remember, the Holy Spirit lives inside of you so you always have access to the truth through the Holy Spirit or through Mary's eyes.

You're going to hear things like:

"Don't you see how much pain your father was in? He was doing the best he could. He loved you but he didn't know how to show it."

"That girl in your class came from divorced parents. She was probably angry and lonely. She didn't know how to process her feelings so she took it out on you."

"See that your rejection from that group of kids actually saved you from the dangerous path they would have led you down. I allowed that to happen to protect you."

"Of course you acted that way, my child. You were simply trying to make sense of what was going on. You were a child who was just trying to protect yourself. That situation wasn't your fault. It wasn't the responsibility of a child. I was always with you."

"You are so loved."

"I love you just the way you are."

"You don't need to worry about him anymore. You're safe now."

When the timer goes off, thank God for this special prayer session and for the wisdom that was revealed to you.

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REVISITING A MEMORY WITH *Jesus*

Set aside 5 minutes to do this exercise and write down what you hear:

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KNOW HIS Voice

God's Voice

CALMS
COMFORTS
ENCOURAGES
CLARIFIES
LEADS
REASSURES
IS PATIENT
STRENGTHENS
HEALS
GIVES
INSTILLS HOPE
FORGIVES
INDUCES PEACE
IS KIND
IS GENTLE
ENLIGHTENS

Not God's Voice

OBSESSES
WORRIES
CONDEMNS
DISCOURAGES
CONFUSES
PUSHES
FRIGHTENS
RUSHES
WEAKENS
HURTS
STEALS
CAUSES DESPAIR
ACCUSES
INDUCES STRESS
IS CRUEL
IS HARSH

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Discernment EXERCISE

Make sure you are in a quiet and comfortable place.

Take a deep breath, roll out your shoulders, roll out your neck. Really calm your body down. Keep breathing deeply in whatever way feels comfortable for you. Remember that the purpose of this time is to grow closer to God and to hear what He wants to tell you. And He may tell you with one word, He may tell you with a very simple phrase, He may start giving you whole sentences. He may speak to you in music lyrics or in images or in memories. There are so many ways that the Lord can speak to us and we're just going to be totally open to what He has to say today.

The first thing that I want you to do is to just decide: what version of God do you need to speak to today? Do you want to take a walk with Jesus or maybe sit with Him on a park bench? Do you want to climb into the lap of God the Father, and feel His arms wrapped around you? Do you want to sit in a beautiful place, maybe in a field of flowers or maybe sitting in the sand by the ocean side and feel surrounded by the Holy Spirit? We can't see, but we can feel: decide which version of the Lord you would like to be with in this moment.

And as you picture the Lord and you picture yourself in this comfortable place, I want you to smile because you are so safe and you are so loved. God cannot wait for you to share yourself with Him. And of course, He already knows every thought that you have and every feeling in your heart, but He takes great delight in you sharing it with Him just in the way that we are so happy when our children choose to share things with us, even if they seem silly or even if we know they're completely wrong. We still feel so special that they have made the time and they are willing to be vulnerable and share themselves with us. That is exactly how the Lord feels about you.

I want you to smile and just bask in His glory and His love, knowing that He is so pleased that you are coming to talk to Him. Even if you are upset or confused, He wants all of you. Just the way that you are continue to take deep breaths and then begin to have a conversation with the Lord. Tell Him what is on your heart. And when you are ready, ask Him what He wants to tell you and be patient as you write it down (journaling space provided on the following page). Keep coming back to the Lord and saying, "What else, Lord? What else do you want me to know?" And fully trust that He wants to tell you something out of great love and that you will be able to hear it.

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Discernment EXERCISE

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GIFTS OF THE Holy Spirit

GIFT	CORRESPONDING VIRTUE	WHEN TO ASK FOR THIS GIFT
WISDOM	CHARITY	When you're jealous, someone is annoying you (including husband or kids), someone has asked you for help, you are judging someone or judging yourself
UNDERSTANDING	FAITH	Struggling with teachings of the Church or understanding why God has you in this place right now, you want to understand Catholicism more deeply or teach it to your children well
COUNSEL	PRUDENCE	Making decisions for you or your family, choosing how to invest your time and money, having a difficult conversation with a family member or friend, having to set boundaries
COURAGE	FORTITUDE	Overcoming fear for yourself or about the children, coping with loss/disappointment, standing up against spiritual attacks or social pressure
KNOWLEDGE	HOPE	When you're discouraged, don't know what to do, you think something is going wrong, and simply anytime you want hope
PIETY	JUSTICE	You're feeling far from God, you're struggling with scrupulosity, you're feeling bitter about where God has you, you want to carry out justice but you know it's God's job
FEAR OF THE LORD	TEMPERANCE	You're 'over-ing' (overeating, overspending, overscrolling, overgossiping, etc.) You want to cultivate healthy habits, you want to teach your children about temperance

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GOD'S *Goodness*

What are some things you prayed for that God has brought you in your life?

What are some amazing blessings you didn't even know to pray for that God has brought into your life?

What are some ways your life is better than it was five years ago?
Note: *Your whole life doesn't have to be better but there are things that are better. What are they?*

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DAY Three

Summer FOOD PLAN

FOODS/MEALS TO TRY AT HOME

- [ ] FOOD/MEAL:
  NOTES:
- [ ] FOOD/MEAL:
  NOTES:
- [ ] FOOD/MEAL:
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FOODS/MEALS WE ♥ AT HOME

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Summer FOOD PLAN

FOODS/MEALS TO TRY OUT OF THE HOUSE

- [ ] FOOD/MEAL:
  NOTES:
- [ ] FOOD/MEAL:
  NOTES:
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FOODS/MEALS WE ❤ OUT OF THE HOUSE

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SUMMER Rules

BEHAVIOR	SKILL	CONSEQUENCE	REWARD

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SUMMER Rules

BEHAVIOR	SKILL	CONSEQUENCE	REWARD

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SKILLS FOR *Me* TO ACQUIRE

SKILL TO ACQUIRE

HOW THIS WILL HELP ME

START DATE

DEADLINE

REWARD:

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

LITTLE STEPS

NOTES

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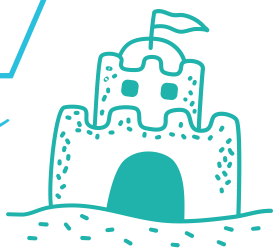
SKILLS FOR _____ TO ACQUIRE

childs name



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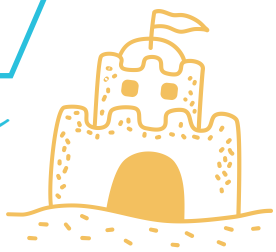

SKILL TO ACQUIRE

HOW THIS WILL HELP YOU

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REWARD:

OBSTACLES TO OVERCOME

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Protocol FOR:

Examples: *You have a migraine, morning sickness, a kiddo is sick, someone invites you to something spontaneously, your husband works late, etc.*

WHAT I AM GOING TO DO:

WHAT I AM NOT GOING TO DO:

WAYS I CAN ASK FOR HELP/MAKE THIS EASIER:

Examples: *hire childcare, easy dinner, put a movie on, etc.*

HOW I AM GOING TO TALK TO MYSELF:

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LEVERAGED Actions

What are some actions I can do to make future actions easier or unnecessary?

Examples: *Train kids to sweep, buy a basket for socks by the door, learn how to make freezer meals, buy a Roomba, minimalize a closet, etc.*

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Appendix

DAILY WORKSHEETS

KEEP YOUR *Cool*

DATE: / /

Pray: *"Lord, send down the Holy Spirit to guide me through this work."*
Take a few breaths until your body is calm enough to plan.

WHAT LESSONS DID YOU LEARN YESTERDAY?

WHAT'S THE PLAN FOR TODAY? *Food, leaving the house, activities, naps, screen time, etc.*

TOP 3 FEELINGS YOU WANT TO FEEL TODAY:

NOURISH YOUR BODY & STAY CALM

How will you take care of your body and your mental health today? What tools will you use to calm down when you feel upset?

WHAT SKILLS ARE YOU WORKING ON?

What skills are you learning or practicing to help your days run more smoothly?

LISTEN TO THE LORD

Sit quietly for a few minutes and ask the Lord what He wants to share with you.

GO FORTH IN PRAYER

Ask for a Gift of the Holy Spirit and anything else you want to pray for.

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