



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**



**Keep
Your
Cool
6**

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To be used in conjunction with:
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Management For Parents

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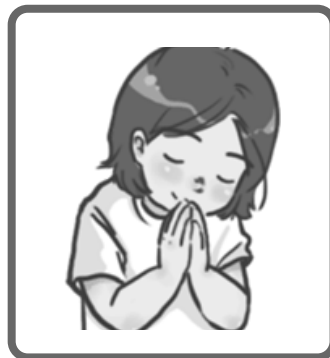
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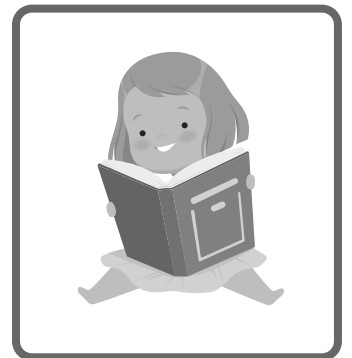


EMPOWERMENT EDGE COACHING
IGNITE YOURS

MY CHECKLIST



MY CHECKLIST



MY CHECKLIST

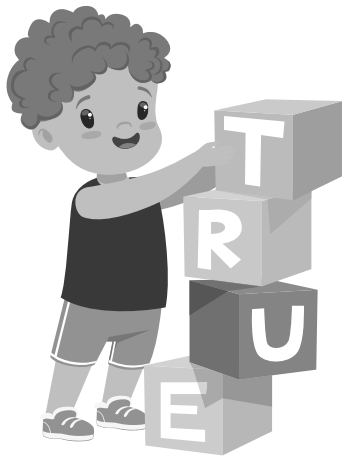
			
			
			

MY CHECKLIST

OUR VALUES

INTEGRITY



BEING HONEST AND STAYING
TRUE TO WHAT IS RIGHT

HEALTH



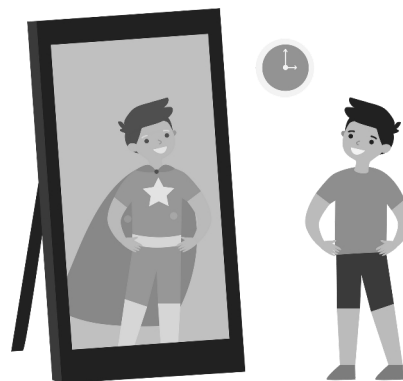
CARING FOR THE WELL-
BEING OF OUR BODY

CURIOSITY



SEEKING TO UNDERSTAND
THE WORLD AROUND US

SELF- COMPASSION



GIVING OURSELVES THE
SAME KINDNESS AND CARE
TO WHAT WE GIVE TO
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OUR VALUES

KINDNESS



BEING GENTLE AND
CONSIDERATE OF THE NEEDS
OF OTHERS

PERSISTENCE



CONTINUING DESPITE
DIFFICULTIES

RESILIENCE



STAYING STRONG AND FLEXIBLE
DURING CHALLENGES

RESPONSIBILITY



BEING ACCOUNTABLE TO
OUR ACTIONS

OUR VALUES

MINDFULNESS



SLOWING DOWN AND
PAYING ATTENTION TO
THE WORLD

LOVE



CONNECTING AND
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EACH OTHER

COMMUNITY



CARING FOR THOSE
AROUND US

FUN



FINDING JOY IN OUR
ACTIVITIES

OUR VALUES

FORGIVENESS



FEELING AT PEACE ABOUT
THE ACTION OF OTHERS

COURAGE



TRYING - EVEN IF WE
ARE UNSURE OR AFRAID

GROWTH



DEVELOPING OUR SKILLS
AND ABILITIES

CREATIVITY



GENERATING NEW
POSSIBILITIES WITH
OUR IDEAS

OUR VALUES

RESPECT



CARING FOR THE WELL-BEING OF OTHERS

SELF-CONTROL



MANAGING OUR EMOTIONS ACTIONS AND DESIRE

SELF-LOVE



BELIEVING THAT WE ARE VALUABLE AND ENOUGH JUST AS WE ARE

PURPOSE



DISCOVERING WHAT GIVE OUR LIVES MEANING

OUR VALUES

CONTRIBUTION



SHARING OUR SKILLS WITH
THOSE AROUND US

SAFETY



STAYING FREE OF HARM
OR DANGER

GENEROSITY



WILLING TO SHARE WITH
OTHERS

ACCEPTANCE



BEING OPEN TO THINGS
WE DISLIKE IN
OURSELVES AND OTHERS

INTENTIONS

INTENTION	RATING 1-5 (5 HIGHEST)

INTENTIONS

INTENTION	RATING 1-5 (5 HIGHEST)