



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:  
**Keep Your Cool With Your Kids - Anger  
Management For Parents**

## MY CHECKLIST

01-04

## OUR FAMILY VALUES

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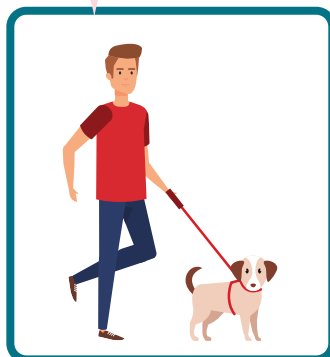
## INTENTIONS

11-12



EMPOWERMENT EDGE COACHING  
IGNITE YOURS

# MY CHECKLIST



## MY CHECKLIST



MY CHECKLIST

|                                                                                    |                                                                                     |                                                                                   |                                                                                       |
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MY CHECKLIST

|                                                                                    |                                                                                     |                                                                                   |                                                                                       |
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# OUR VALUES

## INTEGRITY



BEING HONEST AND STAYING  
TRUE TO WHAT IS RIGHT

## HEALTH



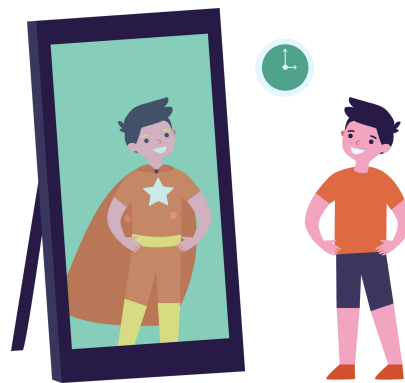
CARING FOR THE WELL-  
BEING OF OUR BODY

## CURIOSITY



SEEKING TO UNDERSTAND  
THE WORLD AROUND US

## SELF- COMPASSION



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

# 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  
SHARING LOVE WITH  
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<br>(5 HIGHEST) |
|-----------|---------------------------|
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## INTENTIONS

| INTENTION | RATING 1-5<br>(5 HIGHEST) |
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