**Guidelines for giving yourself compliments**

- which tool or tools have you prioritized, and why do they suit you best? Please share what positive implications they will have on your child long-term.

Write some compliments to yourself in this context.

- what have you changed, or are you still training yourself to change regarding how you think of your child? Please share how the shift in your mind will positively affect the relationship between you and your child.

Write some compliments to yourself in this context.

- has your sense of responsibility transformed in one way or another? Please share how and

write some compliments to yourself in this context.

- which emotion or emotions have you had more control over since this program? Please share if that changed the way you feel about yourself and write some compliments in this context.

- is there anything you see as your most valuable new sense of direction or achievement?

Write some compliments to yourself in this context.

- you committed to learning more about parenting for several reasons. What compliments do you give yourself for that decision?

- is there something you feel didn’t work out as you would like to yet, but can still compliment yourself?

- what mistakes do you remember making since we started, and what did you learn from them?

Write some compliments to yourself in this context.

- do you see some tiny steps forward in one or some areas you can value and give yourself compliments for, even if they are small?

- what are you most proud of?