



## ○ Simplicity Parenting Change Process

*Use this worksheet until you are so adept at the process that you don't need it any more!*

### **1. IDENTIFY dissatisfaction**

What am I most dissatisfied with in my family life right now?

### **2. IMAGINE things better**

How do I imagine things could be if this were to change?

### **3. DESIGN a small doable change**

What is one small doable change I could make that would take me/us in this direction?

How and when will I bring this to my partner/co-parent/friend so we can FULFILL it?

How will we CELEBRATE ?



# Simplicity Parenting Change Process

## 1. IDENTIFY dissatisfaction

What am I most dissatisfied with in my family life right now?

Which realm is it in? (Soul Fever, Environment, Rhythm, Scheduling, Filtering Out)

## 2. IMAGINE things better

How do I imagine things could be if this were to change?

## 3. DESIGN a small doable change

What is one small doable change I could make that would take me/us in this direction?

## 4. PLAN AND FULFILL your change with your partner

How and when will I bring this to my partner/co-parent/friend so we can FULFILL it, make sure it happens?

## 5. CELEBRATE Success, Fall Away and Failure

Fall Away and Failure are opportunities to review, adjust, and co-create a new change.