



The Parenting Studio

The 4 Steps to Rhythm Workbook

“For Families looking for a rhythm, flow and peace to their days”



4 Steps to Rhythm

Step 1:
Release

1) My rhythm is not where I want it because:
(brainstorm 5-7 minutes and write everything down, don't filter)

2) Top 3 Rhythm Challenges:

- a)
- b)
- c)

3) My 1 word that describes what I currently feel when I think of my rhythm and daily schedule:



4 Steps to Rhythm

Step 2:
Imagine

Imagine your perfect day:

In the mornings we:

After Lunch:

Dinner & Bedtime Look like:



4 Steps to Rhythm

The overall feeling in our home is:

In my perfect Rhythm I feel:

I want you to think about the way this new rhythm is affecting your family. How would they be changed if your days were peaceful?

Ideal Rhythm in my house would affect my family by:



4 Steps to Rhythm

Family values.....

Values I want for my children:

My Family's Goals/Focus:

What is important to do together as a family? (Mealtimes, family game night, walks...)

What do we want for ourselves & our family? (Ex. Vacations, camping, living eco-friendly, increase our spirituality...)

Am I currently in-line with my family goals and values?



4 Steps to Rhythm

Ideal Rhythm Template:

My Ideal Day looks like:

Rising:

Midday:

Afternoon:

Evening:

My Ideal Week:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:



4 Steps to Rhythm

Ages & Chores:

3-4. They want to help and can start helping but not consistently. They may play alongside you as you fold laundry. If you can offer child size brooms or small tools they will be to imitate your actions.

5- They start to participate more, but weave in and out

6- Household chores- begin with help and over time they will improve

7- A bit more on their own, but with prompting

8-9 Closer to doing things on their own

4-6 Chore ideas: fold laundry & help put away , find items at grocery store, help measure and pour, sweep, dust, help water plants, sorting clothes for washing, hanging clothes on a line, help plant flowers, help load dishwasher or dry dishes (careful of sharp utensils) raking leaves.. But all in side-by-side helping mode.

Good reference is the Gesell Institute books on child development**



4 Steps to Rhythm

Action Steps:



Action step #1:

Date to begin: _____

Details action I must take:

Action step #2:

Date to begin: _____

Details action I must take:

Action step #3:

Date to begin: _____

Details action I must take:



4 Steps to Rhythm

Action Steps Results:

Action step #1 Results:

Changes I need to make:

Notes:

Action step #2 Results:

Changes I need to make:

Notes:

Action step #3 Results:

Changes I need to make:

Notes:



4 Steps to Rhythm

Self-care & Boundaries.....

Get Support:

Get Away:

Get Inspired:

Area I need to define my boundaries:

1 permanent self-care action:

Permanent self-care routine:

Action to Take:

Details action I must take:





4 Steps to Rhythm



ACTION PLAN

"Nothing is worth more than this day. ~Johann Wolfgang von Goethe"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday