

Parent Workbook & Progress Journal — Full Year

Every week's reflection, all twelve monthly logs, four Quarterly Resets, and your full Annual Review — the single document that turns 365 busy days into a year you can genuinely look back on and learn from.

Document 10 of 12

Used every Monday, plus each month's end and each Quarter's end

Why does a workbook matter, when the real work happens in your Quarterly Roadmaps every day? Because memory alone is unreliable across a single week, let alone across 365 days. Without writing things down, month six can start to blur into month two, and it becomes almost impossible to see the real shape of your family's whole year. Brief, structured self-reflection is one of the simplest ways to see a genuine pattern that would otherwise get lost in the noise of daily life^[19].

This workbook works hand in hand with your four Quarterly Roadmaps. Every day, your Roadmap gives you a small question to think about before bed. Every Monday, this workbook asks you to put a slightly bigger version of that thinking onto paper. At the end of each month, a Month Log gathers that month's four weeks together. At the end of each Quarter, a bigger Quarterly Reset takes real stock. At the end of the full year, your Annual Review brings everything together.



WHY CHECK-INS SPACE OUT AS THE YEAR GOES ON

You'll notice Quarter 1 asks for a review every single month, while Quarters 2 through 4 ask for a bigger review only once every three months. That's deliberate, not an oversight: as your family's routines mature and your child takes on more independence, the amount of active steering you need to do naturally decreases — the same way a new driver checks their mirrors more often than an experienced one, not because the experienced driver cares less, but because the habit has become more automatic.



IF YOU'RE BEHIND, OR HAVEN'T WRITTEN ANYTHING YET

Please don't skip this document because you feel behind on it. This program is a bundle, and every piece connects to the others — your Quarterly Resets are far more useful with even a little bit of weekly reflection behind them. If you've fallen behind, simply go back and fill in what you can from memory, then continue forward from today. There is no penalty for a late entry, only value in having it at all.

How to Actually Fill In Your Weekly Log

The write space in your weekly log is genuinely small — on purpose. This page exists so that small space still gets used well.

The three prompts you'll see every week — what worked, what was hard, next week's focus — look simple, but most parents freeze slightly the first few times, unsure how specific to be or what actually "counts." This page walks through each one properly, once, so you never have to wonder again.



"ONE THING THAT WORKED" — WHAT THIS ACTUALLY MEANS

This isn't asking for a whole successful day, and it isn't asking you to prove the program is working. It's asking for ONE specific, small moment — even five seconds long — where something you tried landed the way you hoped, even partly. Think of it like a photograph, not a summary: a single frame, not the whole reel.

Too vague: "This week went okay."

Specific enough: "On Wednesday, I paused for three seconds before answering him, and my voice came out calmer than usual."



"ONE THING THAT WAS HARD" — WHAT THIS ACTUALLY MEANS

This is not a confession booth, and it's not a place to be hard on yourself. It's simply the honest opposite of the first box: one specific moment that didn't go the way you'd have liked, described plainly, without any added self-criticism attached to it.

Too vague: "Tuesday was rough."

Specific enough: "I raised my voice on Tuesday before I caught my own warning sign — I noticed it about ten seconds too late."



"NEXT WEEK'S FOCUS" — WHAT THIS ACTUALLY MEANS

This is not a wish list or a list of everything you'd like to improve. It's exactly ONE small, specific thing — often related directly to what was hard this week — that you'll pay a little extra attention to next week. One focus, held loosely, beats five focuses held tightly.

Too vague: "Be more patient."

Specific enough: "Catch my own warning sign at a 4, not a 9, at least once."



A GENUINELY HONEST LOG IS MORE USEFUL THAN A TIDY ONE

There is no wrong answer here, and nobody is grading your handwriting or your week. A log that says "I forgot to try anything this week" is more useful to your future self, reading it back in three months, than a log that quietly exaggerates how well things went.

● PRINT THIS PAGE · 48 TIMES, OR ONCE AND REUSE

Your weekly reflection

Two to three minutes, every Monday, right after reading that week's page in your current Quarterly Roadmap.

Week number and today's date

This month's focus (from your current Roadmap's opening week)

One thing that worked this week — describe it in a sentence or two

One thing that was hard this week — describe it honestly, in a sentence or two

Next week's one small focus

Your Behavior Journal

Introduced on Day 7 of your Quarter 1 Roadmap. Use one row per real moment you want to understand, not one row per day.

DATE	ANTECEDENT (RIGHT BEFORE)	BEHAVIOR (PLAINLY)	CONSEQUENCE (RIGHT AFTER)	GUESSED FUNCTION



A FILLED-IN EXAMPLE ROW

Date: Sept 14 · **Antecedent:** asked to turn off the tablet with no warning · **Behavior:** threw the tablet's cover across the room · **Consequence:** I let him keep playing five more minutes · **Gussed function:** escape (delaying the transition).

Your Own Warning Signs Log

Introduced in Month 2 of your Quarter 1 Roadmap. This log is entirely about you, not your child.

DATE	MY NUMBER (1-10)	WHAT RAISED IT	WHAT I DID ABOUT IT

Your Child's Interest Map

Introduced on Day 67 of your Quarter 1 Roadmap. A living document — update it any time you notice something new, for the rest of the program.

Genuine interest #1 — what it is, and what you've observed that proves it's genuine (not just a preference)

Genuine interest #2 — what it is, and what you've observed that proves it's genuine

Genuine interest #3 — what it is, and what you've observed that proves it's genuine

Ideas for future bridges — a skill this interest could help teach, for later reference

Month 1 Log — Reading the Signal

Week 1 (Days 1–8)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 2 (Days 9–15)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 3 (Days 16–23)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 4 (Days 24–30)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Month 2 Log — Regulating Together

Week 5 (Days 31–38)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 6 (Days 39–45)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 7 (Days 46–53)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 8 (Days 54–60)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Month 3 Log — Following Their Lead

Week 9 (Days 61-68)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 10 (Days 69-75)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 11 (Days 76-83)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 12 (Days 84-90)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Quarter 1 Reset — Reading the Signal, Regulating Together, Following Their Lead

A bigger check-in than any single weekly reflection. Take your time — "what didn't hold up" matters exactly as much as what did.

What held up under stress this quarter? Describe one specific moment.

What didn't hold up, and why? Be honest, not harsh on yourself.

What should Quarter 2 focus on first, based on everything above?

Month 4 Log — Deepen Communication

Week 13 (Days 91-98)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 14 (Days 99-105)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 15 (Days 106-113)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 16 (Days 114-120)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Month 5 Log — Widen Self-Care Independence

Week 17 (Days 121–128)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 18 (Days 129–135)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 19 (Days 136–143)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 20 (Days 144–150)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Month 6 Log — Personalize the System

Week 21 (Days 151–158)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 22 (Days 159–165)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 23 (Days 166–173)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 24 (Days 174–180)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Quarter 2 Reset — Deepening & Personalizing

A bigger check-in than any single weekly reflection. Take your time — "what didn't hold up" matters exactly as much as what did.

What held up under stress this quarter? Describe one specific moment.

What didn't hold up, and why? Be honest, not harsh on yourself.

What should Quarter 3 focus on first, based on everything above?

Month 7 Log — Sibling & Family Connection

Week 25 (Days 181-188)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 26 (Days 189-195)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 27 (Days 196-203)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 28 (Days 204-210)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Month 8 Log — Peer & Friendship Skills

Week 29 (Days 211–218)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 30 (Days 219–225)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 31 (Days 226–233)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 32 (Days 234–240)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Month 9 Log — Community Outings & Advocacy

Week 33 (Days 241–248)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 34 (Days 249–255)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 35 (Days 256–263)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 36 (Days 264–270)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Quarter 3 Reset — Connection & Community

A bigger check-in than any single weekly reflection. Take your time — "what didn't hold up" matters exactly as much as what did.

What held up under stress this quarter? Describe one specific moment.

What didn't hold up, and why? Be honest, not harsh on yourself.

What should Quarter 4 focus on first, based on everything above?

Month 10 Log — Child-Led Routines

Week 37 (Days 271–278)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 38 (Days 279–286)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 39 (Days 287–294)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 40 (Days 295–302)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Month 11 Log — Family Sustainability Planning

Week 41 (Days 303–310)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 42 (Days 311–318)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 43 (Days 319–326)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 44 (Days 327–334)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Month 12 Log — Annual Review & Looking Ahead

Week 45 (Days 335–342)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 46 (Days 343–350)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 47 (Days 351–358)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 48 (Days 359–365)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Your Full Annual Review, Part 1

The fullest reflection in this whole program. Give it real, unhurried time — spread across a few calm days if you need to.

Reread your Day 1 note: the behavior that puzzled you most, a year ago. How do you understand it differently now?

Reread your Week 5 note: your own warning sign. Has it changed, or has your relationship to it changed?

What are your top 5 proudest moments from the entire year? List them.

What were your 3 hardest moments this year, and what did each one teach you?

Your Full Annual Review, Part 2

What has genuinely become permanent in your family's daily life this year?

What did you try and consciously retire, and why?

What still needs the most work, honestly, after a full year?

Will you continue into a Year 2, and if so, what should it focus on first? If not, what is your maintenance plan?



YOU COMPLETED A FULL YEAR

Three hundred and sixty-five days of structured, evidence-informed effort is an extraordinary milestone – regardless of what any single day along the way looked like.

Sources for this guide: [19] Self-Monitoring effectiveness study (PMC11274114). Full list of references in the Start Here document.