

MODELING

- WHAT AM I LEARNING?
- WHAT HARD THING AM I CURRENTLY ENGAGING IN?
- HOW CAN I NORMALIZE STRUGGLE?

PROVERBS 22:6 MSG

GROWTH MINDSET

- WHAT IS MY RELATIONSHIP WITH FAILURE?
- AM I ALLOWING NATURAL CONSEQUENCES OR STEPPING IN?
- ASK. "WHAT DO YOU THINK WOULD BE A GOOD SOLUTION FOR _____?"

JAMES 1:2-3

HEALTHY RISK

- HOW CAN I TAKE A STEP BACK?
- WHAT OPPORTUNITIES COULD GIVE MY CHILD A SENSE OF ADVENTURE?

1 CORINTHIANS 16: 13-14

MENTORS

- WHAT ENVIRONMENTS OR MENTORS COULD I SURROUND MY CHILD (OR MYSELF) WITH THAT MODEL HARD WORK/GRIT?
- WHAT BOOKS OR MOVIES MIGHT HAVE ROLE MODELS WHO DEMONSTRATE PERSEVERANCE?

PROVERBS 27:17

CHORES

- ASK. "HOW CAN WE WORK TOGETHER TO ACCOMPLISH THIS TASK?"
- WHAT CAN MY CHILD DO FOR THEMSELVES?
- WHAT LIFE SKILLS DOES MY CHILD NEED TO LEARN THIS YEAR?

COLOSSIANS 3:23-24

LET THEM LEAD

- AM I ALLOWING MY CHILD TO BE ON THEIR JOURNEY?
- ASK. "WHAT DO YOU THINK IS THE (WISE, LOVING, ETC) THING TO DO?"

HEBREWS 12:1-2

PARENTING TIPS

for raising resilient kids



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THE
PURSUIT
COUNSELING

PARENT BOOKS:

- HOW TO RAISE AN ADULT BY JULIE LYTHCOTT- HAIMS
- GRIT BY ANGELA DUCKWORTH
- DARING GREATLY: HOW THE COURAGE TO BE VULNERABLE TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD BY BRENE BROWN
- RISING STRONG BY BRENE BROWN
- RAISING MENTALLY STRONG KIDS BY DR. DANIEL AMEN & DR. CHARLES FAY

FAMILY MOVIES:

- RUDY
- FINDING NEMO
- MARCH OF THE PENGUINS
- SOUL SURFER
- HOOSIERS
- QUEEN OF KATWE
- WONDER

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