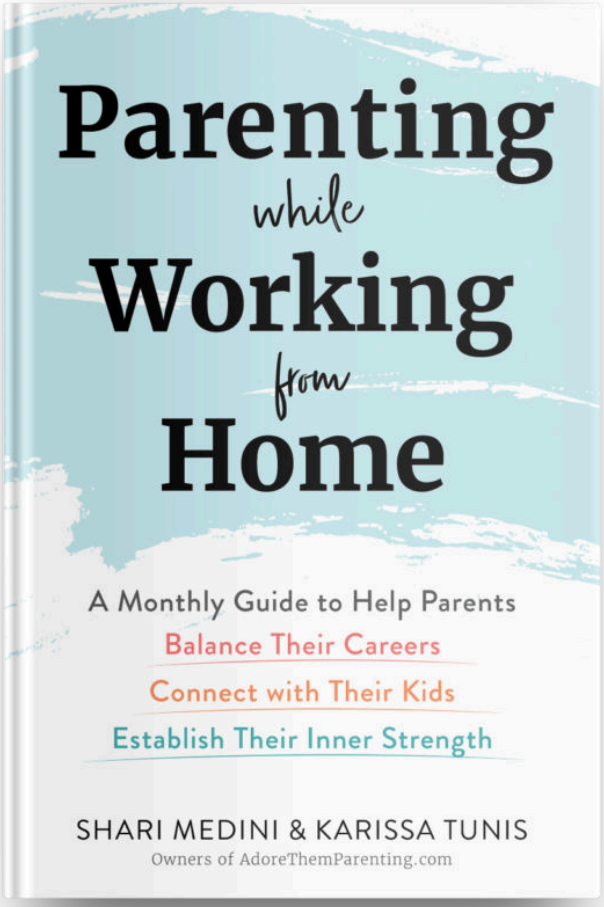
BOOK RESOURCES



Journal
Prompts
Printables
Checklists
Activities
and More!

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November: Marketing Content Calendar
December: Conversation Starters for Kids

Extra Journal Prompts:
Monthly Intentions
Monthly Reflections
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DAILY PLANNER

MEALS:

BREAKFAST

LUNCH

DINNER

WORDS TO LIVE BY

NOTES

PRIORITIES

APPOINTMENTS

TO DO

WATER

CLEAN THE HOUSE

THINGS TO BUY

WEEKLY SCHEDULE

MON

TUE

WED

THU

FRI

SAT

SUN

GOALS

TO DO

weekly planner

Week of:

Monday

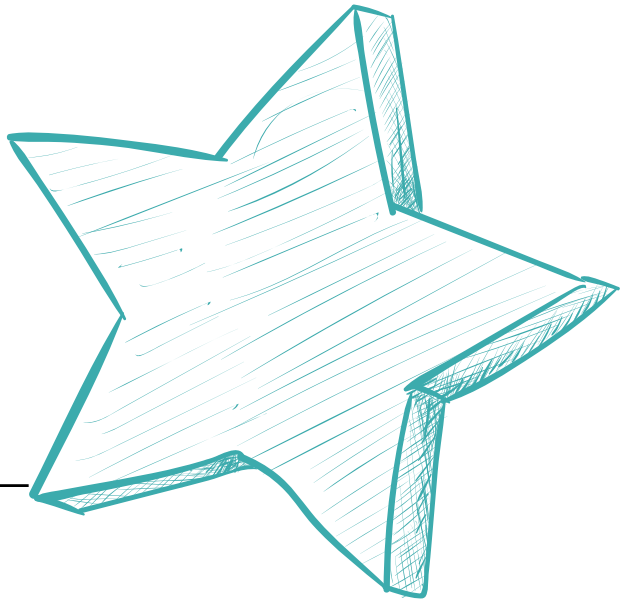
Tuesday

Wednesday

Thursday

Friday

Goal Planning Worksheet



NAME: _____

I AM GOOD AT: _____

_____

_____

_____

I NEED TO WORK ON: _____

_____

_____

MY PLAN TO IMPROVE IS: _____

_____

_____

I WILL KNOW MY PLAN IS WORKING IF: _____

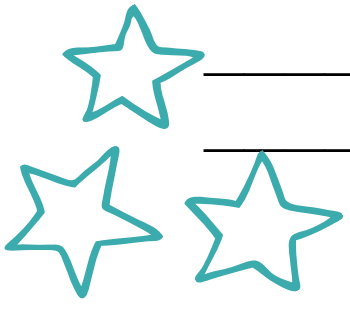
_____

_____

IF MY PLAN DOESN'T WORK THEN I WILL: _____

_____

_____



Small Gestures for Your Partner

SUN. Pick a task that is usually your partner's responsibility and do it for them.

MON. Make your partner their favorite drink and have it ready for them in their favorite cup.

TUES. Text your partner three compliments at random times throughout the day.

WED. Bring home a small gift to show that you've been thinking of them.

THURS. Set aside time to dream about the future together.

FRI. Snuggle, hold hands, and enjoy a shared snack while you watch a movie together.

SAT. Carve out an hour for just the two of you without your phones.

Daily Planner

Date _____

M T W T F

Time	*Agenda*	*Projects*
9		
10		
11		
12		
1		
2		
3		
4		*Notes*
5		
6		
7		
8		
9		
10		

Before We Get Out of the Car

When we're at the store, please...

- Hold my hand in the parking lot.
- Ask me before taking anything off of the shelf.
- Stay right beside me (or in the shopping cart).
- Walk through the aisles.
- Wait patiently in line and do not beg for candy at checkout.
- Be my helper, because I love shopping with you!

While you're at school, please...

- Listen to your teachers.
- Be kind to all of your friends and classmates.
- Give someone new a compliment.
- Look for someone lonely at lunch or recess and be a friend to them.
- Learn something new, and then tell me when you get home so we can learn together!

At the playdate, please...

- Take off your shoes when we go inside.
- Remember to say, "Please" and "Thank You."
- Share toys and ask to use toys before getting them out.
- Stay in the rooms they are entertaining in (do not go upstairs or downstairs without asking first).
- Be respectful of their property (do not jump on their furniture or run around inside).
- Have fun!

While we're at the playground, please...

- Hold my hand in the parking lot.
- Stay close to me so that I can always see and help you.
- Take turns with other kids and your siblings.
- Stay close to your siblings and/or friends (and help them if they need it).
- Watch where you are running so you don't bump into others.
- Have fun!

Pool Day Routine

FAMILY CHECKLIST

- [ ] Give each child something to carry to our chairs
- [ ] At our chairs, put coverups in waterproof bag
- [ ] Put sandals under my chair
- [ ] Put on puddle jumpers, floaties, swimmies, etc
- [ ] Give the kids the okay to go into shallow water
- [ ] Set up towels and other pool day items
- [ ] Give the kids the thumbs-up to go swim!

to my sibling

TO:

FROM:

I'm glad that you...

You make me laugh when...

You are good at...

I hope that you...

MONTHLY CLEANING

KITCHEN

- [ ] clean fridge & freezer
- [ ] deep clean stove
- [ ] wipe kitchen cabinets
- [ ] cycle clean dishwasher
- [ ] organize pantry & cupboards
- [ ] deep clean sink
- [ ] other:
- [ ] other:
- [ ] other:

BATHROOMS

- [ ] wash shower curtains
- [ ] clean shower head
- [ ] declutter & organize cabinets
- [ ] clean mirrors
- [ ] other:
- [ ] other:
- [ ] other:
- [ ] other:

LIVING AREAS

- [ ] wash throws & pillows
- [ ] dust ceiling fans & other areas
- [ ] vacuum/clean couch
- [ ] deep clean carpets & rugs
- [ ] declutter & tidy shelves
- [ ] other:
- [ ] other:
- [ ] other:
- [ ] other:

MISC.

- [ ] wash windows
- [ ] organize storage areas
- [ ] declutter and clean garage
- [ ] clean curtains & blinds
- [ ] disinfect trash cans
- [ ] sweep out fireplace
- [ ] wipe down doors & trim
- [ ] throw away outdated papers

WEEKLY CLEANING

KITCHEN

- [ ] clean counters & sink
- [ ] wipe stove/cooktop
- [ ] clean inside microwave
- [ ] sweep & mop floors
- [ ] clean out fridge

BATHROOMS

- [ ] deep clean toilets
- [ ] clean sinks and counters
- [ ] clean showers & tubs
- [ ] replace towels
- [ ] clean floors
- [ ] wash bath mat

OUTDOORS

- [ ] mow the lawn
- [ ] weed the garden
- [ ] clean out cars
- [ ] tidy up the garage
- [ ] sweep porch/deck/patio

LIVING AREAS

- [ ] vacuum, sweep, & mop floors
- [ ] declutter & organize toys
- [ ] declutter & straighten closets
- [ ] deep clean carpets & rugs
- [ ] declutter & tidy shelves

BEDROOMS

- [ ] dust & vacuum
- [ ] change bed sheets
- [ ] straighten closets & drawers
- [ ] organize & declutter
- [ ] wash, fold, & put away laundry
- [ ] clean windows & blinds

OTHER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Bedtime Routine

wash hands & face

brush teeth

go potty

put clothes in basket

put on pajamas

give hugs & kisses

think of your favorite thing

fall asleep

Bedtime Reward Chart

MY NIGHTLY ROUTINE

	MON	TUES	WED	THURS	FRI
TAKE A BATH					
BRUSH TEETH					
CHANGE INTO PAJAMAS					
SAY THANK YOU FOR THE DAY					
GO TO SLEEP					
HOW MANY POINTS I EARNED:					

Student Survey

What is your favorite subject?

What is your least favorite subject?

What is something you'd like to learn more about?

What is something that you are having trouble understanding?

What do you want to be when you grow up?

What is the best part about your school?

What is something that you want your teachers to know about you?

Is there someone at school that has been really helpful to you? (How did they help?)

What is something that you would change about school if you could?

Is there anything else that you want to share?

Fall Bucket List

LET'S MAKE MEMORIES

- Jump in a pile of leaves
- Find your way through a corn maze
- Sign up for a Turkey Trot
- Go camping, or sleep in a tent in the backyard
- Attend an October Fest event
- Take some new fall family photos
- Shop for fall decor
- Go pumpkin picking
- Watch a football game
- Go to a fall festival
- Shop for, or create your Halloween costumes
- Decorate your front door
- Read a Halloween-themed book
- Drink apple cider
- Make pumpkin bread
- Watch a spooky movie or Monster's Inc
- Carve a Jack-o-Lantern
- Make a fall craft
- Boo your neighbors
- Light a fall candle
- Go for a hayride
- Create a thankful tree
- Host a bonfire
- Toast marshmallows
- Make s'mores
- Go apple picking
- Decorate the fireplace mantle
- Bob for apples
- Bake some pies
- Drink something pumpkin spice
- Shop for matching flannel shirts
- Eat a candy apple
- Make caramel corn
- Host a murder mystery party
- Visit a haunted house
- Take a family walk
- Read a pumpkin story
- Take a ghost tour downtown
- Volunteer to rake a neighbor's leaves
- Go on a hike
- Send a thoughtful card
- Knit a scarf
- Snuggle on the couch
- Enjoy a latte on the porch
- Attend a tailgate
- Snuggle by the fireplace
- Roast pumpkin seeds
- Make a fall-themed (or Halloween themed) music playlist
- Create a Q-tip skeleton
- Go Trick or Treating

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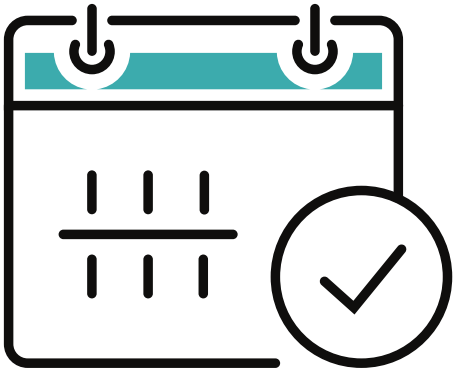


MARKETING CONTENT CALENDAR

JANUARY

Topics that do the best after the New Year include getting organized, working on your health, and winter activity ideas.

FEBRUARY

February is obviously a great time for articles about gifts and romance, but other family-friendly topics like friendship also do well.

MARCH

This month is a great time to write about time management and parenting hacks that will help families through the school year.

APRIL

Easter and Spring themed articles can be fun to put together, and you can also include tips for Spring sports and kid activities.

MAY

May is another chance to create more evergreen parenting content, but travel content also does well leading up to summer.

JUNE

There is always a lot happening in June - schools are letting out, summer is starting, and we get to celebrate Father's Day.

JULY

July is a great month to focus on important summer safety issues - like sun, water, and travel safety for families of all ages.

AUGUST

Families start planning for Back to School this month so topics like shopping and getting back into routines are often found helpful.

SEPTEMBER

As school starts back up, families are looking to simplify and streamline their schedules while helping their children adapt.

OCTOBER

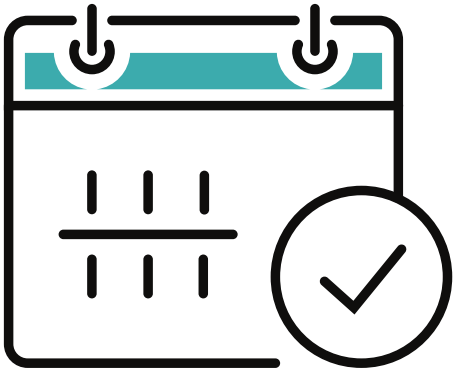
Between festive Fall activities and Halloween fun, you have the opportunity to create a lot of great, visual content.

NOVEMBER

The holiday season begins, which means that articles about family dinners and gift-giving become more popular in preparation.

DECEMBER

People are in the midst of wrapping gifts, baking cookies, and planning parties. Create content that is also festive and joyful.



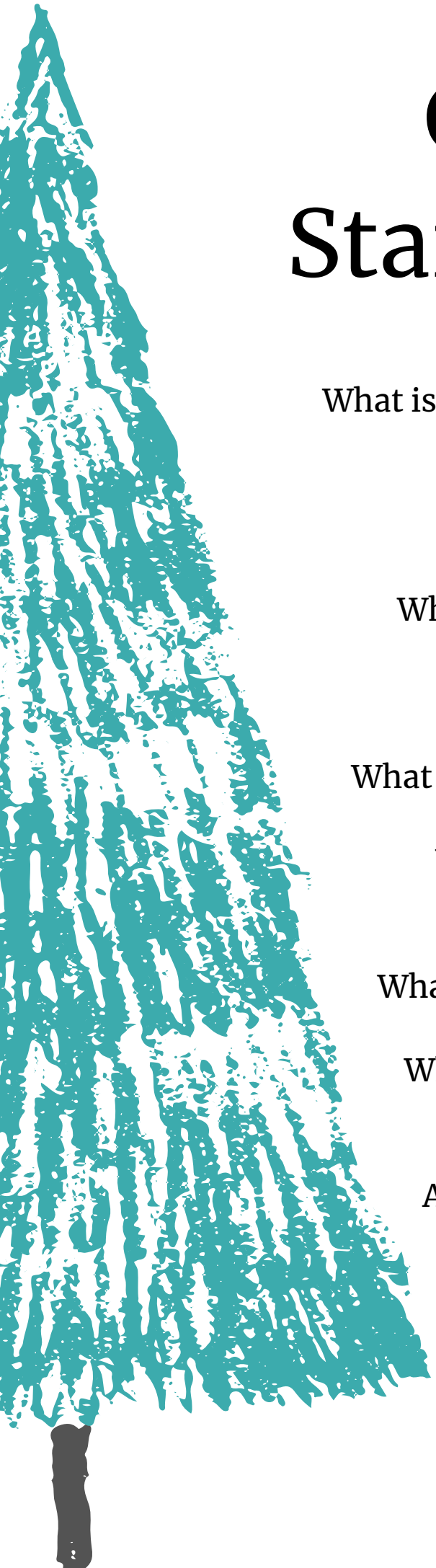
MARKETING CONTENT CALENDAR

JANUARY	FEBRUARY	MARCH
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.

APRIL	MAY	JUNE
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.

JULY	AUGUST	SEPTEMBER
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.

OCTOBER	NOVEMBER	DECEMBER
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.



Conversation Starters for Kids

What is your favorite thing to do in the winter?

What do you think winter is like in other parts of the world?

What is your favorite game to play inside?

What makes you feel happy?

What is something that you are thankful for?

What is something that you really want to learn this next year?

What do you want to be when you grow up?

What is something that is the same about you and someone here?

And what is something that is different?

What was your favorite vacation ever?

What is your favorite song to dance to?

Monthly Intentions

Throughout this month...

What are some things that I can do to improve my own well-being?

How can I support and connect with my partner?

What do my kids need me to make a priority?

What will I need to focus on for work?

Which household tasks or projects need my attention?

Monthly Reflections

Looking back...

5 Highlights (What were your favorite moments from the month?)

4 Things You Focused On (What took up the most brain power?)

3 Game Changers (What were those a-ha moments?)

2 Things You Didn't Get To (Do you need to do them next month?)

1 Disappointment (Did you take time to grieve that moment?)

What do you want to continue and what do you want to change?

Year End Reflections

Looking back...

Personal Development

What did you learn about yourself?

What are some of your strengths?

What continues to be difficult for you?

Parenting

What tips did you implement in your own household?

Have you stayed consistent with the things that worked?

How have your family's needs changed throughout the year?

Working from Home

What were some of your career highlights this year?

What do you enjoy most about working from home?

What is the most frustrating about working from home?

New Year Intentions

Look ahead...

Personal Development

What areas of personal development do you want to work on?

How will you carve out time for yourself this year?

Parenting

What are some of the big family milestones ahead of you?

How can you best support your family's unique needs?

Working from Home

What are your goals as you look ahead to next year?

How can you troubleshoot your work from home frustrations?

THANK YOU!

We consistently share helpful parenting content through our website and email newsletter. And we love hearing new ideas and stories from fellow parents, so you are welcome to reach out to us anytime!

But more than anything... we want to say, "Thank You!" We put our hearts into this book, and it means the world to us that you have spent your valuable time reading it. Our mission is to help fellow parents find ways that will help them truly enjoy their family's journey, and we are so grateful that we've had the opportunity to share this book with you.

Sending you warm wishes and all our support,

Karissa & Shari