



Calm Parent Checklist

..... *Supporting a Joyful Heart and Home*

As we increase our awareness and control of our own energy, that energy naturally becomes more calm and expansive. There are many factors that can help to support us in developing this calmness. Give yourself a rating on a scale of 0 to 3 for each statement below and notice the areas that are currently strong and where you might want or need more support. Remember this is just a snapshot of this moment in time and these things can (and do!) change.

0 - never 1 - occasionally 2 - half the time 3 - frequently

- _____ I feel safe.
- _____ I spend time doing things I love.
- _____ I get enough exercise or movement in my day.
- _____ I focus on the strengths in others.
- _____ I focus on the strengths in myself.
- _____ I spend time in nature and/or with animals.
- _____ I let there be quiet or silence at times during my day.
- _____ I'm getting enough sleep.
- _____ I'm drinking enough water.
- _____ I'm eating enough of the foods that keep me healthy and energized.
- _____ I spend time cultivating the habit of calmness (through prayer, meditation, yoga, tai chi, centering etc.).
- _____ I have a community I am a part of (school, neighborhood, religious etc.) that I actively participate in.
- _____ I have enough support.
- _____ I hold realistic expectations for myself.