

Parenting the Positive Discipline Way

December 2013

25 Ways to Change Your Perspective & Foster Gratitude

Sometimes I lose perspective (along with my mind, my religion, my patience, my keys...). I get tunnel vision and become overly focused on what needs improvement. Then I get discouraged. When I remember to look for progress and not perfection, I am re-energized to be the parent I want to be. The following ideas help me refocus in a positive way. Maybe they'll be helpful to you, too.

1. Celebrate progress.
2. Encourage, encourage, encourage.
3. Enjoy the blessing of good health, friends, and family.
4. Acknowledge effort.
5. Withhold criticism, and see if you can turn it into encouragement or curiosity instead. Bite your tongue if you have to!
6. Treasure the fun moments.
7. Say "thank you".
8. Give a hug.
9. Get down on the floor and play with your kids.
10. Say "yes" whenever you can.
11. Remember to breathe!
12. Think about whether the annoying thing they're doing will matter next week.
13. Schedule special time.
14. Watch the clouds together.
15. Treasure your child's willingness to forgive you when you blow it.
16. Apologize, and reconnect.
17. Forgive and move on (recently recommended to me by my son).
18. Take time for yourself so you are not depleted.
19. Smile.
20. Watch the sunset together.
21. Watch a sunrise (no one else in my family finds this appealing.)
22. Become a learner.
23. Let your child teach you something.
24. Appreciate your partner, if you are fortunate enough to be on the parenting journey with someone you love.
25. Be wowed by the power of love.