

THE 7 COMMANDMENTS OF RAISING HAPPY, HEALTHY AND HOLY KIDS

AFFECTION

SCORE 1 -10 (CIRCLE BELOW)

How well do I show affection to my children on a daily basis?

1 2 3 4 5 6 7 8 9 10

ATTENTION

SCORE 1 -10 (CIRCLE BELOW)

Do I pay attention to my children? Do I spend meaningful time with them?

1 2 3 4 5 6 7 8 9 10

RULES

SCORE 1 -10 (CIRCLE BELOW)

Do I provide boundaries that help my kids to flourish? Do I squash them with the rules or do I lift them up?

1 2 3 4 5 6 7 8 9 10

SAFETY

SCORE 1 -10 (CIRCLE BELOW)

How well do I show my children that they are safe with me, physically, emotionally and spiritually?

1 2 3 4 5 6 7 8 9 10

UNDERSTANDING

SCORE 1 -10 (CIRCLE BELOW)

Am I making the extra effort to understand where my child is coming from? Am I imposing my understanding on them?

1 2 3 4 5 6 7 8 9 10

EMPOWERMENT

SCORE 1 -10 (CIRCLE BELOW)

How well do I provide options for my kids so that they feel empowered?

1 2 3 4 5 6 7 8 9 10

A FAMILY CULTURE

SCORE 1 -10 (CIRCLE BELOW)

Have we settled on a family culture? Do we know what separates our family from every other family we meet?

1 2 3 4 5 6 7 8 9 10

HOW DID YOU DO?

COUNT UP YOUR SCORE. MARK IT ON THE PAGE BELOW.

/ 70

**GREAT JOB! NOW LET'S IMPROVE THAT SCORE.
BEGIN BY FILLING IN THE BLANK BELOW**

WE ARE THE _____ FAMILY

**WHEN YOU'RE READY, JUMP INTO THE
ME & MY HOUSE PARENTING COURSE
WITH THIS SPECIAL DISCOUNT LINK**

<https://meandmyhouse.net/fb>