

Resistance Plan



Read The Accompanying Blog Post on Willpower at www.ParentingTheModernFamily.com

1



OBSERVE:

Watch your child. What seems to trigger their resistance?:

2



DESCRIBE:

Have your child tell you in their own words what it feels like when they want to give up. This is resistance.

3



PLAN:

What will your child do when they encounter resistance? This plan will help them use their willpower "muscle."