

Parent Psychological Flexibility Planning Worksheets

Worksheet 1: Short-Term Plan (24 Days) -Start Small - Show up Daily

Goal: Focus on daily present moment awareness, and values-based actions

My Top 2 Parenting Values:

1. _____

2. _____

My Top 2 Work Values:

1. _____

2. _____

My Top 3 Daily Triggers (stressful situations or emotions):

1. _____

2. _____

3. _____

Present moment awareness Plan (What I will do daily to ground myself):

I will take _____ minutes each day to

Defusion Phrase I Will Practice:

Thought: _____

Defused: "I am having the thought that

_____"

Daily Reflection Prompt (To use for 24 days):

- What did I do today that was in line with my work and parenting values?
- How did I respond with flexibility?

Worksheet 2: Medium-Term Plan (1 - 6 Months) – Consistency and Practice

Goal: Integrate Flexibility into work and parenting routines.

My Top 3 Work and Parenting Challenges over time:

1. _____

2. _____

3. _____

Values-based Actions I will practice Weekly:

1. _____

2. _____

Weekly engagement Plan with my Adolescent:

When: _____

How: _____

Weekly engagement Plan with my Colleague:

When: _____

How: _____

Weekly Values Check-In Questions (Choose a day):

1. Did I act in line with my values this week?

2. What got in the way?

3. What do I want to try differently next week?

Worksheet 3: Long-Term Plan (6 – 12+ Months) - Live it, Model and Sustain

Goal: Live psychological flexibility - support adolescent and colleagues

Work Mission Statement (1–2 sentences):

Parenting Mission Statement (1–2 sentences):

Three big Goals (6 – 12 Months):

1.

2.

3.

How will I model Psychological Flexibility at Work and at Home?

Ways I will continue to learn and grow:

Date to Review this Plan:
