

PARENTS OF SPECIAL NEEDS KIDS

MINDSET SHIFT WORKBOOK

WITH LUDIVINE TANDAZO



PARENTING

JOURNEY

BEING THE PARENT OF A SPECIAL NEEDS CHILD CAN BE ONE OF THE MOST REWARDING JOURNEYS A PARENT CAN HAVE. BUT, IT CAN ALSO BE THE MOST DRAINING, STRESSFUL AND OVERWHELMING JOURNEY ONE COULD EVER IMAGINE.

THE JOURNEY IS RIDDLED WITH DOZENS OF UPS AND DOWNS WITHIN A 24 HOUR TIME PERIOD. IT'S VERY EASY FOR US TO LET THE DAY RUN US, LETTING OUR THOUGHTS, FEELINGS, EMOTIONS, AND BELIEFS DICTATE WHAT HAPPENS FROM ONE MOMENT TO THE NEXT

IF YOUR CHILD HAS A BEHAVIORAL/EMOTIONAL MELTDOWN, DO YOU GET FRUSTRATED AND DISCOURAGED, WONDERING IF HE OR SHE WILL EVER GROW OUT OF IT?

WHEN THE INSURANCE COMPANY CALLS AND SAYS THAT THEY WON'T COVER MEDICAL EQUIPMENT THAT YOUR CHILD NEEDS, DO YOU FEEL LIKE THE WORLD IS PLOTTING AGAINST YOU?

WHEN THE OTHER KIDS AT THE PARK WON'T LET YOUR CHILD PLAY WITH THEM, DO YOU FEEL THE LONELINESS AND ISOLATION THAT YOU THINK YOUR CHILD MUST BE EXPERIENCING?

THESE ARE ALL NORMAL. YOU ARE NOT ALONE.

HAVE YOU EVER NOTICED THAT SOMETIMES ALL OF THESE THINGS HAPPEN IN SUCCESSION, ONE RIGHT AFTER ANOTHER - EVEN ON THE SAME DAY?

HERE'S WHY:

Thoughts
↓
Feelings
↓
Actions
↓
Results







MINDSET SHIFT

PROCESS

THOUGHTS

MOST OF OUR THOUGHTS ARE SUBCONSCIOUS, MEANING WE DON'T EVEN REALIZE THAT THEY'RE HAPPENING.

ONCE WE RECOGNIZE WHAT WE'RE THINKING, IN ANY GIVEN MOMENT, WE CAN CHANGE IT AND REPLACE IT.

FEELINGS

OUR FEELINGS ALWAYS INDICATE WHAT WE'RE THINKING. IT'S LIKE A BAROMETER FOR WHAT'S GOING ON IN OUR MINDS.

SO EVEN THOUGH MOST OF OUR THOUGHTS ARE SUBCONSCIOUS, WE CAN IDENTIFY IF THOSE THOUGHTS ARE HELPING OR HURTING US BY HOW WE FEEL.

ACTIONS

EVERYTHING WE DO IS BASED UPON HOW WE THINK AND HOW WE FEEL.

WHEN WE'RE FEELING HAPPY AND MOTIVATED, WE'RE MORE INCLINED TO BE PRODUCTIVE. WHEN WE'RE FEELING DOWN AND DEPRESSED, WE OFTEN DON'T COMPLETE ANYTHING WE INTENDED TO.

MINDSET AWARENESS EXAMPLE

CHECK IN WITH YOUR FEELINGS

WHEN WE MONITOR OUR THOUGHTS, IT'S EASIEST TO CHECK IN WITH OUR FEELINGS FIRST AND THEN SEE WHAT THOUGHTS ARE CAUSING US TO FEEL THE WAY THAT WE DO.
USE THE EXAMPLES BELOW AS YOUR GUIDE.

THOUGHTS, FEELINGS, ACTIONS, & RESULTS TRACKER

FEELINGS

I'm frustrated and angry.

THOUGHTS

My insurance company won't cover musical therapy, but my child needs it to regulate his/her emotions. I don't have the money to self pay.

ACTIONS

I got into a huge argument with the insurance representative.

RESULTS

I left the house late because of the argument and ran into traffic on our way to my child's therapy appointment. As a result, I had to cancel my child's appointment that he/she needs to regulate his/her emotions.

SHIFTED MINDSET EXAMPLE

LET'S BEGIN WITH YOUR THOUGHTS

NOW ON THIS SHEET, LET'S START WITH OUR THOUGHTS. IT'S OUR THOUGHTS THAT START THE BALL ROLLING.

THE EXAMPLE BELOW ILLUSTRATES HOW REPLACING YOUR THOUGHTS COULD IMPACT THE SCENARIO.

THOUGHTS, FEELINGS, ACTIONS, & RESULTS TRACKER

THOUGHTS

The insurance rep is simply doing her job. She doesn't have anything against me personally. I'll call back when I have more time to speak with a manager. I'm sure there's a solution, even if I don't know what it is right now.

FEELINGS

I feel calm and hopeful.

ACTIONS

I call the insurance company back when we get home from therapy.

RESULTS

The manager found a way that we can get the therapy covered by our insurance.

MINDSET AWARENESS

HOW ARE YOU FEELING?

AFTER YOU IDENTIFY YOUR FEELINGS, DIVE INTO YOUR THOUGHTS TO FIGURE OUT WHY YOU ARE FEELING THE WAY THAT YOU ARE. NEXT, POINT OUT THE ACTION YOU ARE TAKING CONCERNING THE SITUATION. FINALLY, IDENTIFY YOUR RESULTS.

THOUGHTS, FEELINGS, ACTIONS, & RESULTS TRACKER

FEELINGS

THOUGHTS

ACTIONS

RESULTS

SHIFTED MINDSET

LET'S CHANGE YOUR THOUGHTS

NOW LET'S CHANGE YOUR THOUGHTS AND SEE HOW IT CHANGES YOUR FEELINGS, ACTIONS, AND RESULTS.

THOUGHTS, FEELINGS, ACTIONS, & RESULTS TRACKER

THOUGHTS

FEELINGS

ACTIONS

RESULTS

WHO'S LU?

I'M A MOM OF 3 BEAUTIFUL CHILDREN, ONE OF WHICH HAS SPECIAL NEEDS.

THE CHALLENGES I'VE FACED AS A MOM WITH A SPECIAL NEEDS CHILD INSPIRED ME TO PURSUE PERSONAL DEVELOPMENT.

WITH A BACKGROUND IN EDUCATION AND HUMAN RESOURCES, I HAVE ALWAYS HAD A PASSION FOR SERVING OTHERS, HELPING EVERY PERSON GROW AND OVERCOME CHALLENGES.

AFTER EXPERIENCING AN AMAZING TRANSFORMATION FROM THE PROCTOR GALLAGHER COACHING PROGRAM, THINKING INTO RESULTS, I DECIDED TO DEDICATE MYSELF TO ASSISTING PEOPLE LIKE YOU IN CREATING THE LIVES THAT THEY TRULY DESIRE AND DESERVE.







WHAT'S NEXT?

SCHEDULE A CALL WITH ME SO WE CAN DISCUSS WHICH OF MY PROGRAMS MIGHT BE A GOOD FIT FOR YOU.

CONTACT ME:

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KEEP AN EYE OUT FOR MY FREE CLASSES:

WWW.DREAMINTOSUCCESSNOW.COM