



Dear Parents!

Welcome to our Anatoliah Community, where we focus on nurturing emotional intelligence in parents like you. You might be wondering why it's important to embrace this journey. Did you know that a recent study found that parents of children who are bullied often experience feelings of anxiety, worry, and self-doubt? That's why we're here to support you in developing habits that empower you to regain a sense of control. Here's what our challenge is about:

Before heading to bed, you'll take a moment to ask yourself the following questions:

- ✓ **Q1: Today, did I speak to a fellow parent about my feelings?**
- ✓ **Q2: Today, did I listen to a fellow parent in need of help?**
- ✓ **Q3: Today, did I thank a fellow parent for inspiring me?**

Here are the guidelines for completing the challenge:

- ✓ **If you've answered "yes" to at least two of the three questions, please write a "y" in the box below for that day.**
- ✓ **If you've answered "no" to at least two of the three questions, please write an 'n' in the box below for that day,**

To win, you need to have more "y" responses than "n" responses for 21 days. The goal is to challenge yourself to have a "y" on each box for 3 weeks in a row. *You Got This!*

1st Week							
2nd Week							
3rd Week							



Hey Parents!

Here's a fantastic tip to lift your self-esteem: give a positive pledge a go every day! Countless parents across America have tried our pledge and felt incredibly empowered. To enhance your emotional intelligence and leadership skills, simply grab this sheet, stand in front of a mirror, and recite the pledge with confidence before beginning your day. You'll be astonished at how it can transform your outlook. Give it a try! *You Got This!*

The Anatoliah Parent's Pledge:

*I will commit myself/
To opening my heart and mind/
To become a better parent/
I will face all of my challenges/
In and out of my home/
With love, hope, and purpose/*



Alright Parents!

We understand that practicing rules might not be the most exciting thing on your to-do list. But consider this: when these rules can actually improve your thinking, feeling, and behavior, both at home and beyond, maybe they're worth a try, don't you think? Take a look at these nine rules that can help you become a super emotionally intelligent leader, no matter the setting! *You Got This!*

1. **A**lways start your day with empowering conversations!
2. **N**ever let another parent's negativity impact your feelings!
3. **A**ctivate your positive decisions with a simple smile!
4. **T**ake a moment to review your parenting goals for the day!
5. **O**rganize a list of the habits you need to adopt to be a better parent!
6. **L**ook at pictures of people you love to remind yourself to never give up!
7. **I**magine yourself, for a minute, being the parent you truly want to be!
8. **A**t least once a day, check to see where most of your time is focused on!
9. **H**ave a quiet moment alone and say: I believe, I trust, & I love myself!