

Stick FAST to Your CORE

Name _____ Date _____

The first step in gaining the confidence to live fully in your True Self is to identify your CORE values. Read over the information about how to identify these CORE values using the worksheet below, and then go on to the next page to identify your CORE values. If your children are old enough to participate in this exercise, you may wish to have them complete the worksheet as well. If they're not old enough to understand, you may just choose to have a conversation with them about what core values are and why they're important.

Connected

Connected means finding ways to connect to your children, to others in your family, and to yourself by choosing to remain positive, intentional, and engaged

Related Ecoplay skills:
Compassion, Communication

Open

Openness means remaining open to hearing what your children and other family members are saying, and remaining open to what your own inner voice is telling you.

Related Ecoplay skills:
Compassion, Confidence

Reflective

To be *reflective* is to use the skills of observing and describing to examine your own inner emotional states and to recognize that thoughts and feelings are not facts; they're just things your brain does

Related Ecoplay skills:
Control, Choices

Empathetic

To be empathetic is to express sincere concern for the feelings of your child(ren), of others, and yourself

Related Ecoplay skills:
Consequences, Consistency

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FINDING YOUR CORE

For the Finding Your CORE Worksheet, answer the questions in each space below:

Conconnected

List some values and beliefs here that help you feel more connected to your child, other family members, and to yourself.

Open

List some values and beliefs here that could help you to be open to your child, to new experiences, and to others.

Reflective

List some values and beliefs here that help you to be more reflective.

Empathetic

List some values and beliefs that help you to feel more empathetic towards others.

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STICKING FAST

The way to stay in your CORE is by sticking FAST to it! Once you have established your CORE skills using the worksheet on the previous page, the next step is to learn to "stick FAST" to them using the skills listed below. After reading over the FAST skills, go on to the Sticking FAST to Your CORE Worksheet on the next page and complete it. When answering the questions on the Sticking FAST to Your CORE Worksheet, focus on linking the FAST skills to your CORE values and beliefs. When you are able to stick FAST to your CORE, you are able to live a life of confidence. A life of confidence is a life spent living in True Self, as the person you were born to be.

Flexible

Flexibility is about being able to compromise when needed, without sacrificing your CORE beliefs. It also means having several tools in your Ecoplay "bag of tricks" of coping skills for you and your child. Flexible parents are able to compromise when needed by soliciting input from their children and other family members in a collaborative way.

Adaptable

To be *adaptable* is to be able to "roll with the punches." Insanity is doing the same thing in the same way and expecting different results. Adaptable parents can figure out that if what they're doing isn't working, it might be time to try something different.

Stable

A *stable* person isn't a person who never has strong emotions. A stable person is a person who learns how to change how he/she responds to emotions to get more positive consequences. If you can learn this skill and teach your children how to do it as well, you will have gained the confidence necessary to form stable and lasting relationships.

Truthful

To be *truthful* is to be honest with you child and with yourself. To be truthful also means doing a conscientious examination of your own thoughts and feelings and to be able to communicate openly about them with your child and with everyone in your family. Finally, being truthful means recognizing that thoughts and feelings aren't facts; they're just things your brain does.

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To complete the *Stick FAST to Your CORE* Worksheet, answer the questions in each space below. You will need to refer to your answers from the Finding Your CORE page (page 2 of this worksheet).

Flexible

In what ways might being flexible help you and your child to maintain your CORE Values and beliefs?

Adaptable

In what ways might being adaptable help you and your child to maintain your CORE values and beliefs?

Stable

In what ways might being stable help you and your child to maintain your CORE values and beliefs?

Truthful

In what ways might being Truthful help you and your child to maintain your CORE values and beliefs?
