LESSON 1A:

Finding Your Why

Because I have been using the thinking behind the 1 Rule for so many years, now it is always my first choice, automatically, even in challenging situations.

Today, at the beginning of my morning meditation, this new concept floated into my mind.

I think that concept is THE missing piece to what I want to share with you.

To help you move from where you are to where you want to be:

Living in peace and harmony with your kids.

I have always thought that loving your kids is enough reason to go for harmony instead of unhappiness.

I'm sure that this is true, but there is more.

From my experience it seems that you have to come to a **decision point** where you no longer want to treat your kids in ways that do not feel good to you and, for sure, do not feel good to them.

That is your why.

My why was realizing that I was no longer being the parent I had decided to be, and had been for the years that my first daughter was my only child. I had shifted, going back to ways I'd learned growing up. Disrespectful, hurtful ways. Yelling at my children had become a pattern.

One day I was shocked awake by the intimidated looks on the faces of my young children.

Never again was I going to do this to them. I promised them this right then and kept my promise, my vow. I apologized. I asked if there was anything I could do to help them feel good. And we did it. (I tell this story in a booklet you get when you become a Happy Kids Member)

One person I coached discovered her why when her daughter was attacking her, physically, frequently. She decided she did not want to raise her daughter the way she had raised her sons.

Another person decided he wanted to live peacefully, harmoniously with his daughter. He was tired of the negative interactions.

Although the 1 Rule is simple and easy for children to adopt, it is very different from the traditional ways that adults relate with kids.

That's why it helps if you become aware of your why.

I'm sure loving them, and taking care of your well-being is at the foundation of your why, and it is certainly enough, but you may find it empowering to become aware of the details of your why.

Your reason why **now is the time** to move along the path of peace and harmony with your kids.

Question

1. What is your WHY?