My Joyful Rebels Journal

Tools, games, and guided
writing topics for inspiring girls
to trust their own greatness,
bounce back from hurt
and live exuberantly

Fran Hendrick, P.C.C.
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the accompanying workbook to
Raising Joyful Rebels—A Guide for Moms

My Joyful Rebels Journal

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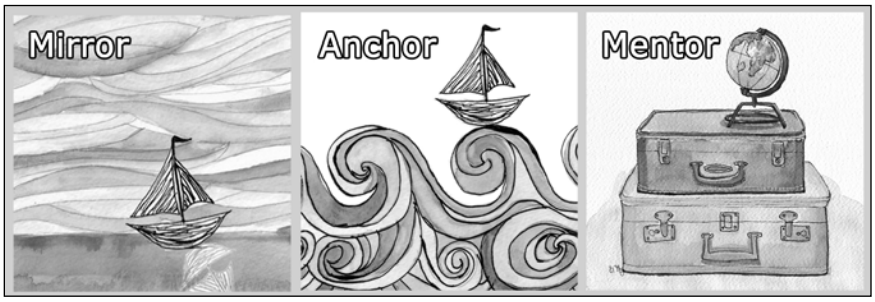
Fran Hendrick, P.C.C.

Getting Started

The *Joyful Rebels* Approach: Mirror, Anchor, and Mentor

Understanding how to serve as mirror, anchor, and mentor for your daughter is the core of the *Joyful Rebels* approach to raising girls. This s what makes it possible for you to affect her psychological development in a positive way—every single day. In addition, to inspiring confidence, joy, and resilience in your daughter, handling these roles effectively is the best way to help prevent depression, anxiety, alienation, and all the painful things that follow from these conditions.

The tools, games and guided writing topics in the *Joyful Rebels Journal* are designed to enhance your understanding as you learn about this approach in great detail in *Raising Joyful Rebels—A Guide for Moms.*



Imagine your daughter sailing a friendly little boat on a looking-glass lake. The strong, practiced little boat keeps her safe and protected. It carries elements of you everywhere she goes.

The journey is hers—she powers and steers the boat—but you are there. All at one time, you are the looking glass (mirror); you are the anchor who stabilizes her when the water is rough; and you are her trusted guide (mentor). Your presence is implicit, not proclaimed. Your daughter can depend on this without ever giving it a thought. If you understand this and allow it to happen naturally, then slowly, silently, she will absorb these aspects of your presence through every interaction you have and, in the process, become emotionally independent.

In hundreds of small moments every day, parents have the opportunity to play the following critical roles in their children's lives:

1. **Providing a mirror**

    - They reflect, with delight, the positive core and accomplishments of the child. They enjoy their children! To them, each child is a walking celebration. They are charmed by their kids.
    - They offer accurate empathy. They are innately attuned to their children's emotional experience. They accept and reflect those emotions—happy or sad; angry or glad—and do not deny, correct, or deflect them. Their acceptance feeds their children's core sense of worth, a sense of rightness and self-acceptance: *How I feel is how I feel. I am not fundamentally Wrong for how I feel.*

2. **Serving as an anchor**

    - They provide a stable landing place when their children experience an emotional storm. This is how children ultimately integrate the ability to modulate their own emotions. They do not gain this ability from being ordered to calm down. Rather, drawing from the experience of their parents' calm strength, they develop a core belief that they can handle whatever is happening.
    - They provide a structure comprised of clear expectations, limits and boundaries that, like the sturdy little boat, make the journey safe.

3. **Allowing themselves to be their children's mentors—and heroes**

    - Children grow by being around adults whom they can idealize. From these role models they learn skills, develop values, and gain a sense of power by feeling that they are part of a stronger person. As they grow up, their heroes become de-idealized. At that point, perhaps the most heroic parental gift of all is the willingness to be knocked off one's pedestal and seen finally as a whole and fallible human being.

The metaphor of the little sailboat illustrates the core of the *Joyful Rebels* approach to raising girls with passion and purpose. Understanding the nuances of these three

psychological functions—and then performing them well—is like providing emotional oxygen. Our daughters need to receive these gifts from us without having to ask. Ultimately, this approach fosters a deeply connected, lifelong mother-daughter relationship of communication and sharing.

When you're able to provide these special forms of nurturing consistently, even if imperfectly, your daughter will develop a solid core and a clear sense of identity. Her confidence in her competence and in her value as a human being will free her up to set goals and to pursue her ambitions, instead of being crippled by self-doubt.

How to Use the Joyful Rebels Journal

The first time I went to spend an evening with my newborn granddaughter, I was presented with a shiny white binder that spelled out every detail of her needs and preferences. This wonderful little handbook, lovingly prepared by her parents, was updated each time I visited, helping me to know and understand the precious little girl my daughter and son-in-law had brought into the world.

As I set out to write *Raising Joyful Rebels—A Guide for Moms*, that handbook popped into my mind. Wouldn't it be wonderful, I thought, if I could guide you, my reader, to create a journal that would help you get to know your daughter and stay focused on her unique personality and needs? Thus, the *Joyful Rebels Journal* was born.

Many of the chapters in the book suggest games and tools to use on your own or with your daughter. You'll find them all here in this journal. These materials will help you bring to life the concepts that have been introduced in the book. Throughout the book, there are also Guided Writing Topics, opportunities for introspection that will help you to travel your own path. Journaling on these topics will help you make connections between your experiences as a daughter and your approach to mothering in the present. Again, they're all here in the *Joyful Rebels Journal.*

Detailed directions for using these materials can be found in *Raising Joyful Rebels—A Guide for Moms.* Each fits into the context of the *Joyful Rebels* approach. Each will assist you in fulfilling the three crucial roles you play in your daughter's emotional development: mirror, anchor, and mentor.

Between your journal and the book, you'll be able to review the *Joyful Rebels* approach —and your own writing as often as you want or need to. Over time, the one or two sentences that you initially write about a given topic will bloom into a richer expression. When you've completed your *Joyful Rebels Journal*, you'll have a personalized blueprint for inspiring your daughter to be confident, resilient, and happy.

Nuts & Bolts—Saving and Working on the Journal

1. Use Adobe Acrobat Reader to view *My Joyful Rebels Journal*. You can download the reader here.
2. Once open, on the left-hand side of the page, you'll see this little bookmarks icon:
   Click on it.
3. The bookmarks icon will open the navigation panel. From here, you can click on the page you want to work on.
4. **Save** your journal to your computer so that your work won't be lost! Save often. Save before you close it for the day. You just can't Save too often.
5. If there is a specific tool that you'd like to make extra copies on, go to that page and Save it under a new name, like Quintessential Emily 10-1-2015. That way, you can use tools to create snapshots of your daughter at a moment in time, or, like The Repair Plan or Stepping Stones, you can use them again and again, as needed.

About Raising Joyful Rebels—A Guide for Moms

In an age fraught with negative influences---bullying, depression, drugs, self-harm---it's critical to help your daughter become strong and resilient.

It's impossible to protect your daughter from all of life's pitfalls. But through your relationship, you can build her resilience, confidence, and self-worth so she can bounce back from disappointments, tough breaks, and even failures.

> *A Joyful Rebel...*
>
> has a solid sense of self. She's an independent thinker—in a friendly, not angry or reactionary way. She's free to share her voice, dress in her own style, study what fascinates her, and sometimes take an unpopular stand —in short, free to become the person she's meant to be.

Written for moms of girls of all ages, the step-by-step *Joyful Rebels* approach change the way you think about yourself and what it means to be a mom. You'll gain the insight and skills to transform your relationship with your daughter while learning strategies for teaching boundaries, persistence, values, optimism, leadership, and more.

Filled with examples, this highly readable guide shows you how to fill the three central roles of mothering---mirror, anchor, and mentor---in the small moments that make up everyday life.

Offering a lucid, inspiring window into your daughter's inner world and emotional development, the *Joyful Rebels* journey is your chance to do something for yourself that can simultaneously change the course of your daughter's life.

A companion volume to the book, the *Joyful Rebels Journal* will guide you to create a personalized blueprint for inspiring your daughter to be a joyful rebel. The downloadable *Joyful Rebels Journal* brings the approach to life with a complete set of tools, games, guided writings that will help you make connections between the child you were and the mom you want to be.

Individualized Consultation and Coaching

Fran Hendrick works with women and girls in a number of different ways, including live (at Wildflower House or by phone), online, or a combination of the two. If *Raising Joyful Rebels—A Guide for Moms* and *My Joyful Rebels Journal* have resonated with you and you'd like the opportunity for individual consultation , these links will help you decide whether you'd like to take a next step — and, if so, which next step is right for you.

How to Work with Fran
The Heart Steps Approach—FAQ
Classes

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Wildflower House

Imagine that you have been handed a seed and told that it was one-of-a-kind – the only one on the planet — and very, very valuable?

What would you do with this tiny precious package of potential? How would you wake it up and grow it?

You would seek to discover — through trial and error — how much light, how much water, what kind of soil allowed it to thrive. It would not occur to you to accuse the seedling of being too sensitive to drought; of needing too much light; far from it! Rather, you would take this seed that you have and do your very best to nurture it so that it can become the flower that is within it to be.

That's what Wildflower House is about. Whether that seed is yourself or whether it is your daughter, we work together here to find out how to create an environment where

it can grow and thrive and bloom into the unique blossom it is meant to be. It is a sacred endeavor.

Located in historic Loveland Ohio at 111A N. Wall Street., Wildflower House is a cozy studio to support your personal development, a place to bloom.

But there are no geographical boundaries. Coaching and consultation are available online and by phone, as well as at Wildflower House.

Games & Tools

My Heart Steps Compass

MY VISION FOR MYSELF AND MY GIRLS			
MY SHORT-TERM PARENTING GOALS		**MY LONG-TERM ASPIRATIONS AS A MOM**	
Strengths I can apply in parenting	What I stand for as a woman & as a mom	Women who are examples for me	Values I hope to convey to my daughter
Abilities I'd like to help her develop	Experiences I'd like her to have	I'd like her childhood to be like mine in these ways	I'd like her growing up to be different from mine in these ways

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	Quintessential [child's name]		[today's date]
She likes:	She dislikes:	She wants (to):	She wishes:
She has a talent for:	She's afraid of:	She believes:	Her challenges:
She's angry when:	Her ideals include:	What movement might she start?	She hopes to become:
She's interested in:	Her role models are:		

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Pure Gold

I was able to…	because I am…	and because I can…

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Hear & Be Heard Games

These three games are simple enough to play at the drop of a hat, and each provides great practice in communication.

1. How many ways can you say…..?

How to Play (2-4 players)

Pick a sentence or phrase and take turns saying it with as many different tones of voice, patterns of emphasis, body language as you can invent. Keep on going until you're out of variations. Here's an example to get you going:

- "Oh, sure, I *love* hamburgers with chocolate sauce!"
- "Oh, *SURE* [sarcastic], I *love* hamburgers with chocolate sauce."
- "Oh, sure ***I*** love hamburgers with chocolate sauce????"
- "Oh, sure, I love *hamburgers* with chocolate sauce –" [suggesting that there are other things *not* loved with chocolate sauce]

What You'll Learn

You'll learn that words only carry a small part of the message when people talk. This is a great thing to have a conversation about. It becomes something you can refer to during real conversations. "Remember when we played *How Many Ways Can You Say…?* You're saying, "Oh sure, my homework's all done," but looking away from me is reminding me of that. I have the feeling that there's more going on than what your words are telling me."

2. Pass the Mic

How to Play (2-3 players)

First, construct a microphone as a prop. A bathroom tissue roller with an oblong ball of Kleenex taped on top will do – but more fun to let your girls create this in their own way. From then on, one person speaks (Speaker), another holds the mic (Reporter), and if there are three, a third facilitates (Coach). Play goes like this: The speaker tells about an experience she had that day. The Reporter listens, paraphrases the story, reflects the Speaker's feelings and checks to make sure she understood properly. The Coach intervenes to help if communication becomes muddled. When the Speaker expresses that she feels fully understood, the Reporter hands the mic to the Coach, and becomes the new Speaker. This is a good dinner table game.

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What You'll Learn

This is a playful way to learn and practice active listening so that it becomes a reflex way of speaking to one another. Like *How Many Ways Can You Say….?* it's something you can refer back to when you need to get a conversation back onto a constructive track.

3. Lead the Artist

How to Play (2-3 players)

Choose a Coach and an Artist. If you have a third player, she can be the Judge. The Coach creates a simple drawing, for example, an uncomplicated house. Only the Coach and Judge can see the drawing. The Coach then describes how to draw the figure without saying what it is or naming its parts. It's okay to say "door", but "rectangle" is acceptable. The Artist follows the Coach's directions, attempting to recreate the drawing. The Judge listens for infractions and signals "caution" with a small bell if communication shifts into criticism and blaming. She reports, without judgment, what she heard. "Mom, you said to Laura, 'You're not *listening* to me!' Can you rephrase that?" To which mom replies, "Okay, try this: Yikes, I'm so frustrated that I can't describe this in a way that makes it clear to you!"

What You'll Learn

You'll have practice being precise with each other so that your meaning is clear. You'll also have practice with "I-statements". Want a really tough challenge? Try describing a paper clip :).

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Anchoring

Stabilize	Jot down a few notes on what you've found is most helpful to your daughter when she is traveling through an emotional storm.

Organize	Think through the kind of structure your daughter needs in order to experience success and accomplishment. Make some notes here.
Routine	Use this space to list specific routines that are important to your daughter's sense of stability
Responsibilities	List responsibilities that fall into these categories: 1-Being part of a family in a shared space; 2) Personal responsibilities; 3) School –related responsibilities; 4) Other

Responsibility	Outcomes

Standards of behavior	List here your standards around: 1-communication; 2- behavior among siblings, 3-online etiquette; 4-behavior away from home

Standard	Outcomes

Validate	The goal here is simple: **Never make your daughter wrong for her thoughts, feelings, beliefs and preferences. Instead, strive to understand them by taking her perspective.** Make some notes here that will trigger you to handle your daughter's feelings and experiences in a way that builds her self-esteem, strengthens your relationship, and does no harm.

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Who am I? Who are you?

You are you; I am me,

We are not the same, you see.

Each person is an original! Sometimes you might expect other people to like the same things you like or feel the way you feel. Let's find out some ways that you are similar and some ways that you are different.

HOW TO PLAY:

1. **Print out two copies of this page (page 1 only).**
2. **Fill in the answers to each question. In the first column, answer the question for yourself. In the second column, give the answer you think the other player will give about herself.**
3. **After you've both finished writing, take turns comparing what you guessed about the other person with what she actually wrote on her paper. You'll learn some new things about each other!**

What would you choose?	Me	My Partner
Blue or yellow?		
Broccoli or watermelon?		
Dogs or cats?		
Hiking or riding a bike?		
Driving or flying?		
The beach or Disney World?		
Watch football or read a book?		
Play soccer or go to a movie?		
Grow tomatoes or go to a farm market?		
Blue jeans or dresses?		

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You are you; I am me,

We are not the same, you see.

Each person is an original! Sometimes you might expect other people to like the same things you like or feel the way you feel. Let's find out some ways that you are similar and some ways that you are different.

HOW TO PLAY:

1. **This time, you invent the "What would you choose?" questions. You can type the questions in and then print this page (page 2 only). Or print first and write you questions in by hand.**
2. **Fill in the answers to each question. In the first column, answer the question for yourself. In the second column, give the answer you think the other player will give about herself.**
3. **After you've both finished writing, take turns comparing what you guessed about the other person with what she actually wrote on her paper. You'll learn some new things about each other!**

What would you choose?	Me	My Partner

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My Wildflower

You are you; I am me,
We are not the same, you see.

This page is for creating a brand new and original wildflower – totally invented by *you.* You choose its colors and the shapes of its leaves – if it has any leaves at all. You decide where it is planted. What shape are its blossoms? Are there lots – or a single one by itself? Is there more than one kind of blossom on this plant? Does it bloom in the sun or the rain or only in the dark? Does it take up the whole page – or just a tiny part of it? Got the idea? It's yours to invent in every detail. If you like, use the second page to tell the history of your flower.

And – if you don't like to draw, it can work just as well to use magazine or google images. You can even combine the blossoms from one and the leaves from another.

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The history of my wildflower --

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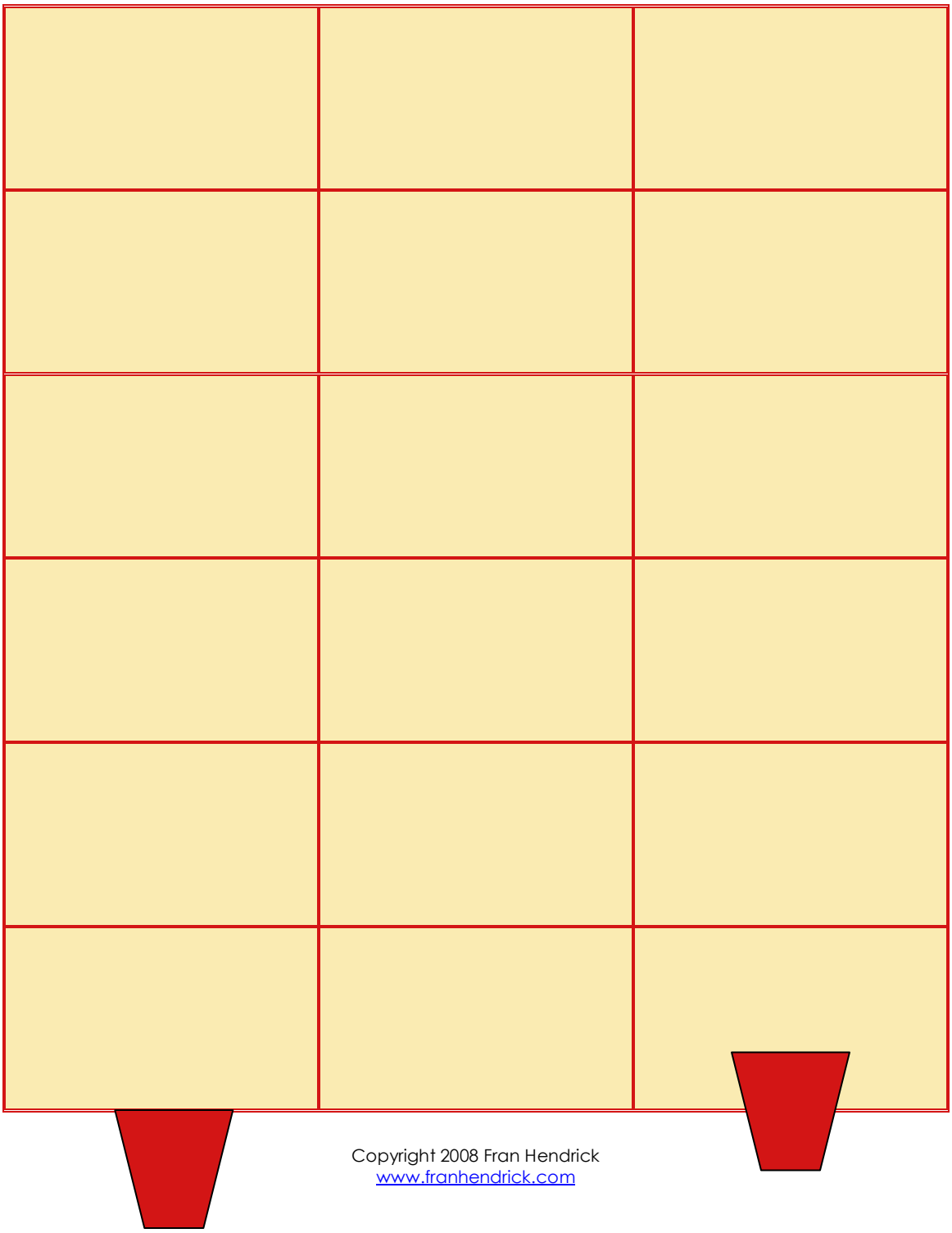
Your Comfort Cabinet

Some things just make you feel better. Your Comfort Cabinet is a place in your imagination where you remember these things. When you're upset, you can think of them, and they will help you feel calm. You can even make a *real* Comfort Cabinet where you keep some of these special things.

What treasures will you keep in the miniature drawers of your Comfort Cabinet? You might keep a pillow or blanket or stuffed animal in one drawer. In another, maybe you'll put a book or your favorite song. There might be one magical word that reminds you how special you are – or a picture of someone whose voice always helps you feel safe.

Use this page to create your own Comfort Cabinet.



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Comfort Cabinet

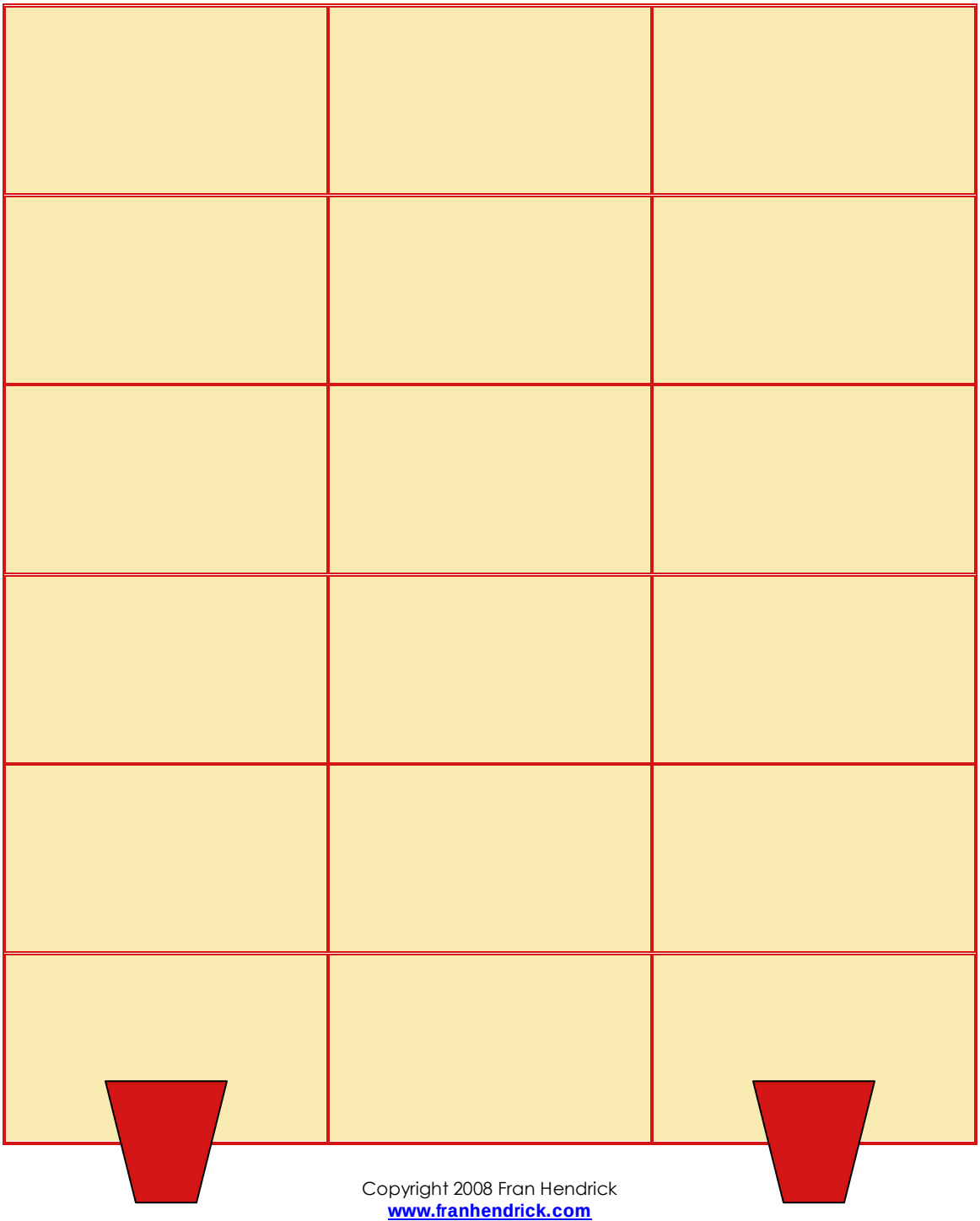
Creating a Comfort Cabinet

Everyone has certain things in their lives that supply them with an immediate sense of well-being just by being present.

For one person, it's a warm, fresh loaf of bread in the kitchen. She gains a sense of abundance from it. It feels like a luxury, and implicit in it is the message, "I am provided for." It creates within her a sense of warm, soft comfort.

For another, it's freshly ironed sheets, crisp and cool, on the bed. Perhaps for you it's a quiet space filled with books and the scent of the lemon oil used to polish the shelves that hold them.

It might be that special person whose voice immediately helps you regain your balance. A sound, an image, a children's book, an idea, a single word – all are possible treasures to keep at your fingertips in the miniature drawers of your Comfort Cabinet.



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Comfort Cabinet

The What-If Game

A fanciful game to transform worries into plans

HOW TO PLAY: The object of the game is to change a scary *What if* into a good *If…then* plan for managing the situation. Take turns asking the *What if* question and giving the *If… then…* answer. The only rule is that you must use the words that are written in red in the example below.

FOR EXAMPLE:

What if… a dinosaur came visiting and began to eat our tomatoes!

Well, if a dinosaur came to visit and wanted our tomatoes for a snack, **then** I'd say, "Hello! Come on over and have the ones over here on the plate. They're much tastier!"

Start with these, and then take turns inventing your own.

1. **What if…** you built a block tower that was sooooo tall that it went all the way to Mars and a Martian starting taking the blocks off the top of your tower?

2. **What if…** you were eating pizza and all the pieces of pepperoni turned into gumdrops?

3. **What if…** you were cleaning your room and all the toys started to walk and talk?

4. **What if…** you were playing in the back yard and a big rabbit hopped up to you and asked you for a chocolate cupcake?

5. **What if…** your dog woke up one morning with wings and wanted to fly?

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Learn your boundaries

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An Optimistic View

Adapted from the work of Martin Seligman, PhD, author of *LEARNED OPTIMISM*

DIMENSIONS OF EXPLANATORY STYLE	OPTIMISTIC OR PESSIMISTIC?	GOOD EVENTS	GOOD EVENTS: "[your example]"	BAD EVENTS	BAD EVENTS: "[your example]"
PERMANENCE: SOMETIMES VS. ALWAYS	OPTIMISTIC	Permanent	"I was elected to run the project because my team mates respect me."	Temporary	"It takes time to make new friends when you move to a new school."
	PESSIMISTIC	Temporary	"I was elected to run the project because my team mates felt sorry for me."	Permanent	"No one will ever want to be friends with me in this school."
PERVASIVENESS: SPECIFIC VS. GLOBAL	OPTIMISTIC	Global	"I'm smart."	Specific	"That girl in my history class doesn't like me."
	PESSIMISTIC	Specific	"I'm smart at math."	Global	"Nobody likes me.
PERSONAL: INTERNAL VS. EXTERNAL	OPTIMISTIC	Internal	"I won because I trained hard."	External or behavioral self blame (self-blame that is internal, but temporary and specific)	"I lost points on that assignment because I turned it in late."
	PESSIMISTIC	External	"I won because I was lucky.	Internal or general self blame (self-blame that is internal, but permanent and pervasive internal)	" I lost points on that assignment because the teacher doesn't like me."

HOPEFULNESS	HOPEFUL PEOPLE FIND PERMANENT AND UNIVERSAL CAUSES FOR GOOD EVENTS	HOPEFUL PEOPLE FIND TEMPORARY AND SPECIFIC CAUSES FOR BAD EVENTS

SUPPORT + CORE SENSE OF SELF WORTH + OPTIMISTIC EXPLANATORY STYLE → RESILIENCE

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An Optimistic View

Adapted from the work of Martin Seligman, PhD, author of *LEARNED OPTIMISM*

DIMENSIONS OF EXPLANATORY STYLE	OPTIMISTIC OR PESSIMISTIC?	GOOD EVENTS	GOOD EVENTS: "[your example]"	BAD EVENTS	BAD EVENTS: "[your example]"
PERMANENCE: SOMETIMES VS. ALWAYS	OPTIMISTIC	Permanent		Temporary	
	PESSIMISTIC	Temporary		Permanent	
PERVASIVENESS: SPECIFIC VS. GLOBAL	OPTIMISTIC	Global		Specific	
	PESSIMISTIC	Specific		Global	
PERSONAL: INTERNAL VS. EXTERNAL	OPTIMISTIC	Internal		External or behavioral self blame (self-blame that is internal, but temporary and specific)	
	PESSIMISTIC	External		Internal or general self blame (self-blame that is internal, but permanent and pervasive internal)	

HOPEFULNESS	HOPEFUL PEOPLE FIND PERMANENT AND UNIVERSAL CAUSES FOR GOOD EVENTS	HOPEFUL PEOPLE FIND TEMPORARY AND SPECIFIC CAUSES FOR BAD EVENTS

SUPPORT + CORE SENSE OF SELF WORTH + OPTIMISTIC EXPLANATORY STYLE → RESILIENCE

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My Helpers

When you have a problem or need something, there are always people who can help you if you look for them. Keep track of them on this page. It's like being surrounded by sunshine.

Mom will help me with

_____

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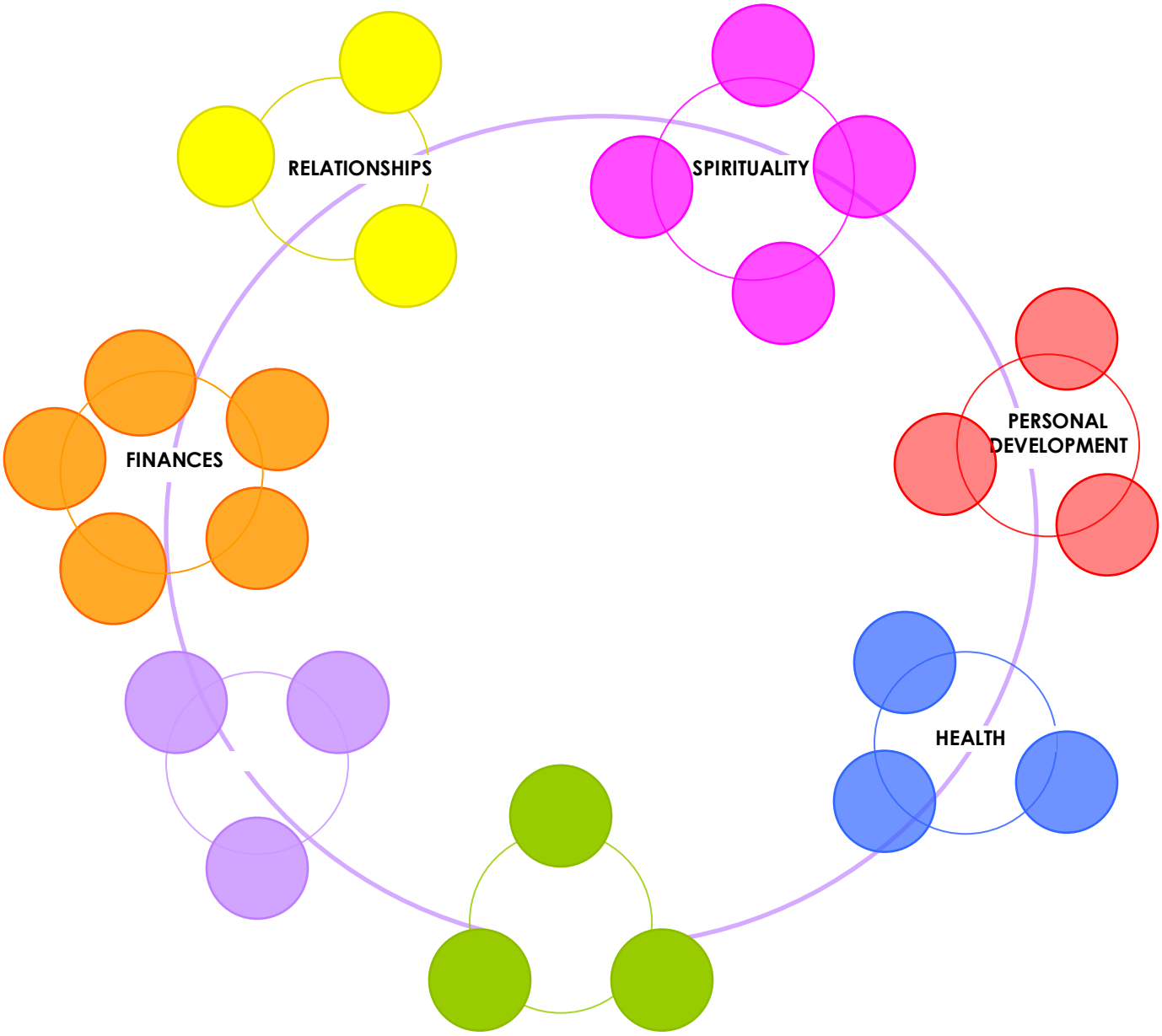
How to Juggle



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Repair Plan

When you've done something that inconvenienced or hurt another person, it's time to stop and think. What effect did your actions have on the other person? What led you to say or do something hurtful? What can you do to make it better? How can you avoid this in the future?

Use this page to write out your plan.

1. Describe exactly what you did or said.
2. What effects did this have on the other person? How did the other person feel?
3. **Ask to talk with the person.** If she is willing, talk to her about what you did and how you think it might have made her feel. Like this: "I turned off the television right in the middle of your show and you missed the ending. I think that must have made you pretty upset with me." Listen and make sure that she is sure that you really understand how she feels.
4. See if there is a way to make up for it. In this situation, if your parents agree, you might give some of your television time to your sister. Write about how you will make up for what you've done.
5. Figure out why you did it. What was happening right before? What were you thinking about? What were you feeling? Write about it below.
6. What will you do the next time you are feeling this way?

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Ask for What You Want

WHAT I WANTED	WHAT I DID OR SAID	WHY	HOW I FELT	THE COST OF NOT ASKING

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Dreams & Dares

MY DARE	IS THIS DARE COMING FROM INSIDE *ME?*	WOULD I BE SELLING MYSELF SHORT IF I DON'T TAKE IT?	MIGHT I REGRET NOT DOING IT?	IS THERE THE POTENTIAL FOR ME TO SUCCEED?

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Stepping Stones

My destination

Where are you headed?

What fears and barriers might get in your way?
How can you manage them?

Where I am now.

Steps

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How to Use This Tool

When you're trying to "find the path that's your path," often you won't be able to see very far ahead of you. You might just be aware of one step that feels important – even though you're not sure where you're going!

Use this tool to map out these steps, both big and small.

Here's an example:

My Destination: Finish Algebra 2 with an A.

Where I am now: First quarter with a B-. Confused.

Fears and barriers that might get in my way and how I can manage them:

- I'm afraid I'm not smart enough. I can get a friend to help me and stay after school on Help Nights.
- My schedule is really busy. I might need to drop something in order to have enough time to learn this.

Steps:

- Ask Amy if she'll show me how to study.
- Meet with Mrs. Allen. Bring specific problems to ask her help with.
- Rearrange my schedule so I have an hour a day to work on this.
- See how I do on the next test, and revise my plan accordingly.

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Recipes for Joyful Rebels

Resilience

CORE SENSE OF SELF WORTH
(Mirror)
+
SUPPORT
(Anchor)
+
OPTIMISTIC EXPLANATORY STYLE
(Mentor)
↓
RESILIENCE

Assertiveness

Mirroring
[Twinkle + Reflect + Amplify + Celebrate + Empathize]
+
Mentoring
[Model]
↓
Ability to be assertive & take a leadership role
Depression inoculation

Empathy vs. Entitlement

Receiving empathy + Receiving structure → Healthy capacity for empathy

Receiving empathy − Expectations → Unhealthy sense of entitlement

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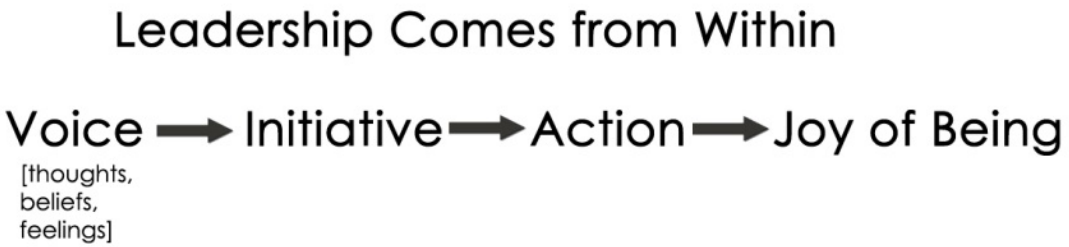
Leadership



Sometimes Love Means Saying "No"

Sometimes:

LOVE = SAYING NO

But sometimes parents and kids, too, erroneously believe that:

LOVE = SAYING YES

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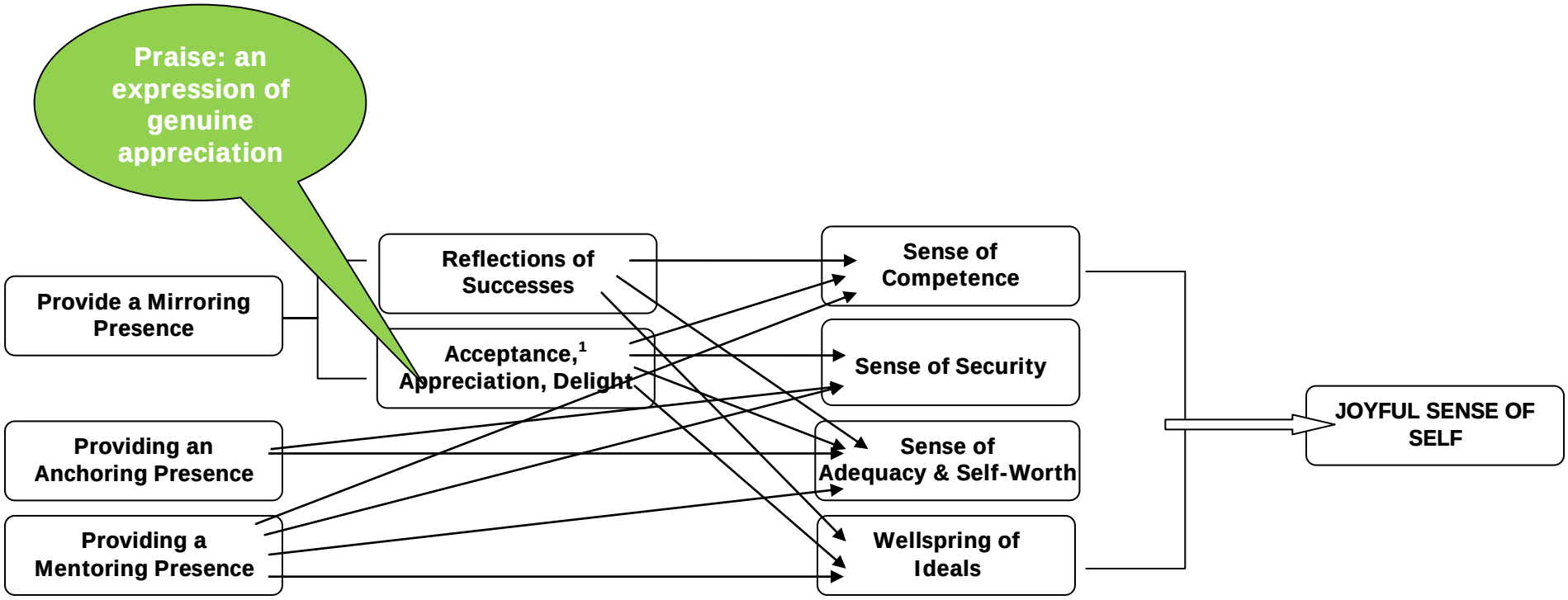
How to Raise a Joyful Rebel



[1] Acceptance of your daughter's:

- Humanness
- Pace
- Body
- Feelings, thoughts & beliefs

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Other Ideas & Inklings

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Your Path, Your Voice

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Guided Writing Topics

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Guided Writing Topics—Your Chance to Look Deeper

Take time for introspection. It takes courage to explore your own experiences and feelings by journaling. Don't drive yourself crazy trying to "get it right" the first time. Just jot down your thoughts for each Guided Writing Topic. Spend as much or as little time as you're comfortable with, and then return to any topic when you have new ideas to add. Your ideas will evolve if you give them time to percolate.

It's a process. Writing is a powerful way to get to know and truly appreciate your*self*. The time you devote to personal growth translates very quickly into a richer relationship with your daughter and increased confidence as her mom.

Ready? Let's begin.

A Heart Steps Path—to Where?

Begin to formulate a vision for yourself and your joyful rebel.

On a fresh page in your *Joyful Rebels Journal*, begin to shape your own vision statement. Let your imagination fly as you think about exactly how you want to feel as a mom, how you want your daughter to feel, what your time together (and apart) will be like, and the kind of childhood you want for her. Include the tone of the experience as well as the specifics, so that you really can see it, feel it, and be surrounded by it.

Bullet points are just fine here; sometimes this is a less threatening way to begin. Or, just freewrite for five or ten minutes. As you become immersed in the *Joyful Rebels* experience, you will have additional ideas, and your vision statement will evolve.

When you're ready, add the essence of this vision to your Heart Steps Compass.

The Three Crucial Roles Your Daughter Counts on You to Play

Take a few minutes to think back on your own childhood and write about it in your journal.

Who in your life could be counted on to listen and understand you—no matter what?

Who was thrilled with your accomplishments—especially those little things that other people wouldn't have realized were so important?

Whom did you look up to and want to be like?

Who made you feel safer, just by being nearby?

Who stayed calm even when you were overwhelmed with fear or sadness or anxiety?

What impact did these people have on your life and on the person you are today?

If you weren't fortunate enough to have someone like this in your life, think back on the TV shows you made sure never to miss, and the books and movies that you read and watched again and again. Fictional characters are extremely powerful in allowing us to vicariously have our emotional needs met and in helping us shape our values and develop the abilities we want to have.

Twinkle: The Simplest Way to Help Your Daughter Feel Sure of Her Own Value

Make a point to try the twinkle several times. Pay attention to what happens, and then write about it in your *Joyful Rebels Journal*. How do you feel when you take the time to connect with your daughter in this simple way? How does she seem to feel? What is the impact on your relationship? What seems to be the impact on her self-esteem?

What you'll gain as you absorb the ideas in this guide is a way of being. That's very different from implementing a list of tips. There's no on-and-off switch—"Now I'll do it, now I won't." Rather, once you have integrated something like the twinkle, it will be part of almost every interaction with your daughter, and with other people as well. That is what makes it so powerful.

Reflect: What's in the Mirror Crystallizes into Your Daughter's Self-Image

As you meet your daughter in a new way by using the Quintessential Tool, you might want to journal about the surprises and insights that bubble up along the way.

Amplify: You Can't Reflect What You Don't Yet Understand

1.

Bring to mind a time, perhaps recently, when you chose not to express your thoughts and feelings. What were the circumstances? What were the concerns or fears that stopped you from speaking?

2.

Describe a time when you intentionally amplified your daughter's voice. It could have been at the dinner table; it could have been during a disagreement. Regardless of your own opinions, you provided a "mic" to listen to and fully understand your daughter's point of view. What happened? How did you feel? How did she feel? What was the impact on her self-esteem? What was the impact on your relationship?

3.

When you figuratively handed your daughter the mic, you, in effect, ceded the floor to her. Then the floor remained hers until the mic was handed to someone else. Write a bit about how you felt in doing this, as well as any reactions you observed in others who were present.

Celebrate Pride: A Building Block of Self-Worth (1)

Think about your experiences with feeling proud.

- What messages about pride did you get as a child?
- How did your parents and other significant adults in your life respond when you expressed pride?
- What impact did their responses have on you then?
- What impact do those messages have on your parenting now?

Take some time to think about these questions, and jot down your thoughts as you continue reading this chapter.

Celebrate Pride: A Building Block of Self-Worth (2)

- List some of the thrilling moments that you remember from your daughter's infant and toddler years. Write about your feelings in the moment and how you most likely responded.

- Now think of one of your daughter's recent accomplishments. Note the similarities and differences in your feelings about it and your response to it. Try to be very objective—you're a reporter looking in—and avoid being self-critical. This is about developing awareness, not beating yourself up!

- If your responses to your daughter at different ages were significantly different, explore the reasons why that was so.

Celebrate Pride: A Building Block of Self-Worth (3)

The next time your daughter excitedly shares an accomplishment with you, make a point of being fully present. If she has been neglecting her responsibilities, try out the sequenced response described in this chapter.

Take the time to write, in bullet points, just as I have above, exactly what you said and did. If it went well, you'll have a record of it to look back on. On the other hand, if it was a little bumpy (or a complete fiasco, as sometimes happens), you'll be able to analyze where it went wrong.

Give Accurate Empathy: The Heart of Connection

1.

Become an observer of yourself for this topic. The next time your daughter begins to tell you about something that is important to her, pay attention to your impulses and emotions. Ask yourself these questions:

Do you feel a need to reassure your daughter that it's not so bad, that it'll be all right?

If it's a happy topic, is there any part of you that pulls back from your daughter's excitement?

What questions, comments, facial expressions, or body language elicit more of her thoughts and feelings?

What shuts her down and causes her to withdraw?

2.

Think of an example of a conversation with your daughter where you felt uneasy, and describe it in your *Joyful Rebels Journal*. Dig deeply enough to figure out which of the fundamental fears might have gotten in the way of your eliciting her thoughts and feelings.

What are your biggest fears for your daughter?

Stabilize: Sharing Your Strength

1.

How did your mother respond when you were very upset, angry, or fearful? What helped? What hurt?

2.

Pay close attention to your own feelings as you practice lowering and raising the anchor. Your daughter's upset feelings can trigger emotions that you might not expect. You may find yourself angry with her, or you may feel upset because you are remembering something similar that happened to you. Whatever the feelings, take some time to explore them.

Organize: Creating Predictability in an Unpredictable World

Consistently providing structure and routine in your daughter's daily life requires a commitment of time and energy. In the long run, it's efficient—but you may find it hard to make a beginning.

1.

What feels least comfortable or most overwhelming to you about creating predictability in your daughter's life?

2.

You'll gain additional insight into the art of creating structure by thinking back on your own childhood. What expectations and requirements did your parents have for you? What happened if you did not meet them? Did you feel supported or controlled, safe or held back? Did you decide to parent in a different way from that of your parents, or to do things exactly the same? How did this decision affect your parenting style?

Validate: Making Her Right

1.

Describe the first “cold water moment” that comes into your mind. This is a moment when you briefly felt misunderstood or dismissed by someone you trusted. What emotions did you experience? How did the incident end?

2.

Spend a few minutes thinking back on your childhood.

Were you encouraged to speak up? Were your words ever used against you?

Did your caregivers have subtle ways of invalidating your feelings, such as requiring you to hug or kiss friends and relatives whom you did not wish to be near?

Whom did your mother feel a need to please? Whose approval did she seek when it came to parenting? Did her need for approval cause her to do anything that you would prefer not to do with your own daughter?

Thinking back will help you continue to shape the picture of the exact environment you want to create for your own joyful rebel.

You Don’t Have to Be Perfect: How to Remove an Emotional Thorn

Jot down your thoughts about these questions. When little slices of memory surface, come back to this page and add them.

1.

What was the atmosphere like in your childhood home? Was it accepting and calm or full of conflict and defensiveness? Can you remember how you felt there?

2.

Were you able to let your mother know if she hurt your feelings or misunderstood you? If so, how did she respond? If you didn’t dare speak up, why not?

3.

Did you base your parenting style on your own childhood experiences? What did you decide you would do—or not do—when you had children of your own?

4.

Describe an experience—recent or long ago—when you felt painfully misunderstood or devalued. Were you able to speak up? What happened?

When “No” Is Love: The Art of the Compassionate “No”

1.

Describe your experience with delivering the compassionate “no” in the Heart Step above. How did this feel for you? What happened, and how did you respond?

2.

How did you feel as a child when your mother said no to a request you made? Have these childhood experiences affected the way you parent your daughter?

Hear and Be Heard: Three Simple Communication Formulas

Think about the conversations you've had in trying out the three communication formulas.

What feelings did you have as you experimented with the three formulas?

How did your conversations go?

How did the people on the receiving end seem to feel?

What else did you observe?

Praise: A Reflection of Genuine Appreciation

1.

Take a moment to think of a time when someone praised you. How did it feel? Now analyze why the words caused you to feel the way you did. Pay attention to the differences among authentic appreciation and judging, engaging in one-upmanship, and manipulating. Did you find the praise believable or exaggerated? What feelings did you have about yourself and the other person as a result of this interaction?

What did you observe as you experimented with expressing genuine appreciation instead of "giving praise"?

What feelings did you have?

What reactions did you notice in your daughter?

2.

Think back on your own experiences of praise as a child. Was there someone whose recognition was gold to you? Think about that person and how you knew he or she appreciated your actions. On the other hand, was there someone whose words you resented or actively rejected? Again, think about the person, the relationship you had, and what the person's words signified to you. Years later, as an adult now, are you able to see why you felt as you did? What impact might these experiences have had on your feelings about your daughter?

Life is a series of first tries and next tries

Bring to mind a project that had you on the brink of quitting—or one that you gave up on. Write about it in your *Joyful Rebels Journal*. Describe the feelings you had along the way, beginning with your first exposure to the project, continuing through all the hurdles and all the successes, and taking it to the end. Where are you with the project now? If you haven't finished it, try again now that you're armed with some of the ideas in this chapter.

When you come to a fork in the road, your values will guide you

What methods did your own parents use to teach you values and responsibility? Think back on a particular mistake you made as a child and how your mother responded. Did her response cause you to feel empowered and confident that you could do better next time, or did you feel ashamed or angry? Why? How would you (or did you) handle the same situation with your own daughter?

Insights & Inklings

Fran Hendrick, P.C.C.

Professional clinical counselor, parenting columnist, and teacher Fran Hendrick has provided coaching and counseling for hundreds of women and girls for twenty-five years. She is a member of the International Association for Psychoanalytic Self Psychology. In addition to her therapy practice, Fran provides consultation online and by phone for moms participating in the *Joyful Rebels* process.

Fran divides her time among working with clients, kayaking with her husband, and scampering up jungle gyms with her granddaughters. Clients appreciate Fran's calm, empathic style, her practical strategies and solid advice, and her playful spirit. Wildflower House, Fran's cozy personal development studio in charming, historic Loveland, Ohio provides a space for women and girls to become exactly who they're meant to be.

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