



MONTH..... / YEAR.....

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

[illegible]

The “Family Proclamation” states that **“mothers are primarily responsible for the nurture of their children.”** My favorite definition of “nurture” is to **“support or encourage the growth of...someone.”** This tracker is designed to help *you* in your role as you are striving to support the progress of your child.

**If you need a starting point** to discovering goals that could be great for your child individually, I like to encourage both myself and my child to prayerfully think of this question for each of the different categories: *"What do you feel you could learn, try, or do better (socially/spiritually/etc)?"* President Nelson encouragingly said, *"Prayerfully ask yourself and ask your Father in heaven, 'What can I do to become more like Jesus Christ?'"*

**How many?** You may consider creating just one or two goals (or more) at a time, depending on the child.

**How to use the growth tracker:** You can help your kids create “floors and ceilings” for their hopes and desires. A “ceiling” is the high ideal, the best that goal could look each day! The “floor” (a less-than 30 second version of a bigger goal) is a support so that on the busier-than-usual days, your child is able to still do something to keep the habits & momentum that will take care of their body, mind, and spirit!



Examples:

Desire to improve on an instrument?  
Possible Ceiling= 10 min of practicing  
Floor= play through one song on the piano

Desire to be kinder to sibling?  
Possible ceiling goal=  
think/say/do one kind thing  
towards that sibling  
F= pray for more love towards  
that sibling

Desire to spend a little less time on technology?  
Possible Ceiling goal= create/imagine/do one creative thing (lego creation, art, dance, sing, etc)  
F= a mantra of choice; ex: "I love the time and space I have to create in my life!"

**On this tracker, use their marks--and lack of--ALL as helpful data!** I would encourage you to celebrate your child's efforts! God was the perfect example of a parent overseeing someone (Jesus) setting out to do something great; after one stage of creation, it's NOT recorded that God was frustrated that Jesus didn't create the animals yet, or that He was discouraged that Jesus only had the water on the earth so far... nope! I love that after each stage, it says: "God saw that it was good." Yes!!! Perhaps we too could seek to become more like our Heavenly Father and use this chart to celebrate their efforts with floors, ceilings, AND even see the good in the blank spaces which show we may need some grace, curiosity, and creativity! I say that last part because we want to help our kids learn from their mistakes or weakness. They set a goal, but growth is sometimes uncomfortable, not easy, or just hard to remember to do.

When this happens, for example, you might say: *"This is all such good data! Way to go with reaching your floors in your intellectual goal. That's awesome! I see you didn't do the ceiling part for your spiritual goal this past week. Do you think you might need to adjust it perhaps, or habit-stack it with another routine by using the prompt "after I... then I will..." Maybe that could help you reach your goal this next week. What do you think?"*

This example is showing how we don't treat our kids as failures for not reaching things right away, but rather, again we use the data on our trackers to include loving grace, curiosity, and creativity to figure out a better way forward. I hope this tool--this tracker--can be a way to save you time and energy as a parent to help your unique child thrive with their progression! You got this!

