



THE BUILDING RESILIENT KIDS BLUE PRINT

by Heather Davis

THE BUILDING RESILIENT KIDS BLUEPRINT

Welcome to the Building Resilient Kids Blueprint!

After seeing nearly 2,000 kids walk through my doors the last 15 years, I started seeing patterns that showed me there were those kids who knew who they were to the core and those who were lost without any direction.

The kids who were lost lacked confidence, so I started reading the research from the best experts in their field.

It turns out that a lack of confidence also means that they lack resilience in other areas.

Resilience is the key to our kids being successful. So, if we build resilience, we'll also build their confidence.

This blueprint is the 30,000-foot view of that research of what it takes to build confident, resilient kids organized so you can see it in just a few pages.

Kids are our future, and we need to help them reach their greatest potential by nurturing their social and emotional development.

If you're ready to put in the work, I'm here right alongside you on this journey too.

So, whether you're a seasoned parent or just beginning your journey, you're looking at the blueprint right here.

Let's get started.

Talk soon,

Heather Davis



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Resilience Mind Map

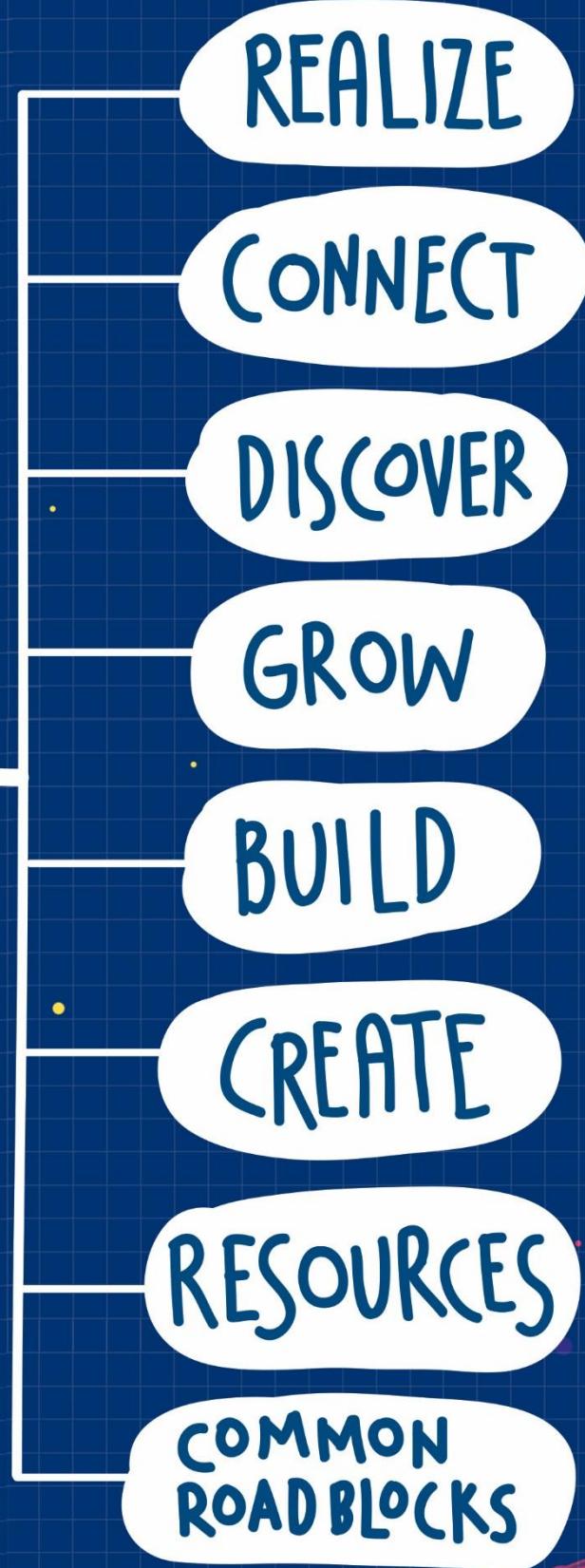


Adapted from Dr. Ken Ginsburg's work.



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BUILDING
RESILIENT
KIDS



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STAGE 0 - REALIZE YOUR MINDSET

You feel like you've been on this journey for a while and have tried everything. No matter what you say, your child's negative self-talk takes over. Their resilience and confidence fall flat in the face of challenges.

Not to worry, you are definitely not alone. It takes a village and that village is just around the corner.

STAGE 1 - CONNECT YOUR FAMILY

This is the foundation stage that must be laid before a change can take place. You're leading from your heart because you want to see your kids thrive. Connection takes away all the stress and overwhelm.

STAGE 2 - DISCOVER YOUR CHILD'S LEVEL OF RESILIENCE

This is where you figure out what level of resilience your child struggles with the most. No more guessing why they're stuck in a negative mindset loop. No more feeling like you don't know what to do.



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STAGE 3 - GROW YOUR CHILD'S RESILIENCE

This is everything you do, say, and give to your child to overcome their biggest struggle when it comes to resilience. You start feeling progress as you too model the tools and mindset of resilience.

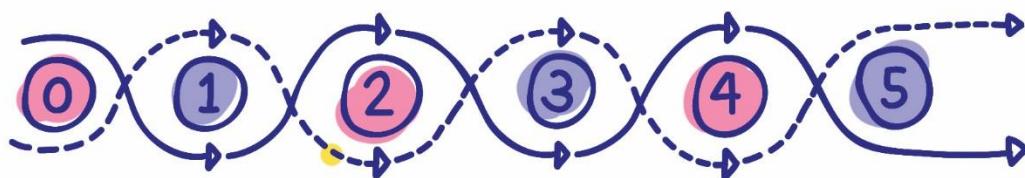
STAGE 4 - BUILD ON SUCCESSES

This is where you begin to empower your kids to build upon past successes and look toward their next level of resilience. They're starting to feel a glimmer of confidence which propels them forward to the next level of becoming their most resilient self.

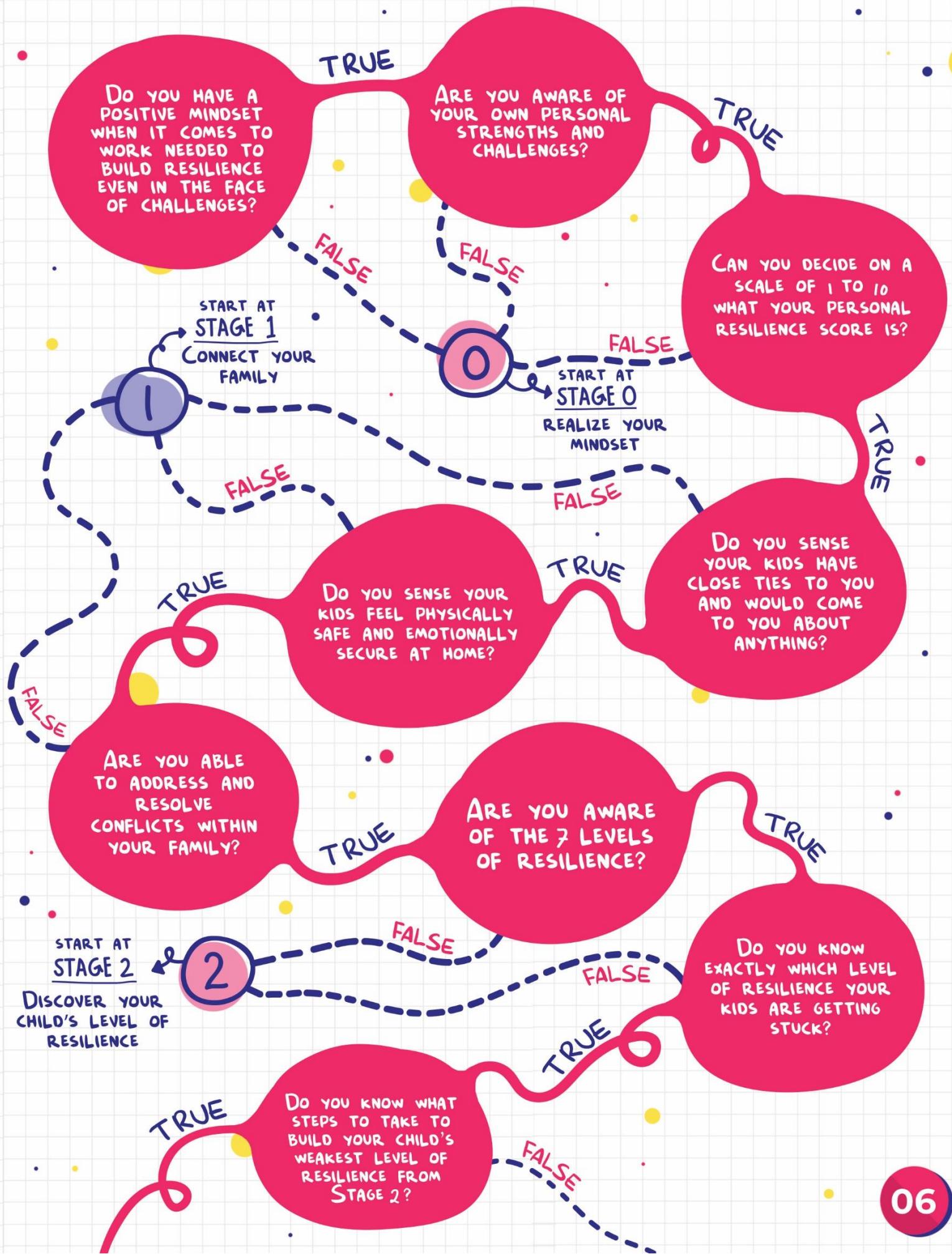
At this stage, you'll want to cycle back through Stages 2 and 3 to continue building their different levels of resilience until all 7 have been fortified.

STAGE 5 - CREATE A JOURNEY OF LEARNING

Congrats! While this journey is about building the resilience of your kids, you can't help but boost your own at the same time. Now armed with the tools and strategies you and your kids need, you can conquer the world no matter what challenges life may throw your way.



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HAS YOUR CHILD
SEEN PROGRESS IN
THEIR MOST
CHALLENGING AREA
OF RESILIENCE?

FALSE

TRUE

START AT
STAGE 3

GROW YOUR
CHILD'S RESILIENCE

START AT
STAGE 4
BUILD ON
SUCCESSES

4

HAVE YOU
CELEBRATED
YOUR CHILD'S
SUCCESSES EVEN
SMALL WINS?

TRUE

DOES YOUR CHILD
STILL HAVE A
POSITIVE MINDSET
ABOUT THE WORK
IT TAKES TO BUILD
RESILIENCY?

TRUE

HAS YOUR CHILD
FELT SUCCESSFUL TO
THE POINT THEY CAN
CONTINUE ON THEIR
JOURNEY TOWARDS
RESILIENCE?

HAS YOUR
CHILD SHOWN
IMPROVEMENT
AT ALL 7 LEVELS
OF RESILIENCE?

TRUE

ARE YOU
FEELING MORE
COMPETENT AND
CONFIDENT IN
YOUR ABILITY
TO GUIDE YOUR
CHILD?

TRUE

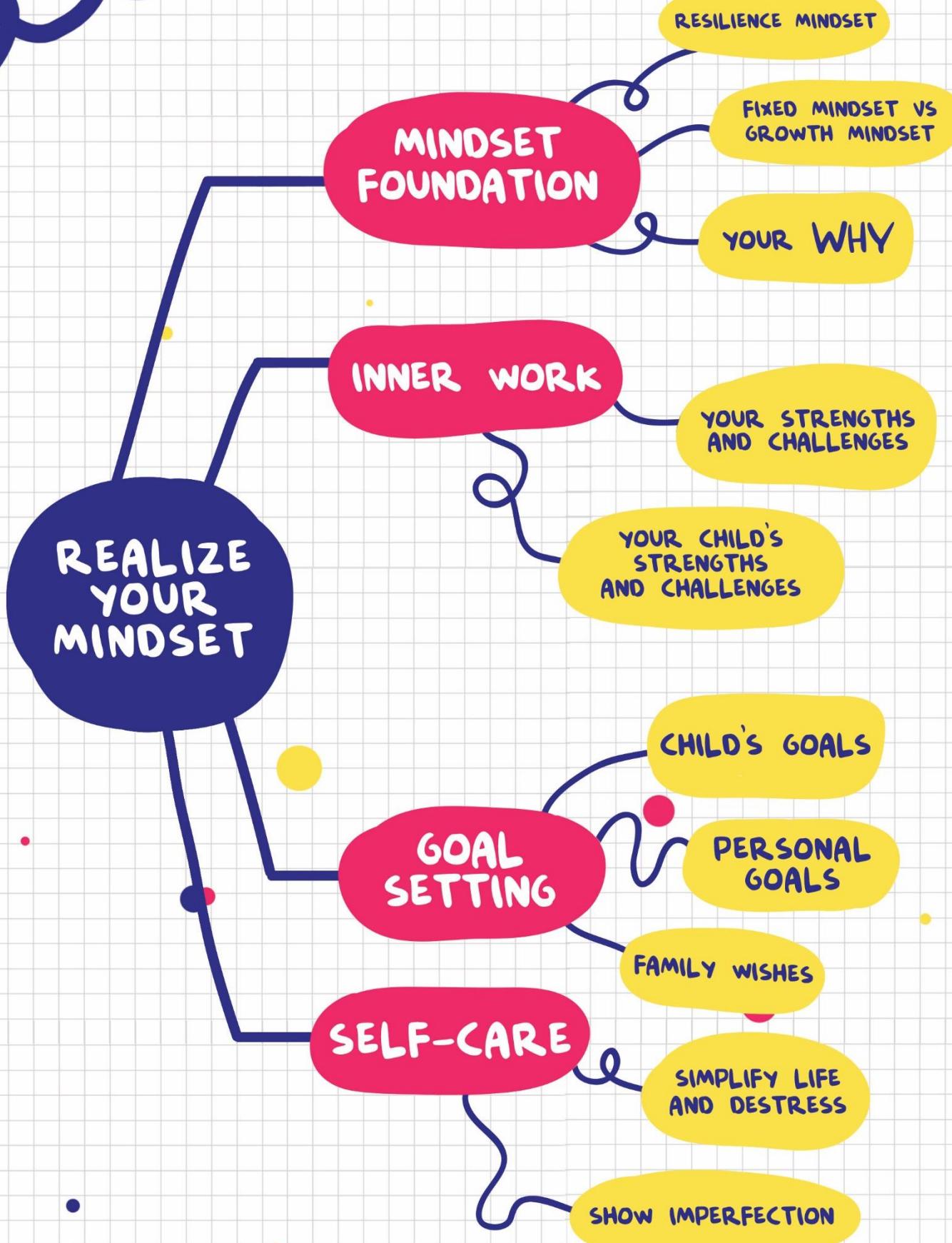
START AT
STAGE 5
CREATE A
JOURNEY
OF LEARNING

5

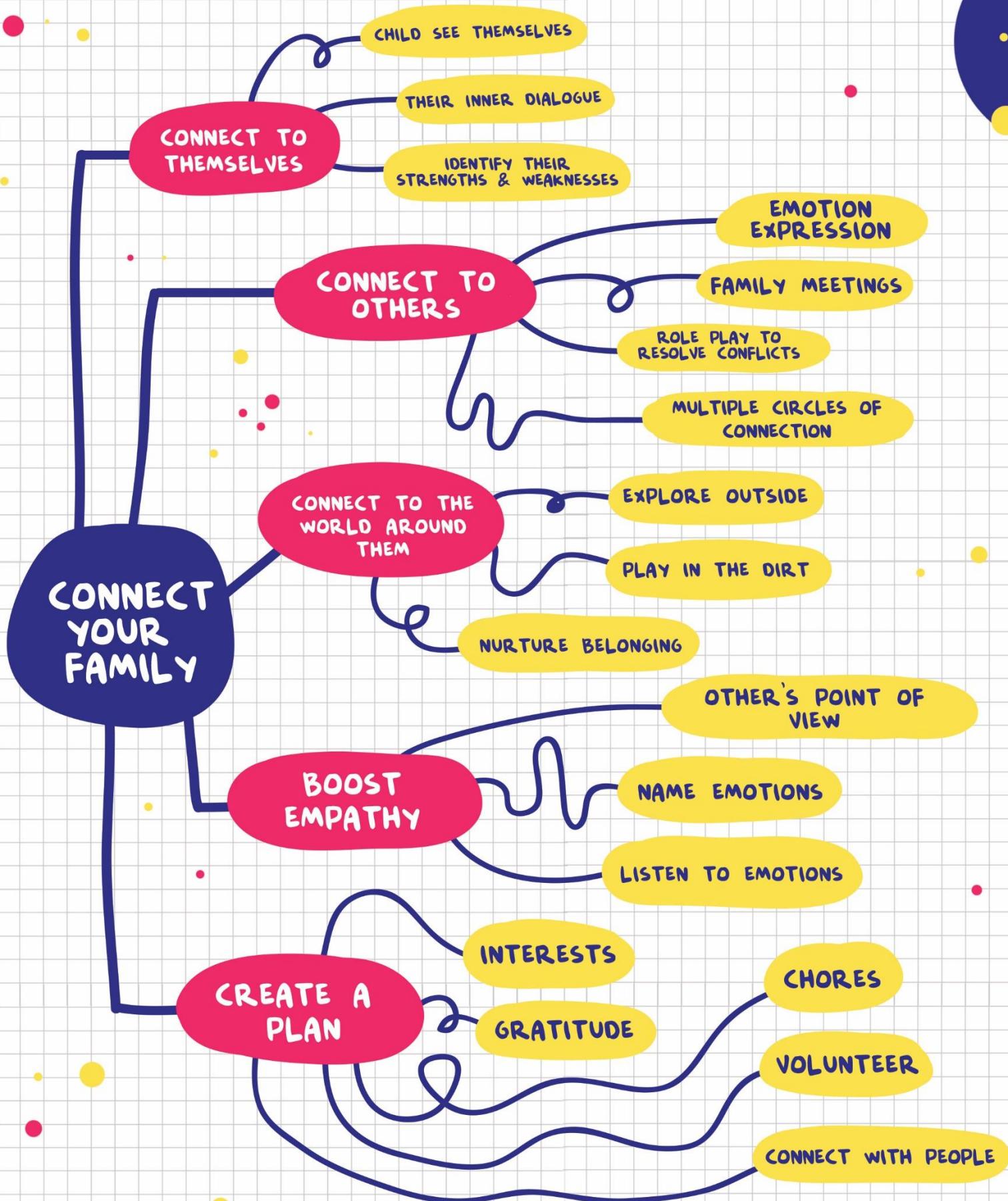
DO YOU AND
YOUR CHILD
UNDERSTAND
THAT RESILIENCY
IS A LIFELONG
JOURNEY?



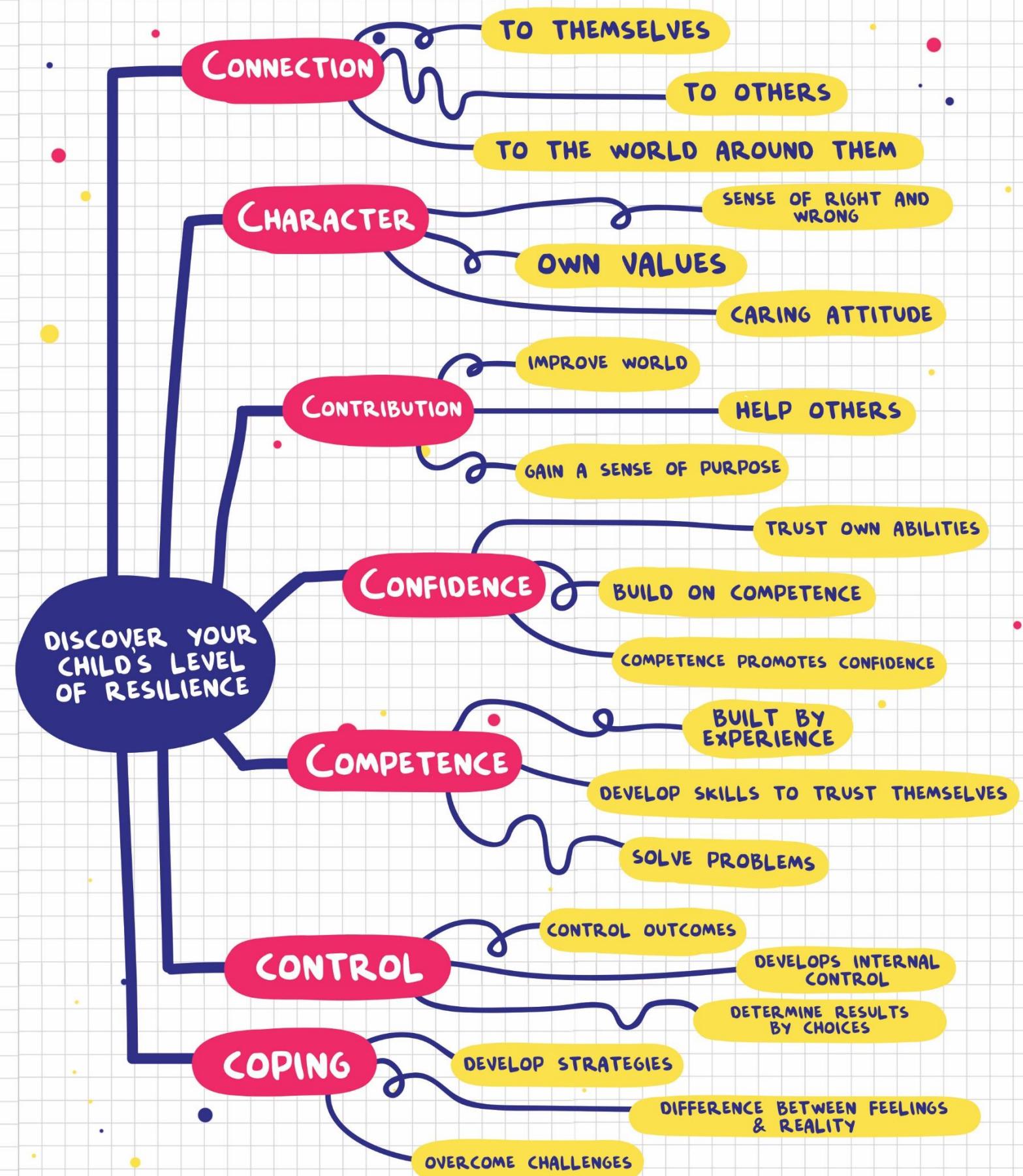
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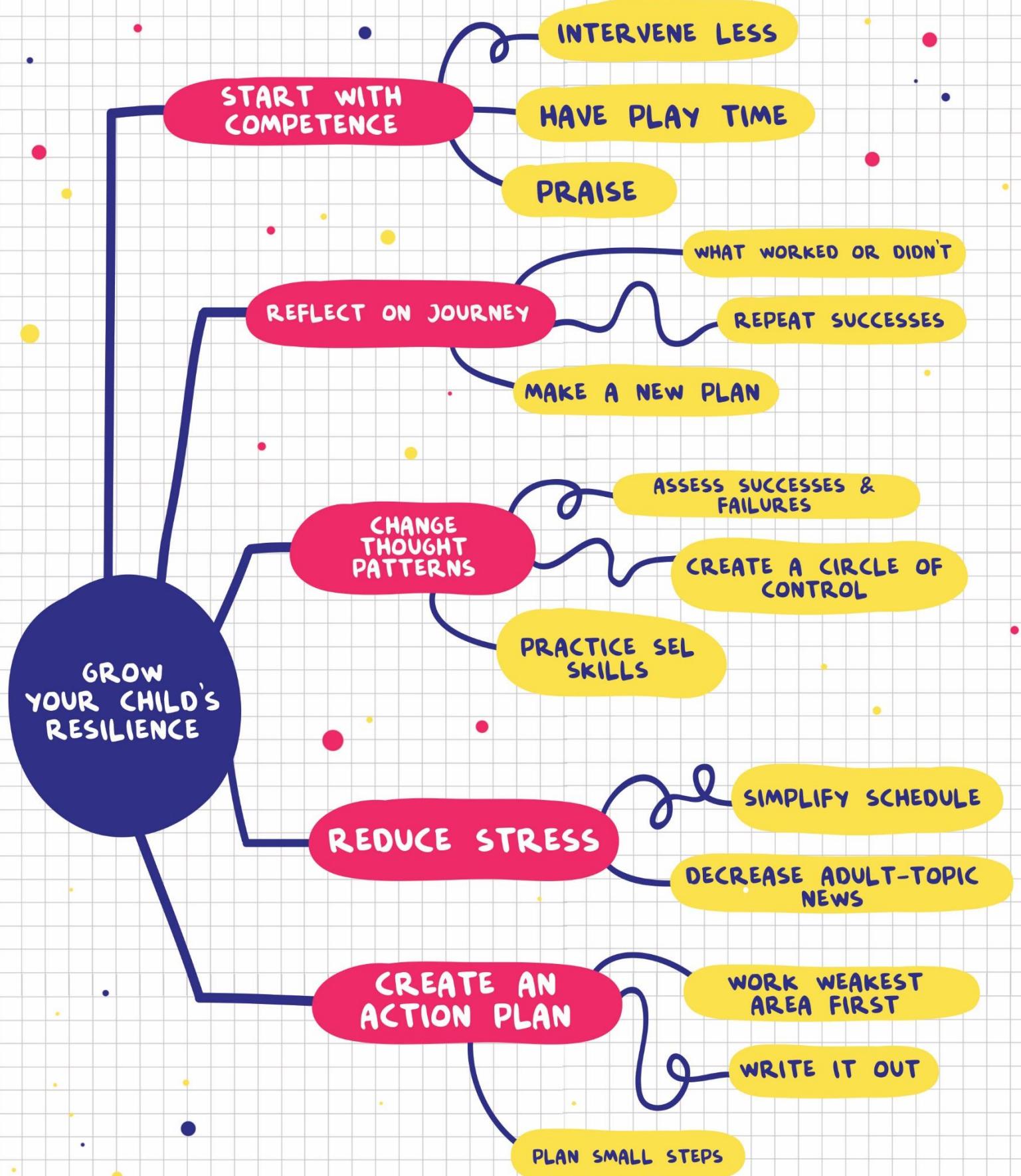
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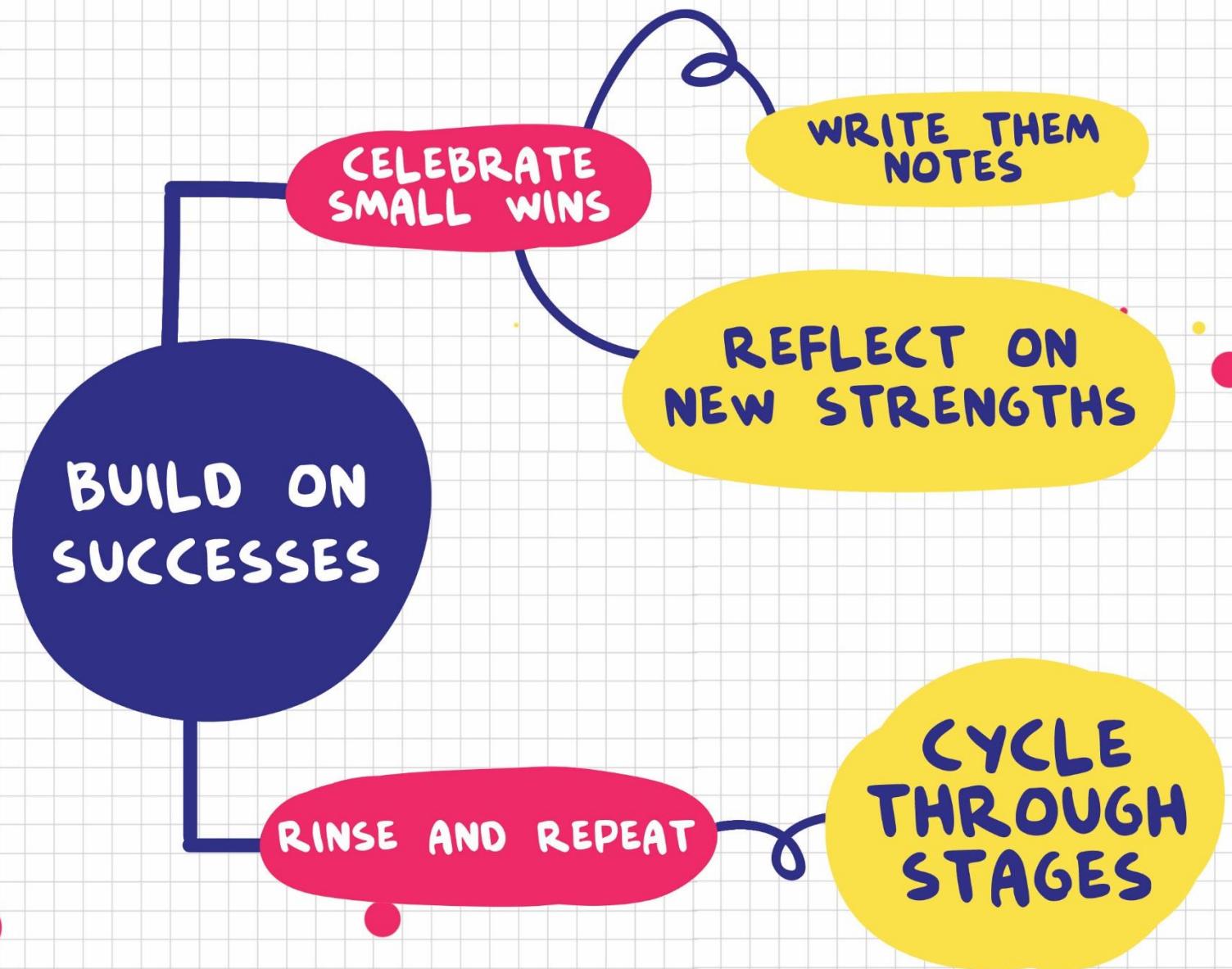
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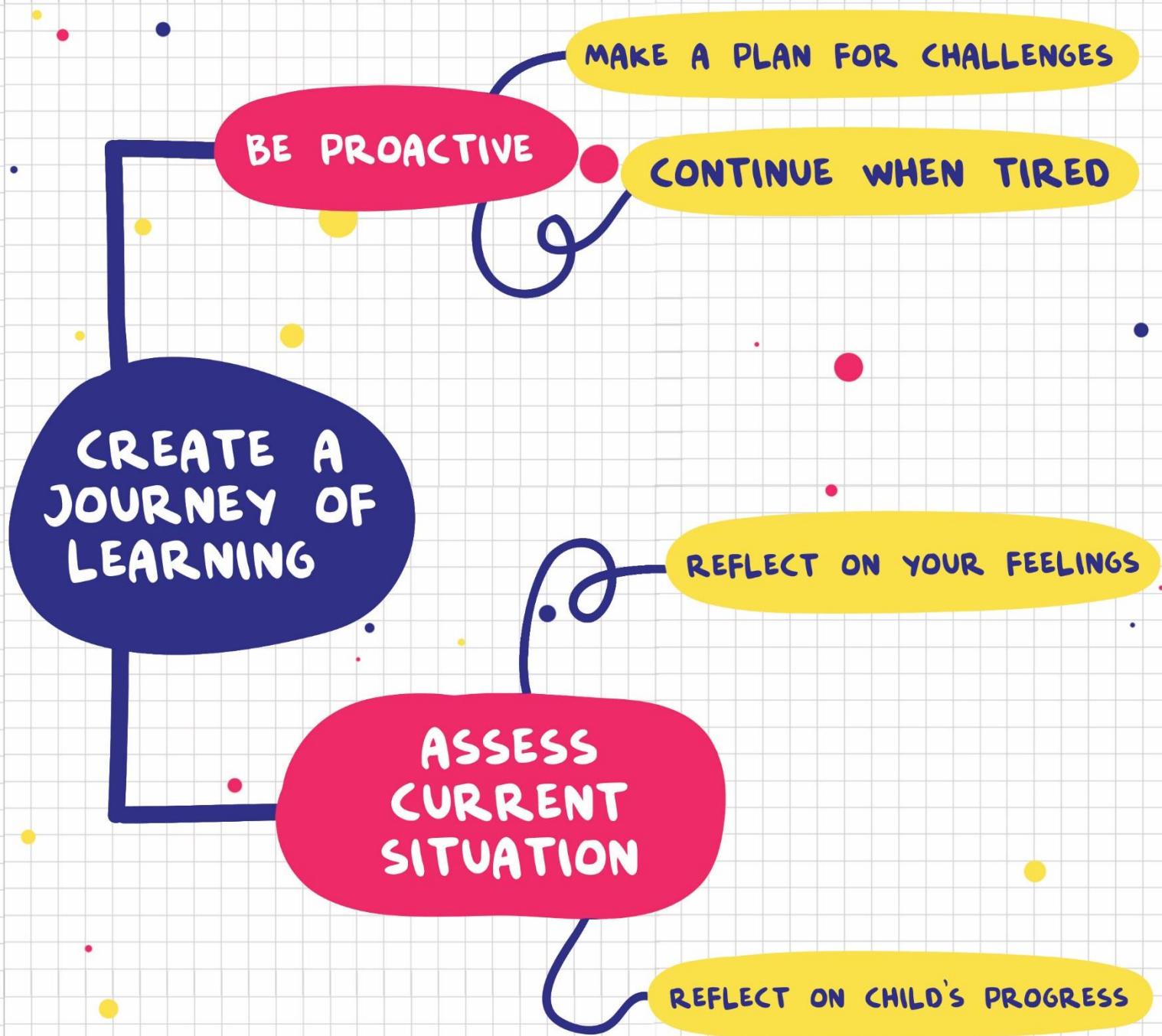
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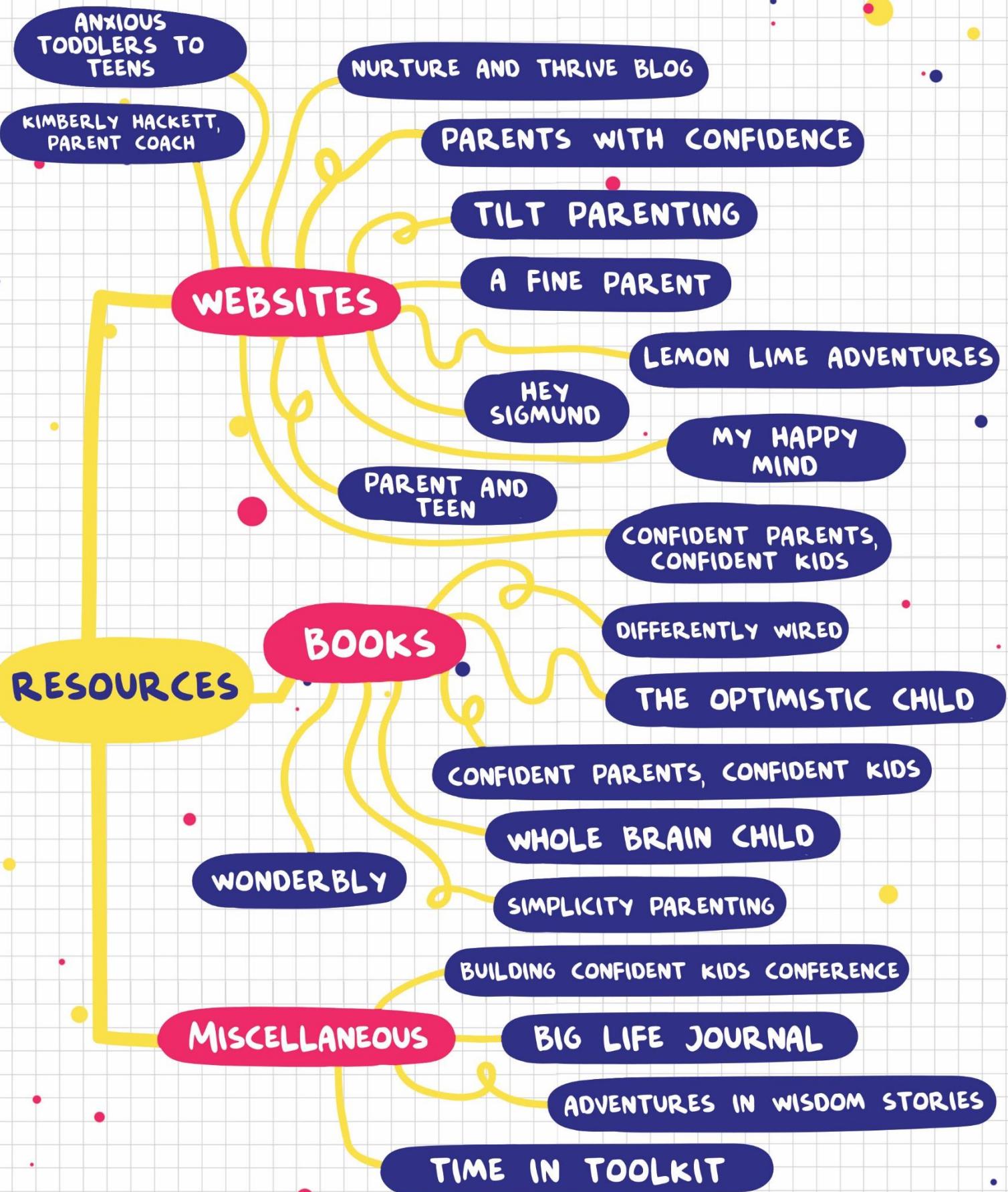
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COMMON ROADBLOCKS

I DON'T HAVE THE TIME NOR PATIENCE

MY CHILD JUST DOESN'T LISTEN TO ME OR BELIEVE WHAT I SAY

MOST OF US DON'T HAVE "EXTRA TIME," BUT WE WILL GIVE TIME TO WHAT'S TRULY IMPORTANT TO US EVEN IF IT MEANS HAVING TO GIVE UP SOMETHING IN RETURN. LIFE IS A GIVE AND TAKE RELATIONSHIP. YOU DON'T HAVE TO DO "ALL THE THINGS" TODAY BUT JUST TAKE THE FIRST STEP.

IT'S NATURAL FOR KIDS TO NOT WANT TO LISTEN TO THEIR PARENTS. WE JUST HAVE TO KEEP PUSHING FORWARD WITH SCIENCE-BACKED RESEARCH AND STRATEGIES. SOMETIMES WE DON'T SEE THE FRUITS OF OUR LABOR UNTIL LATER.

IT WON'T WORK FOR MY CHILD BECAUSE THEY ARE ADHD, AUTISTIC, HAVE ANXIETY, ETC.

THIS LOOKS LIKE IT'S GOING TO TAKE A LONG TIME.

WHILE THERE'S NO ONE-SIZE-FITS-ALL ANSWER, THIS BLUEPRINT BRINGS THE BRAIN RESEARCH AND SCIENCE TOGETHER TO CREATE A PLAN. YOU MAY HAVE TO RINSE AND REPEAT SOME STEPS UNTIL YOU SEE PROGRESS.

MORE THAN LIKELY YOUR CHILD HAS ALREADY MASTERED SOME OF THE STAGES OF RESILIENCE, SO THEY ARE ALREADY WELL ON THEIR JOURNEY. AND LIKE ANYTHING ELSE IN LIFE, IT'S GOING TO TAKE TIME. YOU WANT SOMETHING THAT'S GOING TO MAKE A DIFFERENCE AND LASTING CHANGE. IT WILL BE WORTH THE JOURNEY.



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So, there you have it.

The Building Resilient Kids Blueprint.

This is the roadmap I have followed and am currently following to build resilience in my own kids and empower them for today and beyond.

Once you start making your way through the stages, you'll discover your resilience and confidence will grow too.

So now that you have this information in your hands, it's up to you to decide what to do with it.

...You've seen how important your mindset is when it comes to developing strong social and emotional skills in your kids so they can grow into resilience.

...You've seen how this process is a journey and not a destination.

...And now you've seen the Blueprint to follow to get there.

You have everything you need to help your family thrive, but I know it takes a village to raise kids.

Which is why I created the Building Resilient Kids Blueprint Fast Track Training. This training is a step-by-step walkthrough of the entire Blueprint in one easy-to-follow video so that you can implement the stages in the Blueprint that much faster.

CLICK HERE TO GRAB YOUR COPY

**THE BLUEPRINT FAST
TRACK TRAINING**

