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Top 20 Parents Live Above the Line

Above the Line

A positive view on life and how we see the world	Positive attitudes and beliefs Hopeful and optimistic
Energetic moods and emotions	Power to control my life
Focused on what is important	

Below the Line

A negative view on life and how we see the world	Negative attitudes and beliefs Hopeless and pessimistic
Depressing moods and emotions	Powerless victim of life
Lose focus on what is important	

1. Why we need to know if we are Above or Below the Line:
 - A. Mental habits develop by living Above or Below the Line
 - B. Life looks different from Above or Below the Line
 - C. Decisions made Below the Line → Mess

2. Invitations: conditions/situations that invite us to go BTL.

Conditions Do Not Determine Experience: Keep Your Day

3. Indicators: feelings we have or behaviors we manifest when BTL.

4. Submarine: maintaining dignity during our BTL visits.

5. Trampolines: means by which we can think straight and bounce back ATL.

6. Our Choice: Bottom 80s wait for outside conditions to improve...then the inside experience gets better.
Top 20s improve the inside first...then the outside condition gets better.

7. Parenting Tips:
 - A. Avoid the word 'attitude'. ('Line' is neutral.)
 - B. Create an Above and Below the Line chart. Each day family members can put their picture where they are on the chart.
 - C. Have a family discussion regarding:
 - (1) Invitations each family member experiences. (Have an Invitation handy.)
 - (2) Each family members' indicators.
 - (3) Trampolines family members can use to get back Above the Line.

Top 20 Parents Keep Stupid in the Box

A. **Equal Sign** lets 'stupid' out of the box

B. **Reactions to Feeling Stupid:**

1. Withdraw: quit + quiet
2. Pretend
3. Emotional: embarrassed, angry, upset, sad, worry, nervous, stress
4. Judgments: I'm not good enough; I don't know anything; I'm bad at everything; I am stupid.
5. Attack: argue, swear, challenge, bully
6. Defensive: judge ("This is stupid...you're stupid.")
7. Motivate
8. Numb is better than dumb

C. **5 Causes of Stupid**

1. **Called:** stupid, dumb, idiot; laughed at
2. **Comparison:** others are better; I'm not good enough
3. **Confusion:** I don't know

Confusion is a natural and necessary part of ALL learning.

4. **Can't:** failure, mistakes
5. **Certain situations:** class, activity, needing help

- D. **Parent Tips:**
1. Teach kids that stupid doesn't really exist.
 2. Have family discussions about stupid:
 - A. Share your own experience of stupid.
 - B. Talk about the four causes.
 - C. Explain how comparison can lead to learning.
 - D. Explain the importance of confusion to learning.
 3. Be aware of when stupid might appear:
 - A. Have an Equal Sign and be on the hunt for: Real Experience = Stupid.
 - B. Routinely ask kids if they are having any 'stupid' experiences.
 4. Empower kids with the Unequal Sign.
 5. Help kids discover how they are smart.
 6. Practice the Script:
 - "I am smart. I just don't understand ____ yet."
 - "I am smart. I'm just confused about ____."
 - "I am smart. I just can't ____."

Top 20 Parents Practice Instant Replay and Make Things Better after Making Things Worse

Top 20 Parents Ask the Right Homework Question

Top 20 Parents Practice Kaizen: Continual Improvement