

# Sustainable Parenting Assignment

Complete each section by listing simple, realistic actions or ideas. These don't need to be big—focus on what feels manageable right now.

## What Helps Me Feel Better (Even a Little Bit)

List small things that help you feel a little more grounded, calm, or cared for—even if just for a moment.

- 1
- 2
- 3
- 4
- 5

## Habits I'd Like to Build

List small habits you'd like to work toward, such as taking a deep breath before responding, journaling for 2 minutes, or drinking water regularly.

- 1
- 2
- 3
- 4
- 5

## My Support System

List the people, services, or groups you can turn to for support (big or small—this could be a friend, therapist, BCBA®, or online group).

- 1
- 2
- 3
- 4
- 5

## Encouraging Thoughts to Tell Myself

List some helpful reminders or affirmations for tough moments—things you want to remember when you're overwhelmed or feeling discouraged.

- 1
- 2
- 3
- 4
- 5