



the patient mama blueprint

USE THIS GUIDE TO WORK AND PRAY THROUGH YOUR ANGER SO YOU CAN BE MORE PATIENT WITH YOUR KIDS.

Don't forget: patience is a fruit of the Spirit! Ask for his guidance (Gal. 5:22-25).

Step 1: Cool off. Brainstorm ideas that will help you be calm when anger strikes.

Step 2: Prayerfully assess a recent episode. What happened when you got angry?

Step 3: Look for patterns and triggers with your anger. Note them below.

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Step 4: Identify the shift. How do you want to respond differently? Make a plan.

Step 5: Ask for help. Write your prayers for guidance and any helpful scriptures here.

Step 6: Share. Write down at least one other person you're going to share this plan with.

Additional thoughts/prayers:

This process is continual, so keep at it! You'll see the fruit. Be sure to check your emails for more tips about how to be a more patient mom.