

INSTRUCTIONS

Princess Weekly Progress Report

Start today, don't wait for Monday or some other day. Write your goal for the week in the space allotted. Select diet/exercise, finance, relationships, getting organized or whatever other area you are interested in improving. Make the goal attainable in the week. De-junk the entire house is over-goaling. De-junk $\frac{1}{4}$ of the family room is reasonable. Lose ten pounds is over-goaling, lose two pounds is reasonable.

In the space for "YOUR RULES" write what you will do to reach your weekly goal. An example: If my goal is to lose two pounds in a given week, my rules might be, for six days this week, I will not eat sugar, bread, butter or potatoes and I will walk five miles each day. Pick one day in the week as your FRD (Free Reign Day) for your princess. Look at your calendar and see which day would be ideal for your FRD. It's extremely important that your princess gets a break from your rules (hopefully in moderation) for the whole day each week.

In the space for "PRINCESS REASONS" write the reasons your princess will go along with your rules. In most cases your princess will have very immature reasons for going along with the program. For example here are Nelly's reasons for going along with my rules of no sugar, bread, butter and potatoes and to walk five miles every day. She wants to act like a "smarty pants" around Gina, look cute and sexy like Sarah Rae and make the neighbor wish he was married to her. Remember our princesses are between six and nine years old. Do you think they could give a rip there's a need to lower cholesterol or blood pressure? Of course they don't care about that.

In the space for "REWARD," write down something to pamper yourself. After walking 30 miles each week my reward is a massage and Nelly and I both look forward to it.

The rest of the report is for the interaction you have with your princess on a daily basis. There is a place to put the day and date and a place to give a point to you and your princess if the rules were minded and a place for a point for your princess if she won and you didn't mind the rules on a given day.

In the beginning you will need to write all the excuses she will come up with, the flack she'll throw at you and the arguments you will have with her. You will be catching her trying to trick you into disobeying the rules. Remember, self-discipline is remembering what you REALLY want.

At the bottom of the report is a place for the result of your efforts, a total of points gained or lost and a grade based on the points.

Have fun with this tool! What I have found is that it makes Nelly accountable for her thoughts. She does not want to be written up in a negative way and in most cases I can just "threaten" writing her up if she doesn't be quiet. When the threat of a threat is close I know she needs some loving attention. Usually a walk in my garden, a nice tall glass of ice water, or just some kind words to comfort her and she's happy again.