

# 10 REFRAMES TO FIND GRATITUDE WHEN YOUR KIDS ARE BEING ANNOYING

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| #1- Being Demanding                    |    | Knowing what they want & being assertive               |
| #2- Clinging To You                    |    | Being affectionate & connected                         |
| #3- Whining                            |    | Communicating their needs                              |
| #4- Being Loud                         |    | Being expressive & confident, energetic & enthusiastic |
| #5- Wanting Their Way / Being Stubborn |   | Being persistent, tenacious & steadfast                |
| #6- Being Defiant                      |  | Holding strong beliefs, being bold & determined        |
| #7- Being Dramatic                     |  | Being expressive & passionate                          |
| #8- Being A Tattle-tale                |  | Seeking justice, respecting the rules                  |
| #9- Being Bossy                        |  | Being a natural leader, manager & director             |
| #10- Not Sitting Still / Hyperactive   |  | Being energetic, joyful & enthusiastic                 |