
Tool No. 12: Growth Tracker – Where Am I Growing?

Use this tool monthly, seasonally, or after a hard week.

You're not just surviving parenting – you're becoming someone new too.

1. Rate Yourself Gently

Check off the area where you feel you are today – no shame, just awareness.

Skill / Domain	Not Yet	Practicing	Progressing	Confident
Emotional Regulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calm Leadership	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Repair & Accountability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boundaries & Follow-Through	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skill Teaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Letting Go / Independence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional Availability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Modeling Digital Wellness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co-Regulation Under Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asking for Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. What I've Noticed This Month

Where I've grown the most:

→

Where I still feel stuck:

→





A win I want to celebrate (even a small one):

→

What I need more of right now:

- Rest
- Reassurance
- Reminders
- Reflection
- Realignment

“You won’t always notice the growth while it’s happening.

– Melissa | Parenting Dirty

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