# 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 | ☐ | ☐ | ☐ | ☐ |
| Calm Leadership | ☐ | ☐ | ☐ | ☐ |
| Repair & Accountability | ☐ | ☐ | ☐ | ☐ |
| Boundaries & Follow-Through | ☐ | ☐ | ☐ | ☐ |
| Skill Teaching | ☐ | ☐ | ☐ | ☐ |
| Letting Go / Independence | ☐ | ☐ | ☐ | ☐ |
| Emotional Availability | ☐ | ☐ | ☐ | ☐ |
| Modeling Digital Wellness | ☐ | ☐ | ☐ | ☐ |
| Co-Regulation Under Stress | ☐ | ☐ | ☐ | ☐ |
| Asking for Support | ☐ | ☐ | ☐ | ☐ |

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. But one day you'll respond differently — and realize you already began.”

— Melissa | Parenting Dirty

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