

CO-PARENT ALIGNMENT MONTHLY MEET

Sourced from *Survival Blueprint, Ch. 5*

CO-PARENT ALIGNMENT · 30 MINUTES

Survival Blueprint Ch. 5 — Tool 3

01 · WINS — 5 MIN

One thing the child did well + one thing the other parent did well.

Non-negotiable even when the month was terrible.

02 · DATA REVIEW — 5 MIN

School reports, grades, medication side effects. Facts.

Not feelings.

03 · WHAT'S WORKING — 5 MIN

Strategies that produced positive results. Continue.

Name them explicitly so they don't drift.

04 · WHAT'S NOT — 5 MIN

Stop or modify. No blame.

Hard. Required.

05 · ONE FOCUS · SELF-CARE — 10 MIN

ONE goal for next month. Then how each parent is actually doing.

Not five goals. One. Both parents same approach.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/co-parent-alignment

For the mechanism, the protocol, and citations.