

DIL Manual

How Do I shrink or eliminate this?

1. What is my current DIL manual?

Write it down. What do I think she should be doing, shouldn't be doing, everything about whatever is my manual for my DIL.

2. What is my current manual for myself?

Write it down. Similar to DIL manual, write down everything in your manual for yourself.

3. Go back through #1 and #2, and for each item on both manuals, ask yourself this question: If I loved me, and then I loved my DIL, would I keep or tweak this part of my manual? Then Do It.

That's it. Do this often in the beginning, and then when you notice a "should" come up with your DIL or yourself. The video is always available as a resource too.

Bring any questions and situations to be coached on to Lovin Me.

~Lovin My DIL~

LeAnn Austin
COACHING