Ideal Day Mad Lib*

Name / Family: __________________________

I wake up after a good night’s sleep. The sun is shining, and I’m happy because the (1)______________________ (Family last name) Family is in (2) ___________________ (favorite location for family getaways).

I look around and take a minute to appreciate (3) ________________________ (aspects of the environment). When I get out of bed I sit down to (4) _______________________, and (5) ________________________ (energizing morning routines) while thinking about the day ahead.

I’m deeply happy today because we (6) __________________________ (names of family members) are going to (7) __________________________ (favorite activity to do together as a family.)

We celebrate our family time together to help us thrive. We have challenges to address, like (8) ___________________________ (PWS challenging situation) and (9) ___________________________ (another PWS challenging situation). To meet these challenges and build resilience, we have used the strengths of our family and the people in it. Things like (10) __________________________ (top family strength) and (11) __________________________ (second top family strength). I’m grateful because we’ve learned important life lessons from our PWS journey.

I’m also grateful for (12)_________________________ (favorite or most important doctor, therapist, teacher or other professional), who taught us that (13) ___________________________ (a positive teaching or lesson learned from that person). I’m amazed by (14) ___________________________ (name of child with PWS)
and his/her (15)______________________ (child’s strength) and (16)______________________ (other strength). I never would have guessed that he/she would be able to (17)__________________________________ (an unexpected accomplishment of the child with PWS that you celebrated). It just goes to show that (18)____________________________________________________________ (something positive you learned from that accomplishment).

After a day spent (7)________________________________________ (favorite activity to do together as a family) and doing other things we love, we will sit down to a delicious meal of (19)________________________________________ (favorite family meal). We’ll take a moment as a family to appreciate the things we enjoyed most about our day. I make a list of the positive emotions we have felt as a family.

(20).________________________________________________________

(21)._______________________________________________________

Before I wrap up the night, I take time to reflect on a recent accomplishment in our PWS journey:

(22)____________________________________________________________________ I think about my role in this and what I’m proud of (23) ________________________________

I know that reflecting on what I do well helps build resilience, which our PWS families need.

I also take time to (24)________________________________________ (favorite before bed activity). I notice that I feel relaxed, happy and joyful. I know that these positive emotions help broaden my perspective, lower my stress and give me more energy for both myself and our family. I fall asleep excited for the day ahead.

Find more resources like this at www.foodgratitude.net

Emily Felt, Be Serve Thrive Coaching & Training

*This exercise was inspired by Jenny Blake (jennyblake.com)
Ideal Day Mad Lib Questions

1. Name of family_______________________________________________________________

2. Favorite place for family getaways ____________________________________________

3. Favorite aspects of the environment of that place ________________________________

4. Two energizing morning routines that make you happy______________________________, and
5. ______________________________

6. Names of family members ____________________________________________________

7. Favorite activity to do together as a family ______________________________________

8. Two challenging PWS situations ________________________________________________, and
9. ____________________________________________

10. Top 2 family strengths (from VIA list) ________________________________, and 11.____________________

12. Favorite/ most important doctor, therapist, teacher or other professional ____________

13. Most important positive thing they taught you ____________________________________

14. Name of child with PWS ______________________________________________________

15. Top 2 strengths of child with PWS ________________________________, and 16.____________________

17. Unexpected accomplishment of child that you celebrated__________________________

18. Something you learned from that accomplishment ________________________________

19. Favorite family meal __________________________________________________________

20. Top 2 positive emotions you want to feel as a family _____________________________, and
21.______________________________________.
22. A recent accomplishment in your PWS journey ________________________________
__________________________________________________________
23. Your role in that accomplishment, and why you’re proud of it. _________________
__________________________________________________________
24. Favorite before bed ritual/activity ________________________________