

How to **STOP** Negativity in its Tracks....



By Brad Everton,

For more information, go to chapter 3, page 73 in 'On Track Parenting.'

Still haven't got a copy?

Go to www.ontrackparenting.com to get you own copy today!



Task: A technique shared in, 'On Track Parenting,' is the concept of visualising a stop sign in your mind OR shout out the word **STOP**. Yes, it really is that simple!

(This poster can be used to remind yourself of this technique to help you implement it into your everyday life! We suggest you hang a copy on your fridge or notice board – just somewhere you will see it often!)