

PARENTING FOR GOOD: GAME DAY CHEAT SHEET

PRIMED Framework Quick Reference

For each virtue, mark a cross on the continuum that indicates where you believe you are right now - not where you want to be, not where others think you are, but where you actually are.

P = Prioritization Are you celebrating growth or just outcomes?

R = Relationships Show them you care just as much after a rough game

I = Intrinsic Motivation Ask "What felt good out there?" not "Did you win?"

M = Modeling They're always watching how you react

E = Empowerment Let them speak, struggle, and lead

D = Development Character takes time, play the long game

Five Traps to Avoid

- 1 Robbing them of struggle**
Let them carry their own bag
- 2 Coaching from sidelines**
Let the game be theirs
- 3 Over-focusing on performance**
Ask about growth, not stats
- 4 Projecting your goals**
Let them define success
- 5 Treating development like a race**
Every child blooms differently

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Your Personal Shift



Which PRIMED principle will you focus on this season?



What's your one shift? (Write one sentence)

Examples: "I'll ask before I advise" / "I'll show up with calm, not critique"



Where will you put this reminder?

Game Day Reminders

- The real question isn't "How did they play?" It's "How did they grow?"
- Your two jobs: Support the performer + Raise the person
- When it gets tough, remember: Character is built in quiet moments, not just highlight reels