

Dr. Phil's All Stars Checklist

To Overcome **Fear of Rejection**

- Know who you are
- Play the "what if" game
- Recognize you want a mate, you don't need a mate

Top Ways to **Get Your Child to Go to Bed**

- Get your partner on the same page
- Create strong ritual that makes
- bedtime special
- No toys in bed beside stuffed animal
- Make the room inviting/peaceful
- No more than 1-2 hours TV/day
- No TV at night

3 Tips to **Keep Your Resolution** (Action Plan)

- Set a measurable goal
- Set a timetable with well-defined small steps
- Find someone to be accountable to

Notes: _____
