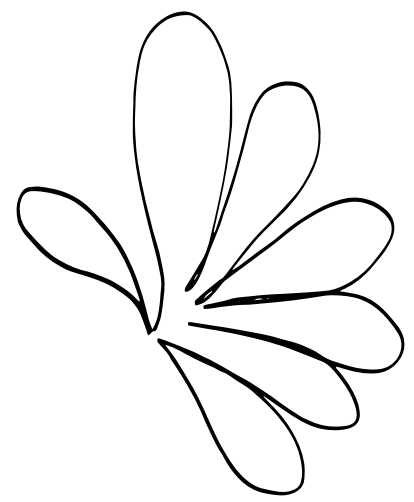




HIGHLANDS CONNECT WORKBOOK

**A 12-WEEK COURSE
FOR SINGLE MOMS**



HIGHLANDS CONNECT WORKBOOK

A 12-WEEK COURSE
FOR SINGLE MOMS



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FIRST EDITION

NAME:

Here comes baby!

BABY'S NAME:

DUE DATE:

1ST ULTRASOUND:

GENDER:

Foods I crave:

I'm most excited about:

I'm most nervous about:

My favorite things about pregnancy:

Hopes and dreams for my little one:



Dear Friend,

Thank you for taking the time to check out our Highlands Connect program. I am delighted that you are taking this step to gain new insights into your parenting journey. From personal experience, I understand how frightening and lonely it can be to become a single parent. There are hardships and quiet struggles that it seems no one else understands and, at times, it feels like you are in a place that will be impossible to ever get out. Doubts about yourself and your ability to parent a child (or children) on your own may flood your mind. But there is hope!

By taking an interest in this series, you are doing far more than most single moms can or will do in a lifetime. While our time together won't give you all the answers to your single-mom journey, it WILL help you connect with the One who has all the answers and will start you out in the right direction.

From start to finish, this journey is designed to be taken over a 12-week period. There are 4 units and each unit has 3 lessons. In each unit, we will focus on a specific theme. The themes are: Helping Ourselves, Insulating Our Kids, Goals, and Healthy Living. These 4 units make up the H.I.G.H. call, or the 4 pillars of single parenting.

Please venture through this material in order and don't skip ahead. Our time together has been laid out in a specific way to help give you the best experience possible!

As you will notice, we are going to spend the first 3 weeks just focusing on YOU! It may seem odd to focus on ourselves for such a large portion of a parenting course, but I firmly believe that until someone is in a healthy place themselves, they cannot reach their full potential as a parent.

Another thing to remember as you are working through this information is to take your time. Don't rush things. If you want to spend additional time on a topic or activity, do it! As you'll hear me say in one of our video sessions, this is a marathon, not a sprint.

In the guide below, I will use the term "week" but please remember that you can take as long as you'd like on each topic.

I am covering you in prayer! Please feel free to reach out to me at Highlands@Compact.Family with any questions, comments, concerns, or if you simply want to chat! (I love emailing and texting single moms during the day!)

Blessings,

Ashley Grant

proud single mom!

Guide:



H. Helping Ourselves

Week 1 – Video 1, notes in journal

Week 2 – PowerPoint 1, journal prompt

Week 3 – PowerPoint 2, journal prompt

I. Insulating Our Kids from Trauma

Week 4 – Video 2, journal prompt

Week 5 – PowerPoint 3, journal prompt

Week 6 – PowerPoint 4, journal prompt

G. Goals

Week 7 – Video 3, notes in journal

Week 8 – PowerPoint 5, “My Life Plan”, “My Life Plan Assessment”

Week 9 – PowerPoint 6, “My Life Plan” (Goals and Accountability), “Curveball Plans”

H. Healthy Boundaries

Week 10 – Video 4, journal prompt

Week 11 – PowerPoint 7, journal prompt

Week 12 – PowerPoint 8, journal prompt



Date: _____ Week 1: _____

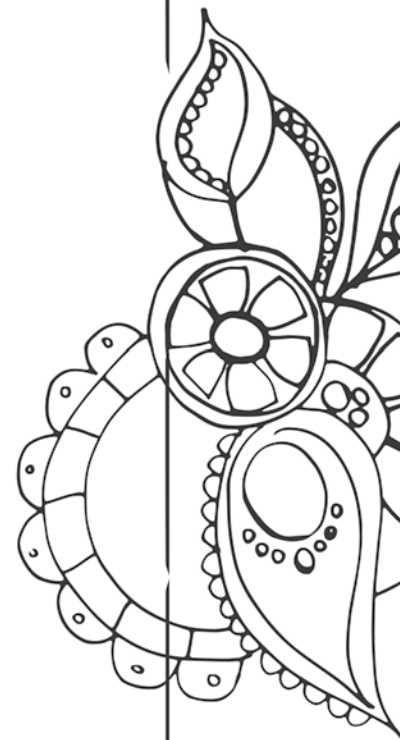
SECTION: _____ WELCOME/INTRO _____

Helping Yourself

WELCOME & INTRO

NOTES:

Key takeaways



Date: _____

Week 2: _____

SECTION: _____

FINDING YOUR IDENTITY

Helping Yourself

FINDING YOUR IDENTITY

NOTES:

Key takeaways

The key to being a great parent is being confident in yourself and in your

Before we can start walking in our NEW name, we have to identify and recognize that we have been answering to a _____ name

What WRONG names have I been answering to?

The hardest part of your identity journey will be _____

What does God say is the difference between the righteous and the unrighteous?

NOTES:



Date: _____ Week 2: _____

SECTION: _____ FINDING YOUR IDENTITY _____

Helping Yourself

JOURNAL PROMPT

NOTES:

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Date: _____

Week 3: _____

SECTION: _____

SELF-CARE

Helping Yourself

SELF-CARE

NOTES:

Key takeaways

Self-care is the practice of taking an _____ role in _____ one's own well being

If you aren't ok, you _____ help others.

Self-care helps our kids just as much as it helps us. - True/False

Self-care isn't selfish, it is absolutely _____.

What self-care did God provide for Elijah? Did it help? How?

NOTES:

Date: _____ Week 3: _____

SECTION: _____ SELF-CARE _____

Helping Yourself

JOURNAL PROMPT

NOTES:



Date: _____

Week 1: _____

SECTION: _____

HOW GOD INSULATES US

INSULATING
KIDS FROM TRAUMA

HOW GOD INSULATES US

NOTES:

Key takeaways



Date: _____

Week 1: _____

SECTION: _____

HOW GOD INSULATES US

INSULATING
KIDS FROM TRAUMA

JOURNAL PROMPT

NOTES:

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Date: _____

Week 2: _____

SECTION: _____

HELPING KIDS NAVIGATE CHANGE

INSULATING
KIDS FROM TRAUMA

HELPING KIDS NAVIGATE CHANGE

NOTES:

Key takeaways

Sometimes when the core emotion is sadness, children will display _____.

When kids are experiencing change, big emotions are _____.

What does CHANGE stand for?

Kids need _____ as much as they need _____ and _____.

Helping children _____ their emotions helps them to _____ their emotions.

Giving kids choices helps to ease their _____ and gives them a sense of _____.

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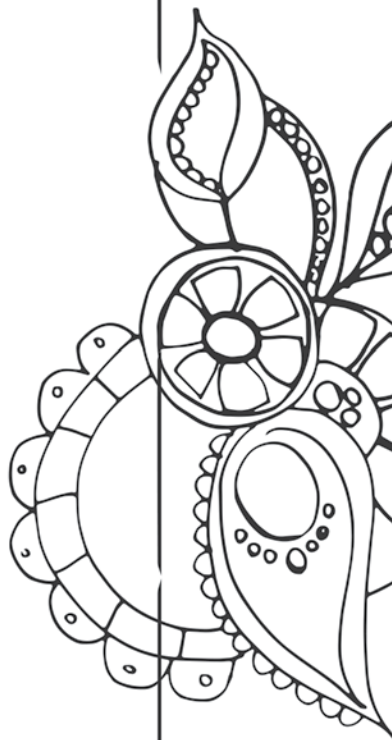
Date: _____ Week 2: _____

SECTION: _____ HELPING KIDS NAVIGATE CHANGE

INSULATING
KIDS FROM TRAUMA

JOURNAL PROMPT

NOTES:



INSULATING
KIDS FROM TRAUMA

ALL ABOUT ACES

NOTES:

Key takeaways

What does ACES stand for?

What are the 10 ACES?

1 out of every _____ kids has experienced 3+ ACES.

Children cannot heal or recover from ACES. - True/False

The best way to help kids heal from trauma and prevent further trauma
is to help them build _____.

What are 3 ways to help kids build resilience?

NOTES:



Date: _____ Week 3: _____

SECTION: _____ ALL ABOUT ACES _____

INSULATING
KIDS FROM TRAUMA

JOURNAL PROMPT

NOTES:

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Date: _____

Week 1: _____

SECTION: _____

GOD'S GOALS FOR US

GOALS

GOD'S GOALS FOR US

NOTES:

Key takeaways

GOALS

MAKING A LIFE PLAN

NOTES:

Key takeaways

Creating a Life Plan should only take 1 day. - True/False

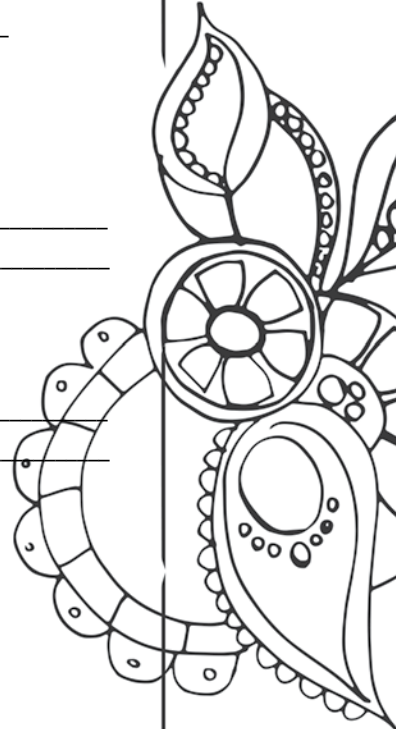
When creating a Life Plan, it is important to start with an _____
of your current life.

What is the difference between a goal and a wish/hope/dream?

Why do we need accountability?

Planning for EVERY curveball in life is _____.

NOTES:



Date: _____ Week 2&3: _____

SECTION: _____ MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

RECREATE:

REROUTE:



Date: _____ Week 2&3: _____

SECTION: _____ MAKING A LIFE PLAN

GOALS

MY LIFE PLAN: LIFE ASSESSMENT

What part of my day do I enjoy the most? What part of my day do I dislike the most? Why?

5 words that define my life are...

What is going well in my life? What is not going well in my life? Why?

On a scale from 1-10 how would I rate my...

Professional Life: _____

Personal Life: _____

Finances: _____

Spiritual Life: _____

Health: _____

What, if anything, is missing from my life? _____



Date: _____

Week 2&3: _____

SECTION: _____

MAKING A LIFE PLAN

GOALS

MY LIFE PLAN: LIFE ASSESSMENT

What are things in my life that I no longer need?

What do I love about myself? What do I dislike about myself?

What does a typical day look like for me?

What do I spend the majority of my time on? What do I spend the least amount of my time on?

Date: _____ Week 2&3:

SECTION: _____ MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

PERSONAL GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:



Date: _____ Week 2&3: _____

SECTION: _____ MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

FINANCIAL GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:



Date: _____ Week 2&3:

SECTION: MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

PARENTING GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:



Date: _____

Week 2&3: _____

SECTION: _____

MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

RELATIONSHIP GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:

GOALS

MY LIFE PLAN

HEALTH GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps



Date: _____ Week 2&3: _____

SECTION: _____ MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

CAREER GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:



Date: _____ Week 2&3:

SECTION: MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

EDUCATIONAL GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:



Date: _____

Week 2&3: _____

SECTION: _____

MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

SPIRITUAL GOALS

GOAL 1:

Action Steps:

GOAL 2:

Action Steps:

GOALS

MY LIFE PLAN

PERSONAL ACCOUNTABILITY

FINANCIAL ACCOUNTABILITY

PARENTING ACCOUNTABILITY

RELATIONSHIP ACCOUNTABILITY



Date: _____

Week 2&3: _____

SECTION: _____

MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

HEALTH ACCOUNTABILITY

CAREER ACCOUNTABILITY

EDUCATIONAL ACCOUNTABILITY

SPIRITUAL ACCOUNTABILITY



Date: _____ Week 2&3: _____

SECTION: _____ MAKING A LIFE PLAN

GOALS

MY LIFE PLAN

EMOTIONAL SUPPORT

SPIRITUAL SUPPORT

PHYSICAL SUPPORT

FINANCIAL SUPPORT



Date: _____

Week 2&3: _____

SECTION: _____

MAKING A LIFE PLAN

GOALS

MY LIFE PLAN: CURVEBALL PLANS

RELATIONSHIPS/FAMILY

In the event of a divorce/break-up with your child's father, would you be ready to be a single mother?
Would you be prepared to negotiate things like sharing custody, child support, division of assets?

If you experience an unplanned pregnancy, are you aware of all the options for your child?
Do you know about the Safe Haven Law? How much do you know about adoption?
Can you parent/financially support another child?

If you experience domestic abuse, are you aware of
resources to help you and your child find safety? What would your escape plan look like?

Do you have a WILL or LAST WISHES statement drawn up for the
care of your child should something happen to you?

GOALS

MY LIFE PLAN: CURVEBALL PLANS

HEALTH

If you became ill, do you have insurance and/or disability benefits to support you until you got better?

If you became ill, do you have back up plans for the care of your child(ren)?

Are there healthy practices you need to implement to stay healthy?

Are there unhealthy habits you need to break?



Date: _____

Week 2&3: _____

SECTION: _____

MAKING A LIFE PLAN

GOALS

MY LIFE PLAN: MY LIFE CURVEBALL

FINANCIAL

If you lost your job, do you have a resume ready so you can start applying for new jobs?

Do you know what your minimum pay needs to be to cover all your bills?

What expenses could you cut?

Do you have a savings account you could draw from if you had to miss work due to a sick child, etc?



Date: _____ Week 1: _____

SECTION: _____ BOUNDARIES

HEALTHY LIVING

BOUNDARIES

NOTES:

Key takeaways



Date: _____

Week 1: _____

SECTION: _____

BOUNDARIES

HEALTHY LIVING

JOURNAL PROMPT

NOTES:

KEEPING KIDS HEALTHY

NOTES:

Key takeaways

Good nutrition during the first _____ years is vital for healthy growth and development.

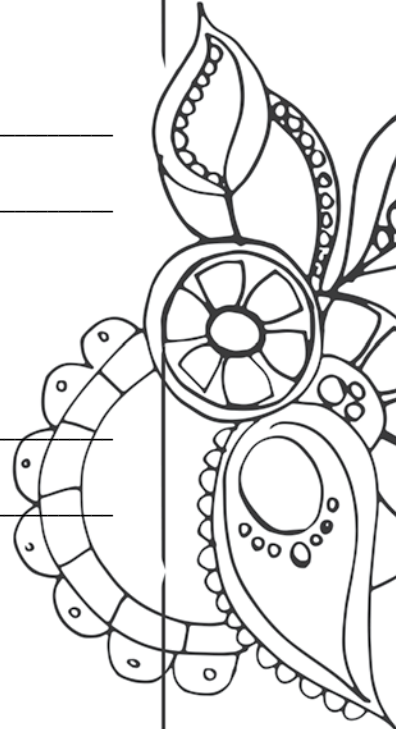
Poor nutrition can result in (list 3 things):

Children should not have whole milk until they are _____ years old.

What are 4 immune boosting foods?

Kids should have _____ minutes of physical activity each day

NOTES:



Date: _____

Week 2: _____

SECTION: _____

KEEPING KIDS HEALTHY

HEALTHY LIVING

JOURNAL PROMPT

NOTES:



Date: _____ Week 3: _____

SECTION: _____ KEEPING KIDS SAFE

HEALTHY LIVING

KEEPING KIDS SAFE

NOTES:

Key takeaways

There are over _____ chemicals in secondhand smoke.

Secondhand smoke can cause the following health issues in kids:

Small children lack _____ control.

Small children lack _____ and _____, meaning they easily slip and fall.

Children should be in rear facing car seats until the age of _____.

NOTES:



Date: _____

Week 3: _____

SECTION: _____

KEEPING KIDS HEALTHY

HEALTHY LIVING

JOURNAL PROMPT

NOTES:



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