

January 23 & 24, 2026



Parent Like It's 2026

The Playbook for Raising Motivated, Independent Kids
in a World That's Changing Fast

Workshop Toolkit



DEVELOPING A GROWTH MINDSET

Grit Mountain



Grit Mountain is a powerful tool to help your child build resilience. As a family, pick one area where your child wants to develop grit and track their progress here. Each step up the mountain represents a moment of persistence. When your child summits Grit Mountain, recognize their effort with something meaningful: a family outing, a special privilege, or simply a celebration of how far they've come.



Let's climb Grit Mountain...
one determined step at a time!



DEVELOPING A GROWTH MINDSET

Grit Mountain



STEP 1: Add your theme or focus area (homework, chores, sibling frustrations, etc.) to the title.

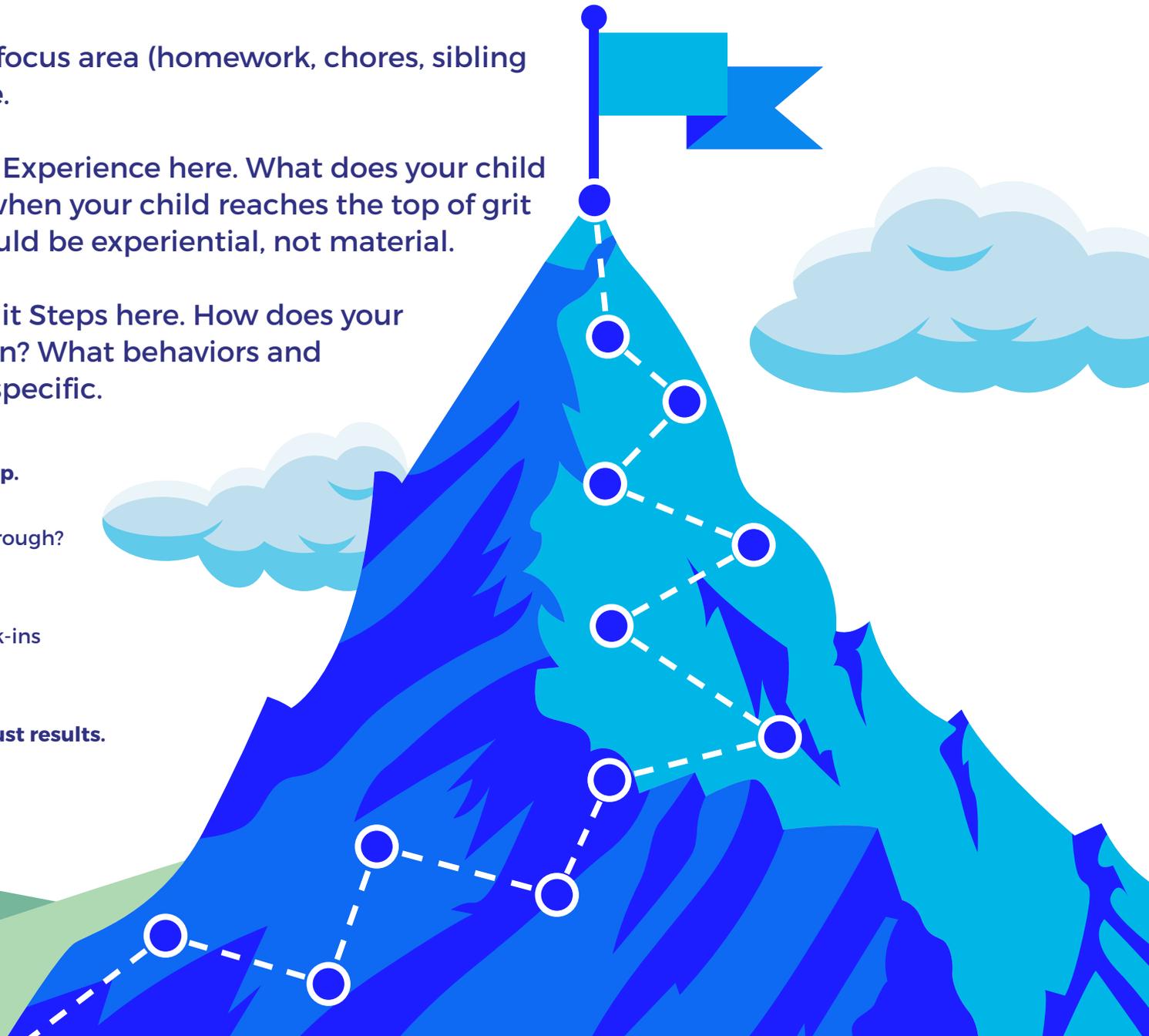
STEP 2: Write your Summit Experience here. What does your child and/or your family unlock when your child reaches the top of grit mountain? This reward should be experiential, not material.

STEP 3: Specify your Summit Steps here. How does your child move up the mountain? What behaviors and actions earn a step up? Be specific.

 **TIP: Reflect after each step.**
What felt challenging?
What helped you push through?

 **TIP: Be consistent.**
Make Grit Mountain check-ins
a daily family practice.

 **TIP: Focus on effort, not just results.**



Grit Mountain



STEP 1: Theme

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STEP 2: Summit Experience

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STEP 3: Summit Steps

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DRIVING MOTIVATION

Offering high standards and high support begins with knowing your child.



What activities or interests make your child lose track of time completely?

What is something that reliably makes your child feel proud of themselves?

What causes your child to shut down or disengage?

When your child is overwhelmed or upset, what helps them reset?

Given your child's interest and motivation style, come up with a motivational model that works for them. The model should include support, a clear goal, and some kind of reward related to your child's efforts.

FOSTERING INDEPENDENCE



From interest to initiative:

Turn what your child loves into something they own.

STEP 1: Clarify Interest. What does your child choose to do when no one directs them? Why do they like it?

STEP 2: Identify the Motivation Lever. Which pathway would motivate your child most?

STEP 3: Shape the Project. What real-world project could your child start in the next two weeks? Name a specific goal/deliverable – something your child can work toward.

To help guide your answer, consider how your child's project can help them:

- develop mastery/expertise in their area of interest
- share their interest with others
- offer something of value to a broader community

STEP 4: Preserve Ownership. Where can you step back so your child makes the key decisions? What support do they need from you without taking over? How will your child define progress?

Motivation Levers



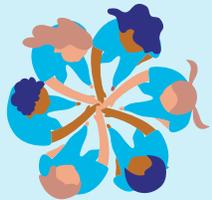
Autonomy

My child's motivation increases when **they feel ownership and choice over their actions.**



Competence

My child's motivation increases when **they make visible progress and feel capable.**



Belonging

My child's motivation increases when **they are part of a group and can share their work with others.**



Values

My child's motivation increases when **their work aligns with who they want to become.**



Competition

My child's motivation increases when **they focus on improvement and clear goals.**



Expression

My child's motivation increases when **they can bring their voice and creativity to their work.**



Impact

My child's motivation increases when **their effort helps others or makes a difference.**





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