

Autism Dad's Training

What YOU can do today to help your wife and kids (both typical and ASD) increase their happiness?

3 Things:

1-Put them FIRST; 2-Serve WITH Them; 3-Push Your EGO Aside

90 Day Challenge

6 Basic Human Needs

CERTAINTY – VARIETY – SIGNIFICANCE – LOVE and CONNECTION – GROWTH – CONTRIBUTION

On a scale of 1 – 10 where do you fall on meeting the needs of your wife? Circle it

Certainty:	1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10
Variety:	1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10
Significance:	1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10
Love & Connection:	1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10
Growth:	1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10
Contribution:	1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10

Now, put yourself in HER shoes and circle what SHE'D circle.
How/What can you do to raise that number.

3 Secrets ALL Happy Autism Dad's Understand

YOU (Dad) can't be the one that solves the problem

The steps must be simplified and clear so YOU and HER can work together

YOU and HER working together will bring you closer
Working THROUGH hard things together will

THRIVE
in
CHAS