

## DOER-BUILDER

**“Track what they did. Don’t slow them down.”**

Your teen is learning through action. If you wait for them to sit down and reflect first—you’ll lose the moment.

### **Quick Start Recordkeeping System:**

- Capture after action, not before
- Use fast, simple entries (1–2 minutes max)
- Focus on:
  - What they did
  - Time spent
  - Real-world responsibility
- Let patterns build over time (don’t overthink daily detail)



### **Common Mistake:**

Trying to make them plan, journal, or reflect first, that kills momentum.