

A woman with her hands raised in front of her face, symbolizing support or community. The background is a soft-focus portrait of a woman with her hands raised, looking directly at the camera. The text is overlaid on a semi-transparent dark band across the middle of the image.

It Takes a Village:

Get Your Hands Dirty &
Build Yours From the Ground Up!

You are 21 days from strengthening
your family's support system!

By: Amy Nielsen of Big Abilities

Dear “It Takes a Village” Friend,

Yes, you are going to do this! I am so proud of you!



- ✓ YOU are **21 DAYS** from feeling physically and emotionally healthier!
- ✓ YOU are **21 DAYS** from having a more organized and smoothly run home!
- ✓ YOU are **21 DAYS** from having more support from your family!
- ✓ YOU are **21 DAYS** from having more support from your friends!
- ✓ YOU are **21 DAYS** from having more support from professionals for you and your child!
- ✓ YOU are **21 DAYS** from connecting with non-profit organizations and support groups that want nothing more than to help YOU, YOUR CHILD, and YOUR ENTIRE FAMILY!

Being a parent or caregiver for a child with a developmental disability is tough, but in **21 DAYS** for YOU it is going to be easier!

This 21 Day Build Your Village call to action challenge is a companion to my eBook “It Takes a Village: Get Your Hands Dirty & Build Yours From the Ground Up”.

You can find the book on Amazon as well as on my website www.bigabilities.com.

Check out Chapter 8 in the book for a detailed explanation of how to complete this challenge.

I can’t wait to hear about your results!

You got this!



Amy

It Takes a Village 21 Day Challenge

Objectives & Overview

OBJECTIVES:

You will be able to clearly identify:

- ✓ What your support system currently looks like.
- ✓ Ways in which you can improve your support system.

OVERVIEW:

PART ONE/GOAL SETTING: YOUR TURN



Unless you did this already, you'll copy down what you wrote for the YOUR TURN section of each chapter in the book. If you haven't read the book STOP and do that first!



PART TWO-ACT PHASE 1: Days 1-7

Complete each YOUR TURN Goal 1 in each area of your village.



PART TWO-ACT PHASE 2: Days 8-14

Complete each YOUR TURN Goal 2 in each area of your village.



PART TWO-ACT PHASE 3: Days 15-21

Complete each YOUR TURN Goal 3 in each area of your village.



PART THREE-REFLECTION

You'll reflect on the process.



PART FOUR-WHAT NEXT?

You'll reach out to ME to share!

PART ONE: YOUR TURN (GOAL SETTING)



MY VILLAGE INCLUDES ME

What am I **CURRENTLY** doing to take care of myself? _____

List **3 new goals** of **ADDITIONAL** ways I can begin to take care of myself.

Goal 1: _____

Goal 2: _____

Goal 3: _____



My VILLAGE INCLUDES MY HOME

What am I **CURRENTLY** doing to help my home be decluttered, organized and run smoothly? _____

List **3 new goals** of **ADDITIONAL** ways I can declutter, organize or help my home run more smoothly.

Goal 1: _____

Goal 2: _____

Goal 3: _____



MY VILLAGE INCLUDES MY FAMILY

How am I **CURRENTLY** receiving support from my family? _____

List **3 new goals** of **ADDITIONAL** ways I can reach out to my family.

Goal 1: _____

Goal 2: _____

Goal 3: _____



MY VILLAGE INCLUDES FRIENDS INSIDE & OUTSIDE THE SPECIAL NEEDS COMMUNITY

How am I **CURRENTLY** receiving support from friends inside & outside the special needs community?

Inside: _____

Outside: _____

Which friend group am I lacking in support from the most? _____

List **3 new goals** **ADDITIONAL** goals in how I can reach out to friends for support and make new friends both inside and outside of the special needs community.

Goal 1: _____

Goal 2: _____

Goal 3: _____

PART ONE: YOUR TURN (Cont'd)



MY VILLAGE INCLUDES PROFESSIONALS THAT SUPPORT ME

Who are the professionals that **CURRENTLY** support me? _____

List **3 new goals** of **ADDITIONAL** ways I can reach out to professionals for support.

Goal 1: _____

Goal 2: _____

Goal 3: _____



MY VILLAGE INCLUDES PROFESSIONALS THAT SUPPORT MY CHILD

Who are the professionals who **CURRENTLY** support my child? _____

List **3 new goals** of **ADDITIONAL** ways I can reach out for support from professionals for my child.

Goal 1: _____

Goal 2: _____

Goal 3: _____



MY VILLAGE INCLUDES VOLUNTEER, NONPROFIT & SUPPORT GROUPS

What support am I **CURRENTLY** receiving from volunteer, non-profit or support groups.

List **3 new goals** of **ADDITIONAL** ways I can reach out to volunteer, nonprofit or support groups for help.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Surround yourself only with people who are going to

lift you higher. – Oprah Winfrey

LIST each **Goal 1** from the previous page followed by the **ACTION** you took toward it and the **RESULTS** of that action.



DAY ONE: MY VILLAGE INCLUDES ME

Goal 1: _____

Action Taken: _____

Results: _____



DAY TWO: MY VILLAGE INCLUDES MY HOME

Goal 1: _____

Action Taken: _____

Results: _____



DAY THREE: MY VILLAGE INCLUDES MY FAMILY

Goal 1: _____

Action Taken: _____

Results: _____



DAY FOUR: MY VILLAGE INCLUDES MY FRIENDS

Goal 1: _____

Action Taken: _____

Results: _____



DAY FIVE: MY VILLAGE INCLUDES MY PROFESSIONALS

Goal 1: _____

Action Taken: _____

Results: _____



DAY SIX: MY VILLAGE INCLUDES MY CHILD'S PROFESSIONALS

Goal 1: _____

Action Taken: _____

Results: _____



DAY SEVEN: MY VILLAGE INCLUDES NONPROFIT & SUPPORT GROUPS

Goal 1: _____

Action Taken: _____

Results: _____



What was the most positive outcome this week of growing my village?

PART TWO

ACT PHASE 2: DAYS 8-14

LIST each **Goal 2** from the previous page followed by the **ACTION** you took toward it and the **RESULTS** of that action.



DAY ONE: MY VILLAGE INCLUDES ME

Goal 2: _____

Action Taken: _____

Results: _____



DAY TWO: MY VILLAGE INCLUDES MY HOME

Goal 2: _____

Action Taken: _____

Results: _____



DAY THREE: MY VILLAGE INCLUDES MY FAMILY

Goal 2: _____

Action Taken: _____

Results: _____



DAY FOUR: MY VILLAGE INCLUDES MY FRIENDS

Goal 2: _____

Action Taken: _____

Results: _____



DAY FIVE: MY VILLAGE INCLUDES MY PROFESSIONALS

Goal 2: _____

Action Taken: _____

Results: _____



DAY SIX: MY VILLAGE INCLUDES MY CHILD'S PROFESSIONALS

Goal 2: _____

Action Taken: _____

Results: _____



DAY SEVEN: MY VILLAGE INCLUDES NONPROFIT & SUPPORT GROUPS

Goal 2: _____

Action Taken: _____

Results: _____



What was the most positive outcome this week of growing my village?

LIST each **Goal 3** from the previous page followed by the **ACTION** you took toward it and the **RESULTS** of that action.



DAY ONE: MY VILLAGE INCLUDES ME

Goal 3: _____

Action Taken: _____

Results: _____



DAY TWO: MY VILLAGE INCLUDES MY HOME

Goal 3: _____

Action Taken: _____

Results: _____



DAY THREE: MY VILLAGE INCLUDES MY FAMILY

Goal 3: _____

Action Taken: _____

Results: _____



DAY FOUR: MY VILLAGE INCLUDES MY FRIENDS

Goal 3: _____

Action Taken: _____

Results: _____



DAY FIVE: MY VILLAGE INCLUDES MY PROFESSIONALS

Goal 3: _____

Action Taken: _____

Results: _____



DAY SIX: MY VILLAGE INCLUDES MY CHILD'S PROFESSIONALS

Goal 3: _____

Action Taken: _____

Results: _____



DAY SEVEN: MY VILLAGE INCLUDES NONPROFIT & SUPPORT GROUPS:

Goal 3: _____

Action Taken: _____

Results: _____



What was the most positive outcome this week of growing my village?

I am so proud of you for completing this *21 Day Build Your Village* challenge. I hope this has opened your eyes to the vast amount of resources and support available to you. For your final exercise, let's reflect on what happened!



MY VILLAGE INCLUDES ME

What are some ways you now will put personal self-care as a higher priority?



MY VILLAGE INCLUDES MY HOME

What are some ways you will now put taking care of your home as a higher priority?



MY VILLAGE INCLUDES MY FAMILY

What are some ways you will now have more support from your family?



MY VILLAGES INCLUDES MY FRIENDS

What are some ways you will now have more support from your friends?



MY VILLAGE INCLUDES MY PROFESSIONALS

What are some ways the professionals you interact with will now offer you more support?



MY VILLAGE INCLUDES MY CHILD'S PROFESSIONALS


What are some ways the professionals that interact with your child with now offer more support?




MY VILLAGE INCLUDES VOLUNTEERS, NONPROFIT & SUPPORT GROUPS

What are some non-profit or support groups you have reached out to for support?

Dear “It Takes a Village” Friend,

Yes, you did it! 

- ✓ In only **21 DAYS** you built a village of support for YOU, YOUR CHILD, and YOUR ENTIRE FAMILY!

SO, What next? 

- ✓ Follow these steps to continue to build your village and connect with ME!



First, go the **Big Abilities** website at www.bigabilities.com/BuildYourVillageChallenge and drop a comment so your success can be shared with others!




Second, follow the **Big Abilities Blog** and subscribe to the **Big Abilities Podcast** so you don't miss out on anything!



Third, join the **Big Abilities Facebook Group** to find support and encouragement from other parents going through the same things as YOU!



Finally, email me and let me know if this was helpful and what else I can do to help support YOU! Amy.nielsen06@yahoo.com

Remember,
You got this! 

Amy