

Avatar

A 30 years old woman who's got a 3-year-old daughter and husband. Blonde, and fit, she's been doing overall good in life.



What is her current situation, and why is it so bad? (pain points)

The physical strain of raising children and meeting their needs makes her tired and drained of energy.

Negative stress from overstimulation and overscheduling

Difficulty in finding a balance between work and personal life, makes her stressed more because she can't relax and she lacks free time for herself.

Struggles with discipline and setting boundaries in the household make her worried about the future of her child and insecure about herself and her competence as a mother

She worries about their children's well-being and future, she doesn't want her child to be a failure, and the vision of her daughter struggling in adult life is the terrifying horror she can imagine.

Common parenting mistakes such as punishing kids for minor things and screaming at them sometimes lead to feeling guilty about them

not getting enough sleep, makes her tired and decreases her wellbeing

she is feeling pressured by society, she is worrying about being a good mother and people make her insecure about raising her daughter in not most mainstream methods (giving a child phone or tv remote to not spend your time with them)

Struggling to balance their needs and those of their children, she doesn't know how to manage her free time in order to relax but at the same time make her daughter be content

What is his dream state, and why is it so desirable? (pleasure points).

Her biggest desire is to have a successful child, it will make her proud among other people and boost her ego.

An ideal household where conflicts are easily resolved, the daughter will listen to her and not act up

Maintaining healthy relationships with children, she doesn't want her child to be unhappy or dislike her because of her raising methods. It would be one of the worst feelings for her to be rejected by her daughter.

Living up to societal expectations of being a perfect parent, she wants to be perceived as a mother who knows what she is doing and be admired for the great child she raised

Being successful and balanced in both her personal life and parenting, will make her less stressed and increase her well being

Confident and secure in their parenting abilities, she won't stress that much

What problems are stopping them from getting to their dream situation?

she doesn't know how to set up boundaries for children, how to communicate with her daughter, what are the ways to get kids to listen to her

How will your product help them bridge the gap between their current and dream situations?

a course that explains how child psychology works. It will cover the topics of emotions, physical well-being, and psychology. She will understand how her child reacts to her commands and tips on a psychological level.

1. This approach will stop your bedtime battles with your children

Do you know the feeling of shame and irritation that your own kid doesn't listen to you?

You try to make your little one go to sleep, but you are just...

Getting ignored.

And what really annoys you, is that the child doesn't want to go to sleep.

Instead, they prefer to watch their favorite cartoon on TV.

But, this misbehaving is only caused by your ineffective raising methods...

...And you can raise your kid to be disciplined.

You just need to take [that successful approach](#) to stop arguing with your child, until it becomes a habit for you.

2. How to stop worrying about your child's future

The vision of your own child failing in life might be the biggest nightmare for you.

And suppressing those emotions might seem impossible.

But because you can't stop thinking about your kid's future, the most effective way you can prevent overthinking is by using the mind trick called "Present Parenting".

The mental hack that takes control of your parental worries awaits, [here \(link\)](#)

3. This hot-to-know technique will eliminate your overthinking about your kids' future.

Do your doubts about being a good parent make you anxious?

"Am I too tough for my child?" you wonder.

You feel guilty for punishing your kid and telling them to stop watching TV and go to sleep because they have to go to school tomorrow.

But, the pressure and guilt can be suppressed by using proper methods designed to lose them faster than you ever dreamed possible...

And the [practical technique](#) that was specially created to guide you through the process of punishing your children's misbehavior can be grabbed here. (link)