

I. The 2 _____:

1. _____ God

2. _____ others

II. Top 10 commandments for being a vertical mom

1. You shall _____ a _____ life to your _____.

2. You shall be on the _____ as your _____.

3. You shall seek to _____ your children _____ a _____ on you to a
_____.on the _____.

4. You shall _____ on a _____ plan.

5. You shall _____ about _____ with _____.

6. You shall have a _____ for _____.

7. You shall be _____.

8. You shall place _____ on your children.

9. You shall _____ to please _____ - not _____ yourself to _____ moms.

10. You shall _____ for your _____.

How many children do you have?

What are their ages and genders?

1. What are the circumstances of the situation?

2. What were you thinking and feeling as it was going on?

3. What did you do in response?

4. Why did you do it? What were you seeking to accomplish?

5. What was the result?

