

Taking it home: Self-Direct

As parents, we want to raise our children to be leaders which starts by teaching them to choose their thoughts, attitudes, and actions wisely. We refer to this learned skill as self-direction. This month, model self-direction by celebrating the positive in each day, seeking the good in others, and intentionally planning your steps to get you closer to your goals. Then, give your child plenty of opportunities to do the same... practice makes perfect!



1. ENGAGE

Find the Good! Self-direct your thoughts and each day share Good Things as a family. After school, around the dinner table, or before bed, ask each member of your family to share something good from the day. We often see what we seek! Let's focus on finding the good.



2. EMPOWER

Make a plan. If your student doesn't already use a planner, empower them to start using one to better manage their time. Have a meeting once a week with your student for him or her to share what they have added to their planners. You can help them add family gatherings, school events, and due dates.



3. EXCEL **Affirm Daily.**

Focus daily on giving affirmations to each other and share the good things you see. Take it to the next level and think of someone outside of your family who you could affirm. Challenge each member of the family to handwrite a note to thank that person and send them the note in the mail.

CONVERSATION STARTERS

- What is one way you can be more responsible at home or school?
- What are some things we are lucky to have but at times find ourselves complaining about?
- What is something you want to learn to do?

