

Think, Choose, Act

Lead yourself to who you want to be.

*This month, we're challenging students to envision future goals and take intentional steps toward who they want to be. **We are partnering with you to grow and develop your child's ability to self-direct.** We can model self-direction by celebrating the positive in each day, seeking the good in others, and emphasizing our responsibility to make positive choices.*



1 ENGAGE: Find the Good!

Self-direct your thoughts and share Good Things as a family each day. After school, around the dinner table, or before bed, ask each family member 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 manage their time better. Have a weekly meeting with your student 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

Practice growing as a family through positive affirmations. At dinner or some point during the day, give affirmations to each other and share the good things you see. Take it to the next level and think of someone you could affirm outside your family. Challenge each family member to affirm or thank a different person every day this month for something they do or who they are. You can even 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 is an activity you want to continue to improve?
- ♥ How do you feel when you finish a project?
- ♥ What is something you want to learn to do?