

Think, Choose, Act

Lead yourself to who you want to be.

This month, we're challenging students to envision future goals and then 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 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 students for them 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 at 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 outside of your family who you could affirm. Challenge each member of the family 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 are some things we are lucky to have but at times find ourselves complaining about?

♥ What is one of your future goals? What can you intentionally do now to help you achieve it?