

SEPTEMBER 2015

DEAR DR. ROBYN

COURAGE



Young students: I am brave!

Older students/teens/adults: The willingness to face fears and challenges with determination.

Dear Dr. Robyn,

I know you encourage parents to be a good example of the powerful words we go over each month. Aside from trying new things in front of our children, what else can we do to be an example of courage?

-- Jess & Corey, Ft. Lauderdale, FL

Dear Jess & Corey,

Yes! I believe it's very important to serve as an example of positive character for our children. When our children see powerful words in action, they can emulate these actions and note that these traits are something we value. When we demonstrate acts of courage, our children are more likely to do the same.

Here are some ways when we can be a great courageous example:

(1) Discuss how you feel while you are showing courage: When we try new activities, sample new foods, go new places and meet new people, we create wonderful opportunities to be courageous examples for our children. Of course, it's not simply the actions themselves that convey courage but also how you discuss these actions with your children. Tell them; "I'm feeling scared right now but I'm still going to try this

new activity." When you narrate your feelings and connect them with conquering your fear, it will translate as courage.

(2) Share your regrets: Think of those times when you yielded to fear and did not try an activity, talk to an interesting person or challenge yourself to complete a goal but wish that you did! Talk to your children about these situations and what you would have done if afforded another chance.

(3) Use your mistakes: Mistakes can be wonderful teachable moments. Often, people are afraid to try new activities and reach beyond their comfort zones because they are afraid to make mistakes. By discussing our mistakes and how we have grown and learned from them, it shows that it's OK to fail when trying something new.

(4) Try again: Bring up a positive activity or goal that you opted out

**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

<< Paraphrased from a call; with permission

of once before (see #2) or failed at once before (see #3) and commit to trying it again! You can even make it a family activity. Talk about the courage it takes to revisit a source of fear or failure and conquer it!

No doubt you will inspire your children to show their courage!

Here's to your success!

