



Module 2

Powerful and Confident Children



Shirley Solis



POWERFUL AND CONFIDENT CHILDREN VIDEO 1

Your Most Powerful Tool

CHARACTER

The peculiar qualities, impressed by nature or habit on a person, which distinguish him from others. Basically, character is "who you are when no one is watching."

**"CHARACTER IS THE INNER
TOOL TO HELP YOU AND YOUR
CHILDREN MANAGE YOURSELF
FROM THE INSIDE OUT."**

Shirley Solis

CHARACTER IS FOR THE GOOD OF THE CHILD

The motivation for teaching character is the _____ of the child, not your well being (although you do benefit).

WHY SHOULD YOU TRAIN IN CHARACTER?

Works from the _____ out.

Increases personal _____ .

Gives each family member the "same" _____ .

Gives _____ to parents and children.

Helps achieve _____ potential.



POWERFUL AND CONFIDENT CHILDREN VIDEO 2

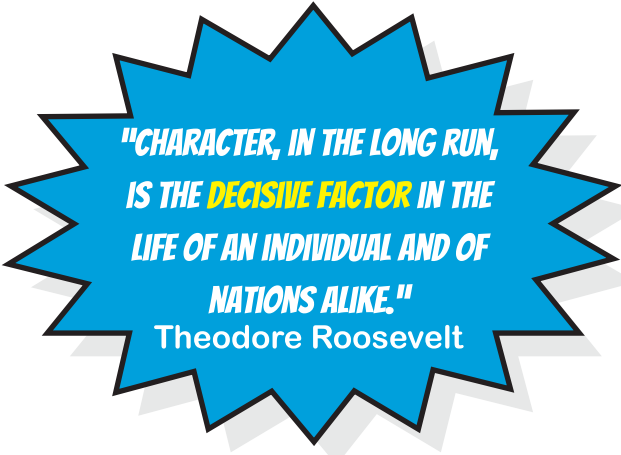
Putting the Pedal to the Medal

CHARACTER TRAINING

The application of using character qualities daily, in order to form and shape your thoughts, emotions and actions to create a compelling future.

TIP: WE TEACH CHARACTER BY EXAMPLE

Good and bad habits are passed down to through modeling.

A blue starburst graphic with a black outline, containing a quote by Theodore Roosevelt.

***"CHARACTER, IN THE LONG RUN,
IS THE **DECISIVE FACTOR** IN THE
LIFE OF AN INDIVIDUAL AND OF
NATIONS ALIKE."
Theodore Roosevelt***

SOME PARENTS TEACH BAD CHARACTER BY:

- _____ government
- Ignoring the law
- Leaving a mess
- _____ "fingers" on others
- Ignoring their problems
- Not managing their time
- Wasting money
- Gossiping
- _____ about their situation
- Procrastinating



SOME PARENTS TEACH GOOD CHARACTER BY:

- Being
- Having integrity
- Picking up after themselves
- _____ generously
- Using their talents
- Speaking kindly to others
- Managing their time
- Being _____
- Being hospitable
- Encouraging others
- _____ struggles

IN A **VERTICAL** RELATIONSHIP, TEACHING IS A **NEGATIVE** WEAPON. IN A _____ RELATIONSHIP, TEACHING IS A POSITIVE TOOL.

ESTABLISH A HEALTHY PARENT-CHILD RELATIONSHIP

“The principles of authority on the one hand, and of obedience on the other, are natural, necessary and fundamental; but these principles are limited by the respect due to the personality of children, which must not be encroached upon whether by the direct use of fear or love, suggestion or influence, or by undue play upon any one natural desire.”

Charlotte Mason



CHARACTER HAS TWO CHARACTERISTICS: _____ **AND** _____

CHARACTER TAKES WORK

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

- Helen Keller

CHARACTER TAKES CONSISTENCY

"Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character."

- Heraclitus

POWERFUL PARENTS TEACH CHARACTER BY:

Focusing on _____

Paying attention to _____

Being _____ about who you and your children are with.

Using _____ as an ACTIVE tool to create positive outcomes.



FOCUS ON YOU

In what area of life can you be a better example on?

(*hint- look at what bothers you in them and see if you have that)

How are you managing your time? Is there procrastination?

How are you using your words? Do you edify or discourage?

How do you keep your personal property, i.e. closet, car, desk, room?



PAY ATTENTION TO PHYSIOLOGY

By paying attention to physiology, you can _____ use it to help you foster the character trait you are trying to establish.

CHOOSE YOUR FRIENDS WISELY

Who are you and your children surrounding yourselves with that support or hinder your character development?

USE CHARACTER TRAINING AS ACTIVE "TOOL"

Teach character daily by making it _____. Sustainability helps with consistency!

Simple - Choose _____ trait and talk about it.

Quick- No more than 5 to 15 _____ a day.



TAKE ACTION

Choose the best time in the day for you to teach character. Look over the CHARACTER TRAIT LIST and use it as a conversation piece with your family



POWERFUL AND CONFIDENT CHILDREN VIDEO 3

Habit is Second Nature

DAILY CHARACTER

In Order to Have Significant Change in Your Family, You Must Exercise New Practices of Talking About the Character Traits that Will Support Your Goals.

SIBLING RIVALRY HAPPENS BECAUSE OF:

1. _____
2. _____
3. _____
4. _____

***"CHARACTER ISN'T SOMETHING
YOU WERE BORN WITH AND CAN'T CHANGE,
LIKE YOUR FINGERPRINTS. CHARACTER IS
SOMETHING YOU WEREN'T BORN WITH AND
MUST TAKE RESPONSIBILITY FOR FORMING."***

Jim Rohn

We overcome sibling rivalry by teaching _____.

A MESSY HOUSE HAPPENS BECAUSE OF:

1. _____
2. _____
3. _____
4. _____

We overcome disorderliness by teaching _____.



CHILDREN NOT LISTENING HAPPENS BECAUSE OF:

1. _____
2. _____
3. _____
4. _____

We overcome children not listening by teaching _____ .
.

NOT DOING HOMEWORK HAPPENS BECAUSE OF:

1. _____
2. _____
3. _____
4. _____

We overcome children not doing their homework by teaching _____ .
.

NOT HELPING WITH CHORES HAPPENS BECAUSE OF:

1. _____
2. _____
3. _____
4. _____

We overcome children not helping with chores by teaching _____ .



USING THE CHARACTER TRAITS LIST PDF PROVIDED, FIND THE NEGATIVE TRAIT YOU WANT TO AVOID

FIND THE POSITIVE TRAIT YOU WANT TO FOCUS ON

TIP: KEEP IT HANDY AND REFER TO IT OFTEN



TAKE ACTION

Use the CHARACTER TRAIT LIST to find out which trait(s) could serve your family right now. Begin discussing that trait as a family.



POWERFUL AND CONFIDENT CHILDREN VIDEO 4

Get Some Helpers

CHARACTER RESOURCES

Books, movies, articles, quotes, audios, study guides... and even life events that support the character development of the entire family.

CHARACTER RESOURCES WILL:

1. _____
2. _____
3. _____
4. _____

***"EVERY MAN, RICH OR POOR
MUST DO SOMETHING. WOE TO THE
LAZY MAN! LAZINESS IS AN EVIL DISEASE
WHICH YOU MUST NOT LET SEIZE YOU IN
CHILDHOOD, FOR WHEN YOU GROW UP IT
CANNOT BE CURED."***

Fairy GodMother,
Pinocchio

***"SHE WHO NEVER MADE A FAILURE,
HAS PROBABLY NEVER MADE A DISCOVERY."***

Sugar Creek Gang

LET RESOURCES INSPIRE YOU

**"Worry Does Not Empty Tomorrow
of Its Sorrow. It Empties Today
of Its Strength."**

Corrie Ten Boom, Hiding Place



WHAT IS THE 3 "W" SYSTEM TO TRAIN AND EDUCATE?

1. _____
2. _____
3. _____

USE CHARACTER STUDY GUIDES TO KEEP YOU FOCUSED AND ON TRACK WITH YOUR GOALS:

- _____ the character trait.
- _____ about it/discuss it.
- Find practical ways to _____ it.
- _____ it.
- Purpose to _____ it in everyday life.

USE THE CHARACTER RESOURCE LIST TO ENGAGE YOUR CHILDREN IN CHARACTER:

- Find _____ for children to read on their own.
- Find books to _____ .
- Find character _____ to inspire the family.
- Remember... readers are _____ !



TAKE ACTION

Use one of the CHARACTER STUDY GUIDES to teach character to your children. Continue to teach that trait until it has become a habit.



POWERFUL AND CONFIDENT CHILDREN VIDEO 5

Together We Are Stronger

CHARACTER ACCOUNTABILITY

In family, we have the greatest accountability partners to create significant transformation in each individual and in the family.

WHAT CHARACTER TRAIT WILL HELP YOU MOST?

List and write down three of the most important character traits you need to work on as a family.

1. _____
2. _____
3. _____

THINK....

What character traits will bring the most improvement in your family dynamics? Hint... you can choose one trait for each person in the family or a general one for the whole family.

ASK...

Each family member can do some self reflection and decide what will work for him/her. What daily action step(s) do you and your children need to take so you can strengthen your chosen character trait positively?
Ex. Orderliness - put things in their place as soon as we are done with them.



What will this character trait do for you?

What effect will this character trait have on your family?

USE YOUR FAMILY MEETING

_____ the entire family in the character conversation.

Have each person do _____ regarding the character trait they need to work in or the character trait the entire family could benefit from.

Allow each person to give _____ and to provide support.

PERSONAL COMMITMENT

Agree that you are committed to working on your character trait, so everyone will get along and everyone will be happier... and powerful.



TAKE ACTION

In your next family meeting, add the conversation of character and commit to holding each other accountable.