

# Confident and Motivated

April 2009

## Confident Youth ~ How to choose great friends.



Over the March break, I conducted a 4 day workshop for girls. One of the hot top topics of interest to tweens/teens is relationships. Life is much better with friends yet sometimes we choose people that aren't good for us.

The red flags on a poor choice of friends will wave at you. Yup... **people constantly tell you who and what they are.** Everything they do and say is a neon sign for their character (or lack of) but most youth are so trusting that they usually don't see it until something negative happens. The key is to teach them to watch for the warning signs.

If kids aren't certain that they've chosen their friends well, have your kids of all ages do the following: List all friends and then put a plus beside the names of the friends that make you feel good when you're around them. Put a minus beside their name if you feel bad when you're around them.

If you see a minus or a question mark beside some names and you're **still not sure** about someone, try this **4 point evaluation** to help get the answers you need:

1. Do I trust them?
2. Do I like them?
3. Do I respect them?
4. Do they support me?

You can also use this to **evaluate yourself** as a friend...

1. Do they trust me?
2. Do they respect me?
3. Do they like me?
4. Do I support them?



Even when you choose a good friend, you will find that you will disagree periodically. When you do, pick your favourite line from the **partial list below**, use it and see how quickly a conflict is resolved.

1. Help me understand.
2. I understand.
3. I need to vent/talk. Would you be willing to listen?
4. I appreciate your honesty.
5. How would you like to see this resolved?
6. It's ok, now let's move on.

For anyone who has had a bad experience in a relationship, I hope the following quote helps:

**"Our lives are shaped by those that love us as well as those who don't"**

If you want a "**Strutting Beauty on the Inside**" workshop for girls in your school drop me a line. [monique@confidentgirlsguys.com](mailto:monique@confidentgirlsguys.com) I have tween/teen workshops planned for several communities in Durham this summer. If you're interested, put your daughter's name on the list as soon as possible.

Workshops are small and registration is limited.

# Vote for me?

On Thursday I was a guest host on FM 93 morning show with the three wonderfully warm, genuine and funny regular hosts.

**FM93**

It was a contest to win a trip for a fabulous weekend in Quebec. It would be a nice way to celebrate our 26 years of marriage on April 2 because after all this time, we still *really like* each other! I'll be honest, I heard there would be lots of chocolate there so I entered but the rest of it sounds incredible too!

Can you send an e-mail to [shawnanddave@fm93.ca](mailto:shawnanddave@fm93.ca) with the following four questions cut and pasted into it....oh and please answer numbers 1 and 4? Deadline is Sunday midnight.

## The four questions to cut and paste into your e-mail are:

1. What is the date today?
2. What are the names of the regular morning show hosts on FM 93? **Shawn, Kristy & Dave**
3. Who are you voting for as the best "Economic Stimulus Package" co-host for this week? **Monique Howat**
4. Why are you voting for them?



Here is a link to my 2 minute audio clip:

<http://www.fm93.ca/home/DJsandShows/OnDemand/tabid/1901/Default.aspx>

**Thanks!**

*"Keep in touch, love the newsletter!"*

**Denise Yates**

**National Association for Gifted Children. United Kingdom**

*"Nice newsletter, always enjoy receiving and sharing."*

**Larry D Shultz, Ridgeville, Ohio**

*"It feels like time stands still when you speak."*

**Barb Smith, Silver Connections**

*"Thank you so much for sharing your wonderful ideas with everyone. I think it is wonderful that you have chosen to help youth and parents."*

**Jennifer Welch. Durham Region**



**Your opinion counts.**

# Wonderful Readers!

This newsletter is written in an effort to **WOW** my wonderful readers!



I want it to be good enough that you simply **can't wait to read** it because it offers you value in fresh ideas, strategies and techniques to live a more confident and motivated life.

A decade ago I developed a habit of spending 20 minutes a day in deep, contemplative thought with the goal to create new ideas on how to stay confident, motivated and happy. Please let me know if you're getting the value you need from my newsletters.

Here's what I was thinking about the other day and would like to offer you today:

We've all paid dearly to learn a life lesson (or many) somewhere along the line. If you were to **submit** the most important lesson you've learned to a "**world wisdom file**", what would it be? Have you shared this lesson with your kids yet? They **love to hear how you messed up** in life because it makes you appear more human to them and you may possibly save them from repeating the same hard lesson!



## The Miracle Language of Inspiration and Influence

*Do you remember how good you felt the last time someone told you how much they appreciate you?*

*If you found yourself walking with your head held higher and you had a new feeling of pride about you, you'll understand how words from the language of inspiration and influence can sometimes be thought of as mini miracles.*



*Now more than ever we need a steady buffet of smart words and phrases that will encourage hard work, self-esteem and especially hope.*

*The Miracle Language of Inspiration and Influence is a memorable keynote for all organizations.*

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Enjoy spring!  
Monique Howat



If you know of anyone who would enjoy this newsletter **please pass it on.**

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