

Confident and Motivated

November 2008

Confident Youth

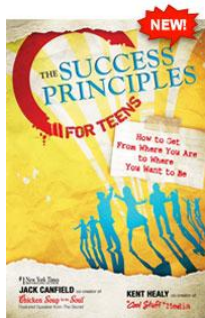
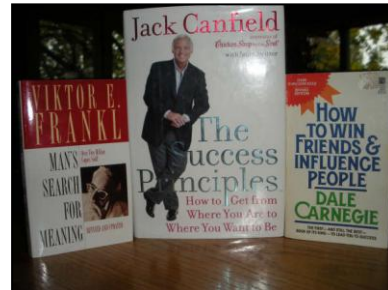
Confident Youth builder:

When my 19 year old daughter was 16, she made a bad choice. I did some heavy thinking to come up with a **creative consequence** that I hoped would encourage better behavior.

I felt that I had guided her well but despite that, for a short while she simply didn't want to listen to me. I decided that her consequence for bad behavior would be to read a book and I even gave her a choice of three.

What you, the reader, need to know is ...well...it was a bit of a set-up!

I chose two old looking, yellowed books and one new, cool-looking book, knowing full well she'd choose the new one; which was of course, the one I wanted her to read all along! It was Jack Canfield's Success Principles.



His Latest Book

Sure enough she chose it and every Sunday that summer we'd rendezvous on the deck to discuss the 40 pages she was committed to reading each week.

She even got to choose whether she read the book or not. Yup, all I told her was, "read it or lose your driving privileges."

By the end of the summer, she was back! Our loving, wonderful, fun daughter had been returned to us... with no attitude! All it took was a little **creativity in a consequence**.

Video Games, TV, Cell Phone, MSN, Facebook

Everyone is wondering where young 15 year old Barrie teen, Brandon Crisp might be.

After his parents said that he was spending too much time playing video games and told him he couldn't play anymore, he ran away...or was it foul play?

A Barrie radio station had run a commentary between the male and female host where he suggested there should be a law forbidding kids on the internet until they reach a certain age and can handle what they see. The female host compared playing video games with reading books excessively when she was a teenager.

Here is my simple suggestion...

Always teach your kids **balance** by teaching **limits**.

Tell them that you will **allow one hour** each day to play their video games.

Tell them that the hour can be extended on weekends by **earning** extra time.

Tell them the hour each day is **not** bankable.

Follow through!



Motivated Adults

Last month, I presented a two part Happiness Workshop...filling your cup.
We started off with 10 **True or False** statements:

1. **Happiness ... is an inside job!**
2. **It's not our job to make other people happy. That's their job.**
3. **It's not anyone else's job to make us happy. That's our job**
4. **It's not our fault when someone else is unhappy.**
5. **The greatest source of unhappiness comes from inside, conversely that is also where the greatest source of true happiness is!**
6. **Happiness is an attitude! It happens if you say it does.**
7. **"People are about as happy as they make up their minds to be." Abe Lincoln**
8. **You are entitled to happiness.**
9. **The best we can do is be happy ourselves and hope that our well-being will rub off on those around us.**
10. **It is easier to be a positive person than a negative one. It is far easier!**



Try the following to remind you to keep working toward the **BIG H**.

Most of us need a reminder because it's difficult to be motivated by a target we can't see! This will help. Take a sticky note and write the letter "H" for **Happiness** on it. Stick it on your dash board. If you're like me, you spend more time than you'd like in your car so you might as well make good use of it by absorbing positive messages.

If you would like a happiness workshop in your area, let me know Monique@confidentgirlsquys.com

Leadership ... From the Inside-Out!



I'm blushing...

May 2008

60 student representatives from 5 Durham high schools met for a full day Leadership Workshop

"Monique presents an engaging Leadership workshop for students that is dynamic, reflective and outstanding. She confidently encourages one to stretch beyond their own world and reach out as leaders who can affect change for the better. Student reaction is overwhelmingly positive!"

Suzanne Roche

**Superintendent of Education/Student Services
Durham Catholic District School Board**

Leadership Workshops

Public School

High School

College

University

Monique

905.986.1441



Scream-free Parenting Workshops

...get behavior results!!!



Week 1: Creative Consequences

Saturday Nov 22, 10:00-12:00

If you liked the strategy you read in **confident youth builder** above... I've got boatloads of creative scream-free strategies to share.

I'll help make your life easier!

RSVP by November 15 - \$35.00 per session

Visa MC accepted 905 986 1441

30.00 pp if you bring a friend.

New Scout Hall, Port Perry



Week 2: Mega Confidence Building 101

Saturday Nov 29, 9:30-11:30

Self-esteem is my specialty! Take your child to the next level and beyond by learning easy steps to building self-esteem.

Your kids will thank you for it!

RSVP by November 20 - \$35.00 per session

Visa MC accepted 905 986 1441

30.00 pp if you bring a friend.

www.confidentgirlsguys.com



"Before I got married I had six theories about bringing up children; now I have six children, and no theories." ~John Wilmot

Confident Youth School Workshops

I present the following PUBLIC SCHOOL **Confidence and Character** workshops:

1. **I AM CONFIDENT!** Grade 2 & 3 – workshop ½ day (**optional workbook**)
2. **Strutting Beauty On the Inside** Grade 4,5,6, 7 and 8 **Girls** ½ day
3. **Flexing from the Inside** Grade 4,5,6 **Guys** ½ day
4. **Leadership** - full day (**guys and girls**)

Miscellaneous Information:

- All workshops are highly interactive and engaging
- Summaries for teachers included **905 986 1441**



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www.confidentgirlsguys.com

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

If you would like to unsubscribe, please send me an e-mail with "unsubscribe" in the subject line and I will respectfully remove your name from my list.

Feedback is always welcome!