

News Flash

What You Think About Yourself Matters

How your child looks at the world and their level of confidence in themselves can affect what they achieve in life.

People who act as though they're happy often are, because their lives follow their actions. When faced with challenges, it is important to teach your child to focus on possible solutions until they achieve the results they desire.

Last week we learned that the words we speak matter. Spoken and written words have tremendous power. Those words can shape entire lives when people take them to heart. On the other hand, internalizing negative words can make all the things you are grateful for seem insignificant. Negativity can bring up feelings of discouragement and dissatisfaction. Instead, take only positive words into your heart.

Positive words, whether spoken by you or spoken or spoken by someone else over your child, can help to shape your child's life. They can flourish beautifully where they are right now.

Your child's beliefs about themselves and the world around them shapes their destiny. What they think is intimately connected to how they feel and the reason it's important to practice life-affirming thoughts.

In the grand scheme of things, the glass is neither half empty nor half full. We must teach children to be happy and successful is a conscious choice. Today, choose to be present and conscious in every moment. When you do, you'll bloom where you're planted.

