

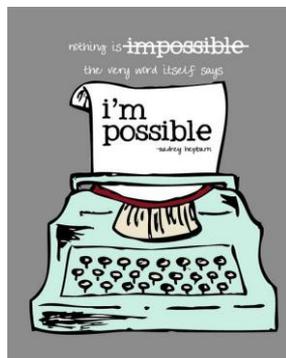
# Mission I'mPossible

If you **CHOOSE** to accept it....



## 7 Habits @ HOME

September 2013 E-2



## Getting Started...

Welcome to the first edition of **Mission I'mPossible 7 Habits @Home**.  
Let's get started by kicking off with an excerpt from the introduction in the Leader in Me Parent Guide.

*"You are your child's first and best teacher. You lay the foundation for the education of your children's mind, heart, body, and spirit. No matter what's going on in your child's school, you can help your son or daughter discover the leader within and prepare for a great life of contribution and service. If you are fortunate enough to have a school that already supports the principles laid out in *The Leader in Me*, your job is simpler, but no less important—it is to reinforce the principles your child learns at school and lives at home becoming a leader of his or her own life."*

Well yes, we are very fortunate to have a great school that supports the principles. The guide is quite comprehensive and has some great information in it. So to kick off the Mission I'mPossible initiative we will begin by working through the guide over the next few months. With the objective of Keeping it Simple, highlighting core points to assist in your Mission. By all means to read more here is the link to the "Leader In Me Parent Guide" [http://www.parktoneps.vic.edu.au/app/webroot/uploaded\\_files/media/the\\_leader\\_in\\_me\\_parents\\_guide.pdf](http://www.parktoneps.vic.edu.au/app/webroot/uploaded_files/media/the_leader_in_me_parents_guide.pdf)

The parent guide introduction goes on to discuss tips on successfully transferring the habits into the home. See excerpts shaded in grey.

### **"Go at the Right Pace**

1. *You are so busy! So the first tip is to look for ways to work the principles into what you are already doing. Think of it not as one more thing to do, but as a better way of doing what you are already doing.*
2. *Are there things you are doing now that you could replace with more important activities? .TV watching is the first thing that comes to mind, but there may be others. We're not saying TV is all bad, but too much TV can be a waste of time.*
3. *Go at a pace that works for you. You can plunge in all at once or work at it slowly, little by little. Either way, you will see improvements as you reap the benefits of living by timeless and universal principles as a family."*

For this to work for you and your family it needs to be a pleasant experience and at your own pace. Getting back to the whole 'brushing teeth' analogy, we are here to create a habit, a new improved way of being for all. Where to begin? Could you start by doing a stocktake of the areas in your life that you would like to improve. Write them down as individuals and/or as a family. Getting them out of your head and on paper is always a good thing. Keep it Simple, choose one thing and put together an action plan. It doesn't need to be complicated, the key is to do something to get the ball rolling.

### **"Keep It Simple**

*Applying the principles at home will make your home life easier and happier. The key is to keep the focus simple and simply keep the focus. There are three things you can do to prepare your child for the new reality.*

**First:** help your child become more responsible and independent through Habits .1, 2, and 3. **Second:** focus on helping your child become more interdependent through Habits 4, 5, and 6. And **third:** focus on teaching and rewarding primary greatness, which is based on character and contribution, not on secondary greatness (awards, wealth, or fame)."

Keep It Simple - Commit to acting on the action plan, hold each other accountable. Could be something centred around a household chore, a bedtime routine etc.



**An IDEA to get you started.**

Create a school day morning routine checklist that is time bound and stick it on the fridge to be ticked off each morning. If they create it, sign it, commit to it then they may be more inclined to action it. To reinforce it further create one for yourself. Its a great way to encourage independence , accountability, responsibility and actively working on being proactive, planning ahead and prioritising.

**This could be a great opportunity to test** the “21 days to make or break a habit” theory.

## School Holiday Ideas

- ★ Put together a “When I need something to do list.” A list that they can refer to when they are ‘bored’ and in need of something to do. An opportunity for them to be ‘in charge’ and not be completely reliant on you to keep them entertained.



- ★ Start a journal for the school holidays to capture daily adventures. Encouraging them to write and draw pictures each day. A great keepsake to document memories for themselves and to share with others. This could very well become a habit that fosters a passion for reading and writing.



## Where to from here?

**WANT MORE?**

By opting in to receive the weekly e-mail, you will be able to receive additional information and bonus resources.

For example; a template for the daily checklist as mentioned in this edition. To ‘opt in’ to receive the **Mission I’mPossible weekly email**, please e-mail [franciska@empowerkids.com.au](mailto:franciska@empowerkids.com.au) so that we can add you to the mailing list

