

BACK TO SCHOOL QUICK TIPS!



Try a few of these and let us know which ones worked for you!



State An Intention



Start by setting an intention with your child for the new school year. Ask, "what can you do to make this year your best yet?"

Get curious with them and ask "What do you need from me to succeed?" Then make sure to build in accountability. "What steps will you take to succeed?" "How will you know if the intention you set is working? How will your experience at school be better?"

Build On Their Strengths

Acknowledge your child's fear and anxiety, and offer the idea that these feelings subside as you become familiar with what was once 'new'.

Every person has 24 character strengths inside them. You can discover your family's strengths by completing the attached Spotlight on my Strengths survey.



Take A Mindful Moment

Actively listen to their concerns and let them know you are listening. *"I hear that you are worried about your first day of school, but you smiled when you talked about seeing your friends again."*



Take Time For Yourself

Set an intention for yourself to be prepared and ready to help your kids succeed!

Lean into your own strengths of **Love**, **Fairness**, **Judgment**, **Leadership**, and **Perseverance**.

Take a moment for yourself. Sit outside and take a moment to **Appreciate the Beauty** of these final summer days.



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NATURAL STRENGTH PARENTING™

Name _____



Spotlight on my Strengths

Each of us has an essential strength profile as unique as our thumb print. When you discover your strengths, you can use them and enjoy life more, as well as handle stress and deal with life's challenges.

To find out yours, take this short survey.

1. For each statement, decide whether it is "mostly like me," "sometimes like me," or "not often like me."
Put an X in the corresponding box.

2. Read all the statements first and assign a category. Then review the "**mostly like me**" column and circle the top 5 that feels most like you and make you feel the **most excited**.

How much is each statement below like you?	Mostly like me (no more than 10)	Sometimes like me	Not often like me
1. I approach daily life with energy and excitement.			
2. I get along well with others and my friends can count on me.			
3. I appreciate the good things that happen to me.			
4. I value my close relationships with others.			
5. I work hard to achieve my goals and don't give up.			
6. I can think of lots of ways to solve problems and use my imagination.			
7. I explore the world around me with an open mind and ask questions often.			
8. I get excited about discovering new things.			
9. I believe everyone should have the same opportunities.			
10. I like bringing a smile to others.			
11. I take on challenges and speak up for what is right.			
12. I feel positive when I think about the future.			
13. I can stop, wait, and manage my emotions.			
14. People value my opinion and look to me for direction.			
15. I am helpful and nice to others.			
16. I value and respect the unique qualities in everything I see around me.			
17. I let my accomplishments speak for themselves.			
18. I am open and truthful.			
19. I carefully consider all options when making a decision.			
20. I am open-minded and think through my decisions.			
21. I can see other people's points of view and weigh options when making decisions.			
22. I like being part of a team and doing my share.			
23. I believe that everyone deserves a second chance. I can let things go.			
24. I am discovering my purpose and place in the world.			

List the numbers of your top 5 "mostly like me": _____, _____, _____, _____, _____.

Use the answer key on the next page to spot your top strengths!

Strengths Spotlight Answer Key

Use this answer key to find your top strengths. For each number circled, write that strength below.

- | | | |
|---------------------|----------------------------|----------------------|
| 1. Zest | 9. Fairness | 17. Humility |
| 2. Friendship | 10. Humor | 18. Honesty |
| 3. Gratitude | 11. Bravery | 19. Prudence |
| 4. Love | 12. Hope | 20. Judgment |
| 5. Perseverance | 13. Self-Control | 21. Perspective |
| 6. Creativity | 14. Leadership | 22. Teamwork |
| 7. Curiosity | 15. Kindness | 23. Forgiveness |
| 8. Love of Learning | 16. Appreciation of Beauty | 24. Sense of Meaning |

Strength Spotlight: Top 5!

List your top strengths and post them where you can keep them top of mind. We often forget that we have all 24 strengths inside us. Having a visual reminder helps remember them and use them on purpose.

My top 5 Strengths:

- 1.
- 2.
- 3.
- 4.
- 5.