



EMPHASIZING OUR STRENGTHS

Dear Families and Community Members,

Do you ever catch yourself putting yourself down? Negative self-talk often goes unnoticed, but this habit can damage your self-esteem and set a poor example for those around you.

In this age of influencers, it's easy for us to look at ourselves and focus on where we fall short. But we all have something great to offer. It's important to shift your focus to your strengths, and to celebrate them regularly. Here's a chance for you and your child to take an inventory of your superpowers. Leverage your strengths and see how far they can take you.

TALK ABOUT IT

You and your child can get into a positive mindset by trying these affirmations:

- One thing I've always been good at is [activity/skill].
- One thing I've learned to excel at is [activity/skill].
- To keep building my success, I can put [strategy, action, or attitude] in place.

Take turns answering these questions and respond to each other's answers. Then watch the intro video on the [Career Development](#) page. Point out that the video is a highlight reel of some cool things kids can see on Your [🔥]Job. Prompt discussion with the following:

- What would a highlight reel of your life look like?
- What do you hope a highlight reel of your future would show?

TRY IT OUT

Now that you've identified your strengths, make reminders of them. Write sticky notes about your strengths and put them where you'll see them often. Think about what you are good at, what you are working hard at, and what you love about yourself.

After making a set for yourself, try making some for each other. You can adjust these and add to them over time.

Then turn these notes into daily affirmations that you can tell yourself in the mirror. Start with a call-and-response method to get your child comfortable. Pick several of their strengths and say them aloud as an "I am" statement (e.g., "I am a great friend"). Have your child repeat these to themselves in the mirror. Encourage them to start each day like this. See if you notice a change in your child's attitude—or even your own.