



# Be the 1°

## The Foundations Newsletter

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### *Habits*

You take off from New York, heading for the beaches of Spain. But there's a tiny error—the pilot is 1° off course. No problem? Problem: instead of Club Med sun and surf, you land in Moscow, Russia. Hope you brought your parka. **That's the power of small changes, consistently applied, over time.** Your habits—anything you repeatedly do—make a huge difference. Good habits generate good results. Bad habits generate bad results. In both cases, the results take time. It's simple: if you want good results, cultivate good habits.

Biting nails, exercising regularly, eating ice cream with a fork—everyone has habits! Some habits are inconsequential, some are helpful, and others can yield negative results. Use these tips to help your teens establish positive habits.

- **Be a good role model.** Your kids begin watching you the moment they are born. They imitate your words and actions, and often embody similar attitudes. They are a sponge that soaks up the best and worst of you, so be careful what you are teaching them! Help your teens adopt positive habits through modeling a healthy lifestyle, positive attitudes, and by demonstrating a willingness to change negative behaviors. Model planning for your child... your child will imitate you, using his/her agenda to get organized in school.
- **Begin early, and stay involved.** It's never too early to begin forming good habits, and it's never too late to make a course correction. If you do notice an unwanted habit, don't despair! It's always possible to help your teens replace a bad habit with a better one. Looking at your child's agenda from time to time is a great way to stay in the loop with what's happening at school...and monitor habits.
- **Use natural consequences.** Experience can be a great teacher. Allow your teens to face the consequences of their bad habits and experience the advantages of positive routines.

*"In the final analysis it is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings." –Ann Landers*

