



# The law of the harvest

The Foundations Newsletter

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## Principles

Old McDonald wakes up craving strawberries. No problem—head out to the back 40 and pull a few out of the ground? Dream on... unless you want to suck soil, planting comes first. **It's the law of the harvest: plant now, water later, harvest last.** You can ignore it if you want, but if you don't follow the rules, you don't get strawberries. Same thing with life. Hard work, patience, and persistence are principles that lead to results. Just don't expect the strawberries overnight, and you'll be OK.

Hard work. Honesty. Patience. Principles are natural laws that work whether we recognize them or not. Living according to principles will help teens have successful lives. What is your teen basing his or her life on? Help your teen base his or her life on principles with the tips below.

- **Come up with a list of principles with your teen.** Discuss and define each one. Discuss how a principles-based life can improve each area of life (friends, family, school, sports, religion, etc.).
- **Recognize and praise principle-based actions.** Living according to principles isn't always easy; therefore, when you see your teen acting in a principle-based manner, make note of it and praise him or her for it.
- **Encourage positive role models.** The people that many teenagers look up to are not necessarily good role models. Make sure your teen is exposed to positive role models: introduce him or her to people who have lived their lives according to principles. Do so through books, film, face to face encounters, etc. Always remember that you are a role model too!

*"One of the hardest things to teach a child is that the truth is more important than the consequences."* –O. A. Battista

