

HABITUDES[®]

IMAGES THAT FORM LEADERSHIP HABITS & ATTITUDES



Dear Parent or Guardian,

Self-aware individuals cannot perform well if they fail to see the gold inside of them. Students should take personal inventory of their strengths and gifts. This shapes their self-image and, consequently, their results.

This week, your student learned about self-awareness and recognizing strengths.

Self-awareness is the ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

While there are a lot of facets to self-awareness, we specifically learned about the discipline of recognizing personal strengths using the metaphor of the Golden Statue. Habitudes are images that form leadership habits and attitudes, and the image of the Golden Statue represents your students ability to recognize their personal strengths to gain self-awareness.

Recognizing strengths is the ability to identify or acknowledge the existence of one's own positive qualities and gifts in order to develop confidence and optimism.

The golden statue was hidden beneath a concrete facade, and people did not see the true value of the statue until they looked within. In the same way, students must look inside of themselves to recognize their strengths in order to become self-aware and see their true value.

Through this lesson, we challenged your child to think through some difficult questions:

- How can you help someone else find the "gold" inside?
- What are some things you can do this week to encourage someone who does not see their gifts?

Your child has all the information they need to succeed, but they need you to help them interpret it. We challenge you to ask them difficult questions to keep the conversation going at home. Here are a few to get you started:

Name a few of your strengths - how can you sharpen them and grow confident in your abilities?

Share your answers to the questions to facilitate a conversation and help your children process what it means to recognize their strengths.

***Best wishes,
The Habitudes Team***