

THE THINK-FEEL-DO CYCLE



COURAGE:

The confidence to take a known risk for a known purpose

FROM THE FRENCH WORD *COUER*, FOR "HEART"

High Self-esteem ➡ Courage

Low Self-esteem ➡ Discouragement

TURN DISCOURAGEMENT INTO ENCOURAGEMENT

DISCOURAGING INFLUENCES ENCOURAGING INFLUENCES

Focusing on mistakes

Building on strengths

Expecting too little

Showing confidence

Expecting too much (perfectionism)

Valuing the person

Overprotecting and pampering

Stimulating independence

The BANK Method

Baby steps

Acknowledge strengths.

Nudge to take the next step.

Keep encouraging!

Write a **LETTER OF ENCOURAGEMENT.**

Supplement this video with the *Active Parenting (4th Edition) Parent's Guide* and *Parent's Workbook* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.