



## Determination May 2020

### SAY IT:

Deciding it's worth it to finish what you started

### KNOW IT:

#### ASK A KID:

- Think of a time when you really had to stay determined to accomplish something. Examples might include finishing a long writing assignment or finishing a mile run for your personal best time. What kinds of thoughts were you having and what were you telling yourself?
- Do you finish what you start? Are there times when you don't finish what you start?

#### ASK A GROWN UP:

- When did you show determination at work? What was the result?
- When did you start something that you did not finish? Why didn't you finish? What was the result?

### SEE IT:

The movie *Secretariat* is all about determination. The main character (apart from Secretariat, the horse himself) is Penny Chenery. She inherits her father's horses and estate and works tirelessly, sacrificing time with her own family across the country, to ensure that the horses are well trained and that she saves the farm from going bankrupt. She shows determination by keeping the faith and believing in herself by making decisions she feels will help her be successful even when others thought she was crazy. In the end, her most prized horse, Secretariat, wins the Triple Crown and she saves her father's estate.

### BE IT:

This month brainstorm with your family some situations that you are in or will be in at school, work, home, church, etc. that will require determination. Preferably discuss things that will require long term determination. Possible situations might be a major test coming up in school, a presentation that must be made at work, a big game next week, etc. Provide each other with support and love while everyone sets out to finish what they started.

## PHASE

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# Have you done the math?

How many weeks do you have from now until your child graduates from high school? You have about 36 less than when the school year started!

No matter their age, kids need a few things over time:

**LOVE** gives them a sense of worth. Knowing they are loved and seeing others love each other gives an example of what your kids will look for in future relationships.

**STORIES** about their past, their family, and their environment give them a bigger perspective.

**WORK** that is appropriate for them helps to give them purpose and significance.

**FUN** helps give them connections to others.

**GROUPS** or **TRIBES** (a team, a youth group, a cast, a class, etc.) give them a sense of belonging and fitting in.

**WORDS** that encourage, support, and correct give them direction.

**So don't miss it.** This school year may be over, but there is still time to incorporate love, stories, work, fun, tribes, and words in the time you have left.