

Finding Your Brave



Every day, we believe in the power to succeed and shine.
We believe in a unique journey of self-mastery.

What does it mean for a child to be succeeding? Not just academically, but in life? Firstly, it's important to take a moment to appreciate that success will look a little different in everybody.

A child's successes can be achieved more when they are aware of their own strengths and talents. They may achieve social, academic, spiritual, physical, emotional or intellectual success. The key is to recognise those strengths and to polish them until they shine. However, we are seeing more and more children compare themselves to others, and define their success on what another person thinks, even if their talents are completely unlike. This can and does have an impact on the child's self-esteem.

We have met many children who are gifted in a certain area, but an area which may not fit into society's norms. Because of this, they have a lower self-esteem and are lacking in confidence. They often feel like a failure because they can't put the time they need into their talent. Instead, they have to continually focus on the part of themselves which they feel they are failing at.

For example, if a child was a gifted artist but found maths difficult, we believe that the child's free time would be best spent on art. And, surrounded by the collective message, "hey, it's OK that maths isn't your thing. It doesn't matter. Let's do more art!" This would nurture and boost that child's self-belief. Then, when they do attempt maths, and things don't go well, it doesn't have to define their view of themselves as a failure. Instead, they will have more 'try' and more belief in themselves: "If I am good at art, maybe one day I will be good at maths too."

Time is finite. We only have so much of it, and as society gets quicker, our children are having to fit more and more into their time. But, this doesn't mean that their spare time always needs to be spent on fixing failures. Sometimes it is good to ensure, each week, that time is spent on their passions, loves and talents.

This balanced use of time will allow the child to understand that it's OK to have weaknesses, to make mistakes, to ask for help with those weaknesses, and that it doesn't need to define who you are as a person. We are meeting more children who struggle with anxiety and fear of

getting it wrong. These children find it incredibly difficult to talk about what they are good at. Yet, they can easily list what they feel they are failing at.

Instead, how about as a community, we guide children and show them that we all have weaknesses. How about we balance out their time, and create space for them to work on their strengths and talents too. Each week, a child will then be given the chance to experience fulfilment, self-esteem and enjoyment!

To all parents whose child is not a mathematician, an artist or an athlete...it might not be what you want to hear, but it's OK, it really is. Help your child find their talent and make time each week to help them nurture it.

Raising A Warrior: The Book will help your child find their strength and their passion, and you will be able to watch as their self-esteem starts to shine that bit brighter.

The activities from the book that will help you are:

Activity 1: Box of Dreams

Activity 2: Tribe Dream

Activity 4: Your Dream

Activity 9: Weekly Routine

Activity 14: Seven Areas of Life

Activity 15: Money, Money, Money

Activity 17: Selfie Video

Activity 18: Letter from the Future