

Commitment MAY 2024



SAY IT:

Say the definition while walking backwards.

Commitment: Making a plan and putting it into practice

KNOW IT:

ASK A GROWN-UP:

- Do you have a goal you would like to accomplish this summer? Have you made a plan to start it? Do you have an action plan of how to put it into practice?

ASK A KID:

- What is one goal you want to accomplish this summer? Have you made a plan so that you can put it into practice?

SEE IT:

Here's a cute little movie short about the power of commitment:

<https://youtu.be/5L4DQfVlcdg>

Can you think of something you need to accomplish? Now can you create a plan and put it into practice? It could be a special purchase you want to save for, a healthy habit you want to create, or even a goal for getting things done around the house. Oftentimes, we have hopes and dreams that fail to become reality because we don't make a plan and commit to putting it into practice.

BE IT:

As a family, set a big goal for the summer. Come up with something that might seem impossible to accomplish in just 2 months, like hiking 100 miles! Create an action plan for how you can work together to make it happen. Challenge and encourage each other to have commitment and know that if you make a plan and put it into practice, it can become a reality.

PHASE

Commitment
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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 (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.