

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO LEARN NEW THINGS



Have you always wanted to learn a new skill? Speaking French, gardening, skateboarding, etc.? If so, create an action plan and commit to practicing.

Some people watch art videos on YouTube and wish they could draw. Some people see their neighbors skateboarding down the block and wish they could skateboard. Almost everyone in the world wishes they knew a certain skill/talent and many of us have made the promise to ourselves that one day we would learn that skill. Well, why not make today that day? Invest time in yourself by learning something new. Commit enough time to learn the basics and practice until you've achieved some level of mastery. Everyone starts off as a novice but with hard work and determination many people grow to become masters in their craft.

Practice Courage Today:



1. CREATE A LIST OF AT LEAST 5 THINGS YOU WANT TO LEARN.
2. RANK THE LIST IN ORDER OF IMPORTANCE.
3. LOOK AT YOUR NUMBER ONE OPTION AND CREATE AN ACTION PLAN. YOU MAY USE THE FOLLOWING QUESTIONS TO HELP BUILD YOUR ACTION PLAN.
 - A. HOW WILL YOU LEARN THE NEW SKILL? WILL YOU WATCH A VIDEO, READ A BOOK, SIGN UP FOR A CLASS, ETC.?
 - B. HOW OFTEN WILL YOU PRACTICE?
 - C. DO YOU NEED ADDITIONAL HELP FROM YOUR FAMILY OR FRIENDS TO LEARN THE SKILL?
4. ONCE YOU HAVE AN ACTION PLAN, YOU'RE READY TO START LEARNING. LEARN THE BASICS OF YOUR NEW SKILL AND PRACTICE, PRACTICE, PRACTICE!
5. WHENEVER YOU'RE READY, MAKE SURE TO SHOW YOUR LOVED ONES YOUR NEW SKILL.



Parent Practice Tip:

Encourage your child(ren) to learn a new skill. Think of something new that you can do together (e.g, gardening, yoga, etc.) and do it with them.

To Learn More:

What is Courage ?

Try Try Again

19 Life Skills Kids Can Learn

During Lockdown

www.ChooseLoveToThrive.org