



PALLEN'S
MARTIAL ARTS™

PARENTS

MAY 2021

PERCH

INITIATIVE

**"Strive together,
Thrive together."**

Young students: "I'm a self starter!"

Older students/teens/adults: Taking purposeful action that propels life forward without outside reminders.

WEEK 1 Initiative: What does it mean and what does it look like?

WEEK 2 Goals: How can you use initiative to achieve a new goal for 2021?

WEEK 3 Barriers: What gets in the way of initiative?

WEEK 4 Outcome: What are the rewards/consequences of our actions?

Dear Family,

This month we will focus on the powerful word; "initiative."

Initiative is the energetic, forward-moving purposeful action someone takes without the need of prompting or reminding. A person with initiative is a self-starter and goes after goals and get jobs done with admirable self-reliance.

In 1916, Dorothy Fisher wrote "Self Reliance," a manuscript that focuses on children and the importance of developing initiative. She warns; "From the earliest years, modern children need to be set in conditions in which they may learn for themselves that lasting satisfaction comes from a

wise employment of their own energies and capacities, and not from a passive ownership of things." Her words still hold true today-- one hundred years later. Our children must establish habits and see the

purposeful action," as Miss Fisher calls it, instead of waiting for others to complete tasks for them.

true benefits of "energetic In a recent publication by researchers out of the University of Wisconsin-Madison, initiative is part of what is called "self-determination." In a wide-scale study of over 700 parents with children who have some level of developmental disability, the researchers wanted to aggregate ideas for how to encourage self-determination. The skills,

it turns out, are helpful to all children! Among them were: fostering choice-making, promoting goal-setting and independence, reinforcing self-directed actions, encouraging responsibility and modeling risk-taking. Providing all children with these skills can help enrich their lives and provide personal satisfaction.

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

*—Your Motivated and
Dedicated Instructors*

Pallen's Martial Arts

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