

Consider this equation...

Self-image +
Self-worth =
Personal Power!

MARCH

PERSONAL POWER

Person feels he/she has control over “things that happen to me”

As families and community members we have the ability to help children build a strong foundation for future success!

Assets are about knowing you and what you are: a valuable, worthwhile person with many talents.

Here are some easy ways to make that difference to youth in your life.

Youth—

- Take actions that are fulfilling to you. Be yourself.
- Develop communication and respect in your relationships.
- You have the ability to change the direction of your life.

Adults—

- Encourage your child’s abilities; the root word of power simply means “to be able.”
- Let them solve most of their own problems.
- Personal power develops from family roots.

Provided to you by
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