

# Making Good Decisions

*"It's not hard to make decisions when you know what your values are."* — Roy Disney

## Dear Parents and Guardians,

As you're aware, every month, we focus on a life skill we hope will help our students be better prepared for all life

has to offer. In the end, we, your martial arts family, are only one spoke in the wheel of our students' upbringing, whereas parents, grandparents, and guardians are the real driving force in raising the children. This month's life skill may be one of the most important lessons we ever teach, which is why we pointed out the obvious, the importance of YOUR role in your children's upbringing. We may be the start of the conversation or just a part of the conversation, but we highly encourage all parents and family members to discuss the following life skill at home: MAKING GOOD DECISIONS.

This is a topic where parents have the opportunity to guide children from the sandbox through high school and beyond. It's good or bad decision making that helps us succeed or fail in school, work, and in life. Since this is a very value driven topic, we're simply offering some ideas on what topics you may want to discuss with your children. Depending on your children's ages, you may or may not find all of these necessary. So, here are five topics for various ages of child development:

**Stealing** - What is stealing? What is a thief? Is it stealing if you take a toy or only money? What should you do if you know a person stole from someone?

**Drugs** - Often in life, we have friends who make bad decisions about cigarettes and drugs. It may not be easy to say no, but it is the right decision. Help your children feel secure talking to you if they're ever a victim of peer pressure to try drugs or alcohol.

**Cheating** - This is a two way street. It's cheating if you take the work of others or copy them, but it's also cheating if you help another do it. In the end, neither person is actually gaining by cheating. but everyone is losing because the person that was unprepared is still unprepared.

**Eating and Exercise** - Martial arts gives your children a healthy, physical workout, but how are their choices at the lunch room or dinner table? Making good food decisions now will help keep them healthy for a lifetime, especially when they start this process at a young age.

There are many other topics that can and should be discussed. Please keep in mind there's not a better person to have these discussions with than you.

May 2011

Theme  
of the  
Month

**This month our  
weekly lessons  
will cover:**

### Week One:

*"It's not hard to make decisions when you know what your values are."*  
— Roy Disney

### Week Two:

*"Using the power of decision gives you the capacity to get past any excuse, to change any and every part of your life in an instant."*  
— Anthony Robbins

### Week Three:

*"A wise man makes his own decisions; an ignorant man follows public opinion."*  
— Chinese Proverb

### Week Four:

*"Once you make a decision, the universe conspires to make it happen."*  
— Ralph Waldo Emerson

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