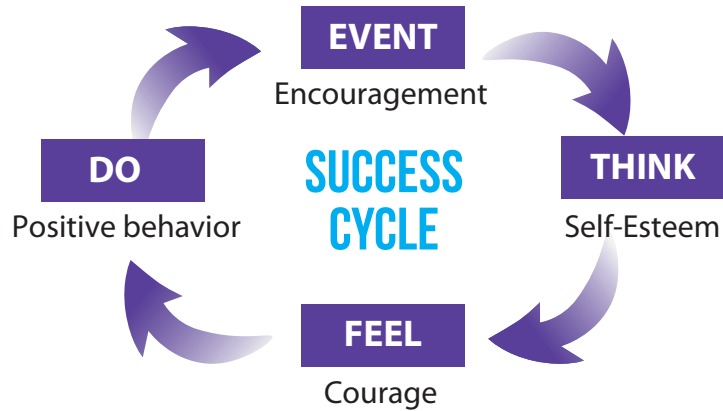


THE THINK-FEEL-DO CYCLE

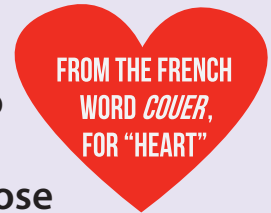


“Encourage one another daily, as long as it is called Today.”

Hebrews 3:13

COURAGE:

The confidence to take a known risk for a known purpose



Jesus modeled a living, courageous faith.

TURN DISCOURAGEMENT INTO ENCOURAGEMENT

DISCOURAGING INFLUENCES

ENCOURAGING INFLUENCES

| | | |
|------------------------------------|---|--------------------------|
| Focusing on mistakes | → | Building on strengths |
| Expecting too little | → | Showing confidence |
| Expecting too much (perfectionism) | → | Valuing the person |
| Overprotecting and pampering | → | Stimulating independence |

HIGH SELF-ESTEEM → **COURAGE**

LOW SELF-ESTEEM → **DISCOURAGEMENT**

THE "BANK" METHOD

- B**aby steps
- A**cknowledge strengths.
- N**udge to take the next step.
- K**eep encouraging!

Write a **LETTER OF ENCOURAGEMENT.**

Supplement this video with the *Christian Active Parenting Parent's Guide* and *Parent's Workbook* for in-depth explanation of Christian Active Parenting skills and guided practice to help you put them into action.