

Parent Newsletter

The Time is Now

Inspiring Students to take Action

The Time is Now mindset teaches us the importance of harnessing the power of the moment and taking purposeful action. The simple fact is that all of our power to act and make an impact exists in this moment. We cannot change the past and the future hasn't happened, so we must recognize that our only path to happiness, fulfillment and meaning is to take purposeful action in the present toward creating the lives of our dreams.

The 4 critical components of The Time is Now:

1. **Embrace Every Moment** – One measure of our lives is how we feel in each moment. To what degree do we experience positive emotions like joy, love, gratitude, empathy, etc.? When we embrace every moment, we squeeze the most out of all experiences and live lives of greater joy and happiness. We must seek circumstances and moments that create great joy and memories. Even in difficult times, such as losing a loved one, we experience love; while sad, such experiences are still rich and add meaningfully to our lives.
2. **Get in the Zone** – When we act out of anger, jealousy, or resentment, we almost always get it wrong and cause more harm than good. The key is to recognize when we are out of sorts, stop taking action, and figure out a way to get in a better state of mind. When we can do this and get into our zone, the actions we take are much more effective and result in a far more positive outcome. This is not to say that justified anger isn't appropriate, such as when we react to bullying or discrimination. The key is to think before we act in all cases.
3. **Let Yourself Be Vulnerable** – When we're vulnerable, we're in a heightened state of emotion or energy. Whether we're facing a fear, taking a risk, or expressing a deep emotion, our senses come alive and we really are at our best. Many people don't allow themselves to be vulnerable because they believe it's a sign of weakness. In fact, allowing oneself to be vulnerable shows great strength. The greatest moments in life happen when we're at our most vulnerable: when we first ride a bike, introduce ourselves to a future companion, or take the game-deciding shot. To become great, we must put ourselves in positions to become great, in which we are vulnerable and step out of your comfort zones.
4. **Act on Purpose** – While all action is significant, the actions we take that align with our dreams are the most powerful. First, they're part of who we are and matter to us more, so we try harder and work to overcome more when taking them. Second, these are steps directly toward our dreams, giving them a greater impact on the overall quality of our lives. Ask yourself about the actions you're taking, "Is this helping to bring me closer to living my dreams?"



Top 5 Dos and Don'ts at Home:

- 1) **Do** encourage your children to discover what motivates them and what makes them feel powerful. Tapping into these feelings and knowing what tools they might use to get into a “zone” and perform at an optimal level is a win-win for both parents and children. Talking with them about times where they felt their absolute best and figuring out what was unique about those moments is a great way to help them get back there. For some children, it’s a song or routine that makes them feel great. For others, the memory of a time they felt powerful is enough to think back to.
- 2) **Do** celebrate and support action plans in your home. When your children come to you with a plan of action for anything, to exercise more or spend more time on homework, applaud the effort. The Time is Now is about taking action. As parents, we are part of our children’s Dream Teams and our encouragement of them and their dreams is paramount. Helping them find their purpose, what makes them truly happy, is part of the fun.
- 3) **Don’t** let regrets pile up in your life or talk excessively to your children about all the things you wish you had done. It’s important for them to see you taking a proactive stance about doing what you want to do and not regretting things that you haven’t done yet.
- 4) **Don’t** focus energy or time on fears. Rather, find ways to overcome your own fears so that your children are inspired to do so as well. Fear prevents you from taking the actions necessary for your success. People who succeed in life know that great rewards exist beyond their conquered fears, and they therefore work constantly to overcome them.
- 5) **Do** encourage vulnerability. That emotional state brings with it a heightened sensitivity and access to moments of greatness and triumph. Vulnerability is invigorating, and every great dream requires a combination of energy and great enthusiasm to persevere through the difficulties and challenges.

Activities to Do with Your Child:

- 1) No Regrets-- [link](#)
- 2) My Zone Bank-- [link](#)
- 3) Overcoming My Fears-- [link](#)
- 4) My 37-Day Action Plan-- [link](#)