



Life Coaching Isn't Just for Grownups...

Three skills every child should learn before the age of 10!

Kids weren't born knowing how to play the piano. Nor were they born knowing how to handle the ups and downs of growing up.



"No matter how much we love the kids in our lives, we can't give them self-confidence, we can't give them self-esteem and we can't give them success; but what we can do is teach them how to develop it in themselves."

- Renaye Thornborrow, CEO, Adventures in Wisdom Inc.



"_____ " is the key!

Mindset is how you choose to think. It directly impacts how kids see themselves, how they believe the world works, and what they think is possible for their lives.

The three traps that crush self-esteem are:

Four mindset skills all kids should learn before age 10

1

_____ - comparison kills self-esteem.

2

_____ - Events are neutral. You get to decide what they mean. Choose a meaning that supports in you moving forward.

3

_____ - You are not what happened - separate events from who you are.

4

_____ - What you say to yourself, is more important than what anyone else says to you!

And these skills work for grownups too!

To learn more about Life Coaching for Kids visit
www.AdventuresInWisdom.com

