

# Positive+Parent™ Newsletter

Where the science of positive psychology+ meets the art of parenting™

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## DO YOU KNOW YOUR CHILD'S STRENGTHS?

## DO YOU KNOW HOW TO INCREASE THEM?

Success is achieved by developing our strengths, not by eliminating our weaknesses. - *Marilyn vos Savant*

Developing our strengths, as Ms. vos Savant tells us, leads to our success. Simply eliminating our weaknesses only leaves us in a state of mediocrity. Improving on our strengths can produce greatness.

When I was studying to become a life coach and parenting coach, we often discussed strengths. I could send you to many different tests that you can take to learn what your strengths are. But my favorite way to get a grasp of my client's strengths is by asking a simple question: "What do you have coming up in the next few weeks that excites you?"

Before reading on, answer that question for yourself. What do you have coming up in the next few weeks that is exciting to you?

We get excited about things when we expect success. And I can tell a client's strengths by the skills they will use at the things that excite them. I can hear in their voice when they have a lot of energy about an upcoming project or visit. They sound more alive and more animated.

For example, as I write this, I am excited about three new classes that I will be teaching in the next few weeks. I look forward to meeting new students, perfecting the curricula that I created and learning the material more deeply.

When I take the strength tests, my number two strength is love of learning, my third is curiosity. (If you are also curious, number one is hope, optimism, and future-mindedness.) Is it any wonder that I am in a business where I help people look to and improve their future and that I am curious about people's strengths and ways to improve?

You can do this with your kids as well! Simply ask them what they have coming up in the next few weeks that is really exciting to them, and then listen to what they say. Don't suggest anything, don't correct them, and don't tell them what they have coming up that excites you. Just listen to what excites them.

You can also ask your child what was exciting at school that day. For example, my son gets excited when he learns something new and interesting. He really enjoys telling me and my wife about it.

And then keep track in your mind or in your journal what is exciting to them. Once you notice a pattern over a few days or weeks, encourage them to do more of that. If they are excited about an art project, make sure they are

doing more art projects. If they are excited about basketball at recess, make sure they have a way to play basketball after school.

If your child gets to use their strengths on a regular basis, they will likely feel very fulfilled. This leads to happiness which will spill over to happy and fulfilled relationships with their friends, their siblings and, ultimately, with you!



You can reach me by email at [DrShaya@PositiveParentPlus.com](mailto:DrShaya@PositiveParentPlus.com) I love to hear reader comments.

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