

Courage

mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty
Merriam Webster dictionary

The Six Attributes of Courage

Quotes and exercises to help you be your best and bravest self

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- (1) Feeling Fear Yet Choosing to Act
- (2) Following Your Heart
- (3) Persevering in the Face of Adversity
- (4) Standing Up For What Is Right
- (5) Expanding Your Horizons; Letting Go of the Familiar
- (6) Facing Suffering With Dignity or Faith...

EnCourage

to inspire with courage, spirit, or hope: hearten <she was: to make (someone) more determined, hopeful, or confident

: to make (something) more appealing or more likely to happen

: to make (someone) more likely *to do* something: to tell or advise (someone) *to do* something Merriam Webster dictionary

USING Encouragement instead of Praise

DESCRIPTIVE ENCOURAGEMENT

- I noticed...

APPRECIATIVE ENCOURAGEMENT

- I appreciate...

EMPOWERING ENCOURAGEMENT

- I have faith...
- I believe...
- I trust...

Some resources for learning more

Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York: Random House.

How Not to Talk to Your Kids: The inverse power of praise

<http://nymag.com/news/features/27840/>

<http://mindsetonline.com>: Website with many articles and lots of information on Growth and Fixed Mindset

With Growth Mindset we can move on to Motivation and Why Praise vs. Encouragement is so Important

Grit-Angela Duckworth

The two big ideas about grit that have made Duckworth famous are first, that it predicts success more reliably than talent or I.Q.; and second, that anyone, man or woman, adult or child, can learn to be gritty.

Duckworth, A.L., Peterson, C., Matthews, M.D. & Kelly, D.R. (2007). *Grit: Perseverance and passion for long-term goals*. *Journal of Personality and Social Psychology*, 92, 1087-1101.

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en

<http://www.parentingscience.com/effects-of-praise.html>

<http://www.scpr.org/blogs/education/2013/08/14/14455/researchers-say-too-much-praise-harms-kids-parents/>

<http://www.dailymail.co.uk/news/article-1246787/How-praising-children-damages-chances-success.html>

PINK, D. H. (2009). *Drive: the surprising truth about what motivates us*. New York, NY, Riverhead Books.

<https://www.youtube.com/watch?v=u6XAPnuFjJc>

http://www.ted.com/talks/dan_pink_on_motivation?language=en