



## CANYON GROVE ACADEMY NEWSLETTER OCTOBER 22ND, 2021

### OWN IT!

I am ready to take ownership  
of my choices and their  
consequences.

When we recognize our self-power and  
responsibility...

When we are valued and sincerely care  
about others...

When we define how we hope to feel, what  
we would like to have, what we want to do ,  
or who we want to become...

Then we are ready and empowered to make  
choices that  
yield desirable consequences.

We OWN IT!



IN THIS ISSUE

## GOATES NOTES

## ANNOUNCEMENTS FOR ALL PROGRAMS

# Goates Notes

BY KIM GOATES

I am ready to take ownership of my choices and their consequences.

Sometimes, all it takes is awareness, a small decision, and a gentle shift toward being accountable for ourselves.

I have a friend whose young daughter was prone to daily emotional fits and tantrums. Anything she didn't like could set her off. She was frequently upset, blaming circumstances and others for her troubles. It made the girl very miserable. She hollered as she bawled, foaming at the mouth, and tugging on her hair. Everyone who loved her was deeply affected and concerned, seeking to help. The change in behavior was going to have to come from inside the little girl. But how? What would be the key to helping her become self-regulating and happier?

Thankfully, her Grandma came up with a plan that spoke to the little girl's primary love language--gifts. For each day when this little girl made the effort to not have a meltdown, she would report to her Grandma that it was a good day. For each good day, she received a dollar to be spent on a special trip with Grandma to the Dollar Store. It only took a few days for this little girl to discover her own readiness and ability to reign her disposition and self-govern herself. She owned it! Soon, she no longer needed, or expected, Grandma's external rewards. She learned that the consequences of her new choices and actions were happy feelings and happier relationships. Her self-determination and responsible behavior yielded confident and self-empowering consequences, and the fits ceased.

Every individual child is unique. We all have to go through the maturing process of self-discovery through trial and error. We have to practice and learn to self-regulate, and exercise our personal power of choice and accountability, which includes owning all of the associated consequences.

**Life presents many choices,  
the choices we make  
determine our future.**

Catherine Pulsifer

**OWN IT!**

# ANNOUNCEMENTS

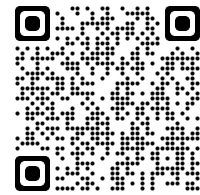
## FOR ALL PROGRAMS

ZOO FIELDTRIP

Signup\_deadline Oct 24

BATTLE OF THE  
BOOKS

**COOL WEATHER HAS ARRIVED.  
WARMING UP WITH A GREAT BOOK IS  
PERFECT FOR THIS TIME OF YEAR!**



CHRISTMAS AROUND  
THE WORLD

Signup\_deadline Oct 31

Remember our dress code includes a sweater.  
Available at the front office.

