



Decision Making

"When you have to make a choice and don't make it, that is in itself a choice."
— William James

Dear Parents and Guardians,

This month we will be discussing good decision making in our classes. Making good decisions builds character, raises self-esteem, and helps people become more confident.

"The immature mind hops from one thing to another; the mature mind seeks to follow through." Harry A. Overstreet.

In martial arts, the student also strives to work towards having a mature mind. A mind that takes in the whole picture, a mind that involves critical thinking and a mind that is self-assured with the decisions that they make throughout life.

How you can help your children make good decisions:

Give your children choices. When appropriate, let them make decisions based on what they like and what they want to accomplish. As a parent, give your children good choices to pick from. For Halloween, allow your children to pick from three costumes you feel would be appropriate.

- Allow your children to make a mistake without being disciplined. Instead of being angry over their mistake, help them to find a solution to make their mistake right. This will help your children develop the confidence to make choices.
- Ask for your children's opinion when the family is making decisions. Explain that their choices will be taken into consideration, but they might not be picked. Be sure to explain why you made your decision.
- If your children are struggling over making a decision between two options, maybe neither is right for them. Ask them to come up with another option that may be more suited to them.
- When appropriate, help your children base their decisions on what they like, what interests them, or they do well.

We can all learn to make better decisions but, like anything else, it takes practice.



This month our weekly lessons will cover:

Week One:

"Somewhere along the line of development we discover what we really are, and then our real decision for which we are responsible. Make that decision primarily for yourself because you can never really live anyone else's life."

— Eleanor Roosevelt

Week Two:

"The indispensable first step to getting the things you want out of life is this: decide what you want."

— Ben Stein

Week Three:

"There are only two options regarding commitment. You're either in or out. There's no such thing as a life in-between."

— Pat Riley

Week Four:

"The greatest mistake you can make in life is to be continually fearing you will make one."

— Elbert Hubbard

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