

Words to learn and live by

Integrity: Means doing what is right always and especially when no one is looking.

Character: Is who you are based on your values.

Ohana: Means family. Its deeper meaning is to be loyal, respectful, sharing and caring. It is a strong bond of belonging.

The 6 most important words: **I admit I made a mistake.**
(it is okay to make mistakes, this is how we learn. To admit it means I take responsibility)

The 5 most important words: **You did a good job.** Kids and grownups stay balanced in life when you “praise” for successes instead of just telling them what they did wrong.

The 4 most important words: **What is your opinion?** This tells me I am important and what I think matters.

The 3 most important words: **Let’s try this.** Sometimes we get stuck and someone can remind us it is okay to try a new way or think through a problem differently.

The two most important words: **Thank you.** It is always wise to be polite and acknowledge a person who has helped you or given you something. It makes you feel good and the other person. Feelings matter!

Attitude: This is a feeling or emotion based on a fact or statement. It can be good or bad feelings.

Diversity: Means we are all different, we have different backgrounds, heritage, and lifestyles, food etc. Thinking beyond the obvious means; “getting everyone in the same room working together toward a common goal and succeeding.” That is ke alaka’i (leadership)

Discrimination: Can be an adverse attitude of not liking or accepting another person, action or thing because of different attitudes, cultural differences, special needs, age, religion or skin color. We are not born with discrimination, it is learned.

Disability: this means a person has had an injury and may not be able to walk, talk, run, play or otherwise enjoy everyday living as the majority. That does not mean they are less than in thinking or as a human being. It means “their normal” is different than yours.

Reading, writing and comprehension: Learning to read, write and understand is the most important skill you must learn. Why? If you cannot read when you grow up you will not be able to apply for a job, fill out any types of forms, have a good job, get a driving license or do many of the jobs, own a business or even become president of the United State. These important skills are about your future.

Problem solving skills: All children must learn this to think, reason, and solve your own problems. Teachers will show you to know what the problem is, what caused the problem, and find alternative solutions, chose a solution, evaluate the result of your choices, and then celebrate the outcome. It helps you then to accept responsibility. This is a necessary everyday life skill.

Big “R”: Responsibility: When I own the problem and solution, I am accepting responsibility for my own actions. This eliminates the need to “blame someone else or thing.”

Changing environment: this means the world; our family, we and our surroundings may change. This is part of living; life is not stationary or static what is most important for you to know, its okay.

Self Awareness or self concept: Means right where I stand I am an important, unique, one of a kind, special person and I am worthy of the best life has to offer. How do you know? God does not make junk!

Learning to learn: How do you master this? By being curious, asking questions, problem solving, wondering whom to ask the who, what, when, where, why questions. Often the answers are found in the questions you ask.

Classification skills: This is how you put the world in order. For example, putting things into groups that are alike will provoke your thought process (how the mind works), this is an important skill and one even grownup leaders must practice everyday.

Finding the positive in the negative: that means in life there will be moments when things are grim (yukky), in that moment, look for the positive thing in that moment.
There is always a positive lesson to learn when something negative occurs.

Finding the “it” in every situation. In order to solve any problem, know what you want and why or someday be able to work in many different jobs you must develop a skill of knowing what “it” is. For example, you cannot solve a problem until you know what “it” is. This is an important life skill and one diplomats, negotiators, principles, teachers, parents use everyday.