

## **Freedom to Choose The Power of Self-Discipline**

1. Talk to your child about how desire is a great source of energy and power. Let them know that you will help them learn to hold that energy and choose how they want to use it.
2. Validate the power of your child's desire by reflecting back the energy they express when they really want something. Have them rank the power of their desire on a scale from one to ten.
3. Use examples to point out what a difficult time people have when they never learn to control their desires. Use the examples of anger or hunger., e.g. anger, hunger.
4. Tell your child how strong they are when they can hold the energy of desire by delaying gratification. Challenge them in small steps according to their abilities. Praise success.
5. Once they are strong enough to hold the energy of their desires (even a little), show them how they have choices for what they might choose to do with that energy. Use the examples of work or creative expression.
6. Give you child a chance to transform their desire for something into work. Talk about how the energy of wanting can be the fuel for doing.
7. Allow the energy of desire to grow and then experience the true pleasure of gratification. Talk about how much sweeter it is to eat when you're hungry.
8. Teach your child how the energy of desire can be fueled through the stimulation of their five senses. Talk about how important it is to become guardians of their senses.
9. Help your child understand how the media stimulates their senses and manipulates their desire. Become diligent detectives of media manipulation.
10. Talk about how what other people have and do can fuel our desire to have and do those things, too. Praise independent thinking. Plant the seed that real heroes are strong enough to hold their desire and make their own choices.