

ASSIGNMENT #2

How many resolutions have you made and broken, usually within the first few weeks, days or even moments after making the resolution? Assignment #2 is about sticking to it. An invaluable component to effective parenting is consistency!

Nike has learned the secret to consistency, “Just Do It!”

For this Assignment:

- Complete the first section, class, or phase of your parenting program.
- Write a brief summary of what you have completed and what you have learned. Send this to the AMYA Counselor.
- Continue to WRITE LETTERS! Specifically write at least 3 encouraging statements to your Cadet.

Consistency is initiated by internal motivation (“Just Do It”) and consistency is sustained with encouragement and support from others we value in life. Your consistency is contagious to your Cadet.

We cannot expect from others what we are not willing to do ourselves!