



CULTIVATING THE SEEDS OF CHANGE ©  
Renée Canali, Life Coach Vol.2, Issue 8 August 2005

### **Striving for Success**

Schools will be starting shortly and one thing I hear from parents and teachers is that they want children to have a successful school year. Often, success in school is measured by grade point average and the demonstration of good social skills.

Webster's defines success as "the achievement of something desired, planned or attempted; the gaining of fame or prosperity". Roget's Thesaurus lists the following synonyms for success: accomplishment, achievement, advance, attainment, Easy Street, fame, fortune, gain, happiness, profit, progress, prosperity, reward, triumph, victory.

#### **What is your definition of success and how do you measure it?**

Do you have a clear idea of what success is for you? Some people define success as all the money in the world! Riches! Never having to work again! while others define success as achieving a specific goal, accomplishing a major feat. Some people don't have any idea of how they define success. Success may never be achieved by some because it cannot be conceived. If you have children, do you know what their definition of success is?

#### **Strengthening Success for Students**

One thing I find when I talk to children in Elementary School is that their sense of the world is broad and the possibilities for life are endless. This perspective changes as children move into Middle School. When I talk to Middle school kids, I begin to hear messages like, "Life is hard", "I'll never be \_\_\_\_, I am not smart enough". Obviously, some shift has occurred in their thinking. They are beginning to internalize experiences and equate certain experiences with not being successful. Add this to the awkwardness of puberty and the world does become more confusing. When do you do this in your life?

Remembering how I felt at that time in my own life, I want to share a different perspective with kids in middle school. I want them to experience possibilities again, to be encouraged to try fun, new things, to trust themselves and not to accept others' definitions of success blindly for themselves. They can be helped to realize that mistakes are a learning and growing experience. I want them to know that the most successful people have failed many, many times and those still living still fail. The difference between successful people and those who are not successful is that the successful people keep trying to do things better, differently, more efficiently. They learn from their experiences AND the experiences of those who have succeeded in what they themselves are trying to do.

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## GARDENER'S ACTION PLAN FOR AUGUST 2005 ©

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I have developed a 4 hour workshop called Magnificent Middle-schoolers to teach kids and support them in developing skills for planning their futures, networking with people and strategizing goals. It is geared toward success building and the skills will be transferable to other areas of their lives, not just getting ideas about where they'd like to explore.

Some concepts that will be discussed include:

Communicating effectively (learning how to request, not complain)

Building relationships

Problem solving (what I call Option Thinking)

Creating a support network

“Mining” for resources (learning how to identify people to help them)

Action planning (planning and acting on steps toward a goal)

Motivation vs. Momentum building (get going and how to keep going)

The kids will go through 3 levels of discovery: Telescope (big picture- what they want for this school year), magnifying glass (what pieces they need to make this happen- support, responsibility, practice) and microscope (what are some goals and how can you work on them-strategies). Each child will make a kaleidoscope (to represent the many combinations of talent, skills and knowledge) and create a Success Notebook The workshop will introduce and demonstrate 1-2 concepts per hour, culminating in a party where the participants can celebrate who they want to be as they move forward this school year. Parents will be encouraged to attend the party.

Tentative dates are September 24 and October 22 and tentative hours from 10-2 (please bring bag lunch; drinks provided). The cost for this learning adventure is \$45.00 per child. If you have a child that would like to participate, or know of someone whose child might, I encourage you to contact me.

Beginning in October, I am offering a teleclass “Seven Steps to Success” for adults, which address success skills to use in your everyday life. Topics include power thinking, serious thinking, applied thinking, goal-oriented thinking, responsible thinking, relationship thinking and action thinking. \*\*For either program contact me by email ([Rcanali@landofpossibility.com](mailto:Rcanali@landofpossibility.com)) or call (301) 279-2363. Space is limited, act soon.

If you are ready to change your beliefs and redefine success, you may request a 30-minute complimentary coaching session by sending an email to [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or by calling (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.



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