

It's a New Year!

Welcome to a New Year! I am sure many of you made promises or resolutions about many things, once January 1 hit the calendar. We all do, but life gets in the way. However, time never gets in the way, it just goes away. Every second, minute and hour we have a chance to make a difference in ourselves and others. The question one must pose is "How am I doing that?" As I write this we are 21 days into the new year and have you created a new me? I would guess that most of us have failed at our resolutions already in the New Year! So have I!

The reality is we must make change by persisting throughout with the same ideal to make it happen. We all have missteps. This is about being a human being. We have made tremendous gains throughout this year, but we continue to be hung up on the age old issue of he said, she said, he said and she said. As you read this I hope you realize you are adults and this is an everyday occurrence we cannot change or alter. This will happen until the day you die and if you succumb to this ideology you will be constantly plagued with having to decide how you will react.

The reality of it is, you cannot control what others will say or contrive about you. Jealousy is a reality and most times the result of what others decide to say or contrive about another individual. We must teach children to understand just because someone else says something doesn't mean many things.

Number 1 - that it is true.

Number 2 - that it is real or will really affect them.

Number 3 - that replying is necessary.

Number three is the most necessary because that is where you lose the power to control the game. Life is a game. We win and we lose on a daily basis, it is a natural part of life. However, we can control how we react to winning and losing.

Since, I am an ex-coach, I know this all to well. You can never get too high after a win and never too low after a loss. This relates to how we deal with others. Many people will try to drag us down and they will win if we let them. However, if we just let it pass, we win. Unfortunately the youth are trying to learn how to deal with this and react without thinking. I am not talking about thinking about the consequences, but thinking about the power we give the person trying to get at us or tear us down.

Strength is a fortitude brought about constant training by those around you. We gain fortification by investing in each other and supporting them to be stronger individuals. The weaker individuals are those trying to bring us down. Strength comes from support from those around us, but it ends in making the right personal decision. This is hard for adults to do! What do we expect from our children?

Let us make a pact to support our children in learning to ignore the noise which isn't important. We can also demonstrate this by talking to them and providing the support they need when they don't get to sit next to the person at a certain lunch table, stand in line next to their friend or be in the same group in class. You see these are the things important to young people, that as adults really don't matter. What matters is learning to navigate life and the difficulties which are included. If we can just get our youth to accept each other for who they are and treat each other with respect, what kind of world would we become.

Thank you,

Jon Green