



# 23 BLAST

Available  
January 20  
on DVD &  
Digital HD

## 10 Ways to Motivate Your Child

- 1 Set Goals**  
Have them set goals. Make a list of short term goals and one of long term goals. Make sure the goals are reachable, but require effort to obtain.
- 2 Celebrate Accomplishments**  
When your child accomplishes their goals, let them know that you are proud of them. Celebrate these things together. In some cases, reward your child for their hard work.
- 3 Make Things Competitive**  
Encourage healthy competition. Cheer on your child to beat another runner in a race or to take home the trophy from the spelling bee. Make competition about positivity and strength in regards to your child and never about negativity and weakness towards the competitor.
- 4 Encourage Them**  
Let your child know that you believe in them. Tell them how great they are going to do. Dismiss any self-doubt or fears they may have.
- 5 Take Interest**  
Learn about your child's interests. Talk to your child about them and listen. It will show your children that you care and that they free to talk to you about their interests.
- 6 Discover Passion**  
Encourage your children to discover what they are passionate about. It may take a few tries along the way. Support them on their journey towards passion and urge them to keep going until they find out what it is.
- 7 Remain Positive**  
Maintain a positive and optimistic outlook for your children. If they see fear or doubt in your eyes then they will likely lose self-confidence. Having a positive approach will lighten their entire outlook to a situation.
- 8 Peer Pressure**  
Occasionally, a little peer pressure is not a bad thing. It can push your kids to do better in school or in a sport because they want to keep up with their friends. However, watch for when the stress of peer pressure starts to become too much.
- 9 Make a Plan**  
In order to reach goals, you need a plan. Help your children create a strategy for reaching their goals. Make a step by step plan to reach them.
- 10 Excite Them**  
Excite your children about their goals and ambitions. Show that you are excited for them too. The positive energy and adrenaline will push them to continue their hard work and be happy with their efforts.