

THE 5 SECRET CHARACTER TRAITS FOR YOUR CHILD'S SUCCESS

Throughout history the most influential and successful people possessed certain positive character traits. These traits became the core principles by which they lived. Researchers who have examined these successful people discovered certain core principles and how those people used the core character traits to bring success in many areas of their lives.

As martial artists we understand that everything is relationship based and the more we incorporate these core principles in our relationships the more balanced and successful we are in all areas of our lives. In his book "The 7 Habits of Highly Effective People" Stephen R. Covey discusses how important developing strong character is and then growing a winning personality from that strong character.

Everything in our lives is based on relationships. A person who has developed a strong positive character and acts from that strong character and is a function of that strong core character is a person who can expect predictable, successful results in all areas of their lives because they work only on those things that they have direct control over.

Respect-The First Character Trait to Success

As young people learn that all things are connected they will develop an appreciation for all things and start witnessing the beauty in all people, animals and nature. To treat others the way we want to be treated is a classic illustration of Respect. At Villari's Academy in Royal Palm Beach, Respect is a two way street for students and teachers alike. No matter what a student's background is everyone is treated with the highest quality of dignity, caring and respect. Students may attend classes for a variety of reasons but we all have a common goal in attending and that is to make ourselves and those around us better in a safe, supportive environment. When students truly learn respect for one another they get the feeling of teamwork and one person's success is every one's success.

Effort-The Second Character Trait to Success

In this day and age of instant gratification people of all ages want results immediately and are *event* driven. The martial arts teach a *process* in which all people can be successful but this process takes time, patience and Effort. We find that people who become confused and frustrated about any topic or subject will lose interest and want to give up. Through appropriate effort young students gain clarity and clear thinking through their process once more enabling them to complete their task or process feeling accomplished and satisfied. To put forth Effort and to give your best in any undertaking is the next step to being successful. In martial arts this is the Tiger element of staying on tract and following through.

The Center For Personal and Professional Development at
Villari's Academy

Etiquette-The Third Character Trait to Success

In any social setting we require certain decorum. Young students are taught behaviors that are appropriate to their current setting. These behaviors have their roots in the student's emerging strong character. The students learn to function from their own character and values instead of following other's poor behavior. This appropriate behavior in various settings is called Etiquette and all students both child and adult learn how they can best serve with the proper etiquette in all areas of endeavor.

Sincerity-The Fourth Character Trait to Success

A person's desire and ability to stay true to their core character and values requires integrity. Sincerity is our desire to remain as truthful as we can with ourselves in observing our own code of ethics and character. Young students learn that when they go against their own feelings of being truthful to themselves will not achieve the results they were hoping for. All students learn the value of Sincerity in everything they do to stay connected with the values that govern them. By practicing Sincerity they will have nothing to regret. In addition, through sincerity students learn how to take personal responsibility for their actions and behavior.

Self-discipline-The Fifth Character Trait to Success

For a person to be intrinsically motivated and inspired to do the right thing at the right time is a natural congruent outgrowth of their strong character. To possess Self-discipline as part of our character is a large step in the direction of ongoing success in life. Self-discipline allows young people to set goals and gives them the ability to follow through until successful completion of those goals. Villari's Academy in Royal Palm Beach teaches a unique method of both short term goal setting with reward combined with long term goal setting and achievement. The authentic confidence that is born in each individual from the continued development of these character traits and the success that is realized from them greatly contributes to a stronger community.

Respect, Effort, Etiquette, Sincerity, Self-discipline; these are the core elements that go into developing a strong, positive character that will bring about positive results in your child's life.

For more information on how your family can benefit from training in the martial arts call Ken Smith at 561-793-4132