

LEARN 4 STEPS TO EMPOWER YOUR CHILD WITH EVERY WORD YOU SAY

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Chapter 1

Encourage Them to Win

Teaching a child to be a leader in their own life comes down to two options: first, you can be critically destructive, or second, you can be constructively helpful.

There is a huge difference between the two and I will explain in a minute. One way breaks a child and the other empowers them to be a leader in their own life. However, the **BEST** way to build your child is to help them find the key element of all champions in life – ***DESIRE***.



This trait is not something we are born with nor is it something you can teach them to have. This is the one factor you must accept. Pushing them too hard, yelling at them, and never letting up on them only drives them further from developing it. They have to find desire on their own. Helping them discover their own desire within themselves isn't an easy undertaking. With patience and persistence you can build them to find desire and ultimately build them to be powerful kids, teens, and adults. To help them build this winning habit takes the approach of understanding your child's current belief system.

Belief systems can either be limited or limitless. We all have self-limiting beliefs holding us back from our true potential. As a parent, I know you want them to utilize all their potential and reach beyond their self-imposed limitations. Here's what I have learned. Two students of the same age can have the same lesson, but both will come out with different outcomes based on their own current belief system. With a limited belief system they are filled with the fear of making a mistake or failing. They put little to no effort toward their personal development because they internally believe they don't have it or "can't do it". The other student with a limitless belief system goes about making every effort toward personally developing and growing upward and forward in life.

The difference is in the communication that we as parents, grandparents, uncles, aunts, other family members, coaches, teachers, guides, mentors, and all other influential people have on the child. Criticism breaks them and builds resentment, fear, doubt, and anxiety. This is a very destructive path. The most powerful way to build your child is to communicate in a way that is constructively helpful, not constructively critical.

To change a limited belief system into a limitless belief system you encourage them to just do their BEST. They only need to do their best each time. They don't have to be perfect, better than anyone, or like anyone else. Simply allow them to do their best and allow for whatever outcome to happen. Have no expectations on what you are hoping for them to do. Look for the positive points and encourage them to keep doing their best with every moment and everything they do.

Now, let's discover how praising makes all the difference.

Chapter 2

Praising Them for Doing Their BEST

Now that you solidly understand that building a child starts by helping them develop a limitless belief system, let's look at the next step – praise.

There are **6 Levels of EFFORT**:

- 1. E – EXTRAORDINARY – The Domain of Champions – Absolute Focus**
- 2. A – Awesome Effort**
- 3. B – Being more**
- 4. C - Comfortable**
- 5. D – Don't really care**
- 6. F – Failing – Tough Lessons**



Extraordinary is the level we are hoping for them to achieve. This is the level where they learn how to have that desire like a champion to be a leader in their life and to go do what they are meant to do.

The E effort individuals in life all come from 2-6 effort level that you see above. They are the ones that work at their current level, but strive to be extraordinary through consistency improving every day. Now, E effort doesn't have a certain look to it or prize associated with it (like 1st place or a Gold Medal). It depends on the level and learning stage that your child is in and how much effort they put towards improvement. For example, say you child is learning to read at a fourth grade level. Now, they could work just within their comfort zone at the C level effort and simply do well. Or, they could put an E effort toward their reading at their current level and grow exponentially better from their efforts.

Going into fifth grade would prove to be much easier. However, you don't want to put expectations on them to be reading at an eighth grade level just because they are putting extraordinary levels of effort. The habit of putting in an E level effort builds the habit of winning in life. But, more importantly, it builds a limitless belief system and encourages them to see their own potential. So how do you help fuel their desire to put this kind of effort in, (or I argue at least to start putting in a B or A level effort)? You do this by praising them for giving their best effort. Remember, extraordinary level comes from the lower levels. The best way to begin praising them is by praising them for doing a little better than they did last time. Don't look for the huge wins or achievements. Look for all little positive movement toward doing better than they did last time.

Praise them and encourage them to put a little more effort toward themselves and teach them the 6 Levels of Effort. The knowledge will empower them to do it on their own without you have to force them.

We are now ready to recognize for the effort they have put in.

Chapter 3

Recognize Them for Their Effort

This sounds simple, but much harder to execute.

When I first started looking for ways to recognize children for effort and ask for improvements on something, I inevitably began to negate all the positive effort they were doing well. Then, the positive efforts that I did encourage quickly started to erode because of the negating words I was using until they didn't care anymore about improving. There are powerful words, words that are neutral, and words that damage, break, and kill effort. I worked hard on being positive without realizing I was crushing all their efforts. I was trying to be constructively helpful using words that still damaged, broke, and even killed the effort the child put forth.



The biggest ones are the negating words of “but” and “however”. Try your best to leave those words out and NEVER recognize or praise with the word “**PERFECT**”.

Perfect is like telling your child that there is no more room for them to be any better. This word creates the limited belief system while fueling the rise of fears and self-doubts. Then a negative attitude begins because when they aren't perfect they don't feel they are good enough.

The best way to recognize and correct is by using our proven model below.

P.C.R. Model:

P. – Praise

C. – Correct

R. – Recognize

You want to praise them for the good, great, and extraordinary effort (this is the B, A, E effort levels) and then ask for any corrections you are wanting. Once they have made the corrections, RECOGNIZE them immediately for that correction you were asking for with praise. You don't reward yet; you recognize them and praise them for that correction. This helps to build winning habits which are the intangible rewards that come from life when you have personal development, growth, and improvement. If they are giving the effort of C, D, and F you still have a choice to build them. These are the effort zones that simply just need work and more progress to help shift out of those zones to the higher zones. This takes your patience and willingness to keep encouraging and praising.

Now, let's see how rewarding them works.

Chapter 4

Rewarding Not Spoiling

We want to reward our children and teach them *The POWER of Earning* what they want.



If we simply just give them something each moment that we feel they did great we end up creating the entitlement attitude. This attitude actually pulls a child down on the effort level ascension model that I wrote about in chapter two.

They could go from having an E, A, or B effort and move down the ladder to a C, D, or F effort level because they

believe they should be rewarded each time they do something they perceive warrants a reward.

If you truly want to build them to become powerful individuals then having an empowering reward system in place is best. What I have found works the best was to make this a three times per year smaller reward with once per year a significantly larger reward method. What that means is that they work and put the effort toward something for a period of four months and at the end of four months if they pass the given test on what I wanted to see improvement on they EARN a small tangible reward.

Now, this can be any reward that you have come up with. I would suggest that you keep this a smaller reward under twenty dollars. They then will continue to work for another four months to earn the next smaller reward. Then finally on the last four months of the year you have them working to earn the much more significant reward. This can be whatever level you believe they have earned. Earning something is about really teaching them how to never give up and build consistency of effort toward their work. Doing this will build your powerful child and empower them with confidence to

conquer their fears to be certain to go after anything they want in life without you having to worry about their future.

Now, if they don't put the level of effort in you feel is consistently appropriate at the end of the four months, then teaching them they lost out on the reward is just as powerful as rewarding them with something. Teaching them they are in control of their outcomes in life is super powerful. They get the chance to learn how to earn something by taking control of their attitude, their effort toward something, and applying themselves to finish. This will empower your child.

Chapter 5

Master Jason's Final Thoughts



I ask everyone who ever reads my words, listens to my messages, or comes to my events to never just believe me on blind faith. I only ask for one thing and that is to just listen to what I am sharing with you. See if it makes sense, if it has value, and is it useful!

Since 1996, I have been in what I like to call my “laboratory” coaching and training - taking all this knowledge and direct experience to formulate a method that builds students and empowers them to see their true potential and go do what they are meant to do.

Now, I believe that parents are their child's **FIRST and LAST** teacher in life. They are the ones who will make the greatest impact and have the most influence on the future of their child. And, I believe there is a new kind of parent who I call The Master Builder Parent, just like you reading this right now, who wants to make a great impact and difference in your child's life.

With this guide, our seminars, webinars, online training, live workshops and events we help you get the tools, methods, and experience needed to be that ultimate teacher while building your powerful child and an unbreakable relationship with them.

You can always find out more details at www.buildingpowerfulkids.com for any of our services and products.

Here's what some families had to say:



We searched for a long time for a program like Building Powerful Kids. From the moment I read about this program, I knew we had found something unique. Now, being part of it, not only has it improved our kid's mindsets and confidence, it has also built and united us as a family! My husband and I are more of a team now than ever. BPK gave that to us. The best part is how much our kids enjoyed the live workshop. They

couldn't wait to get home and practice what we had all learned. Our family is forever changed and we are so grateful! My husband is so happy that we finally found a program to teach us and our kids principles that will allow us as parents to worry less and know that they have the confidence now to succeed at life.

~ Jeff and Ashley Perez – USA



This program was very precious for us, first because we could see there is a person from outside of our family who cares a lot for our son's future, his personal growth, and to help build him to be powerful both in his mind and body. Second thing was, as a parent we could see where we are not communicating right and where we can improve. We discovered where we are pushing too hard or not even being strong and straight when it's needed. We learned how to encourage him without

being too pushy and when or how to ask him to be his own leader in a right path. We learned some words have different meanings for our son in ways we never even thought would affect him. And more importantly, we learned we are not alone and when being in the right group we can learn better how to build our son into a strong person for his own future and also for this world that he is part of. Thank you Master Jason for being there for us.

~ Nazanin and Paymon – USA



The BPK program is an excellent program to be in for any parent looking to help their child with personal growth and self esteem. This program will teach both parents and kids the knowledge and skills they need to succeed in life. If people are willing to have a growth mindset and are able to be teachable this program will enrich your life greatly. It helps BOTH the adults and the kids to become better people, learning skills that are helpful throughout their whole lives if

you are willing to listen, learn and apply. Nowhere are these skills taught in any other program for kids that I have seen, this is the best program by far and Master Jason is a wonderful instructor for the kids who really genuinely cares about their personal growth and well being.

~ Hope Fagen – USA

Go here to learn more about our Live Family Workshop:

www.buildingpowerfulkids.com/livefamilyworkshop and here to apply:
www.buildingpowerfulkids.com/livefamilyworkshopapplication