



Hello Reader,

It's Slowly Beginning to Feel Like Spring Here on Canada's Hawaii!

Although rather gray, we have been getting more and more days of milder temperatures. Now that the snow has melted, (and we are hoping that there won't be another dump), many of us with outdoor fitness goals have managed to keep up our routines.

I chose to follow the delayed return to school schedule in resuming my blogging. This month I've themed the month as **Resetting Resolutions**, as most of us have the best intentions when beginning our New Years Resolution commitment, however, often many of us become distracted or stop pursuing the well-intentioned change. Often once we stopped there is a sense of defeat and we don't return to reinstating our efforts at achieving the goal. My choice to take an extra break then get back on the horse was my example of resetting my blogging goal.

My blogging began on the 10th with a **Reimagine** week of reflections. The hope was that readers might just need to have a perspective shift to get re-energized to pursue a goal. I featured inspiration I garnered from Kim Letson's travel memoirs, Brene Brown's Atlas of the Heart and my friends Leslie Bell and Scotty D. Sometimes we just need to open our eyes wider to the ideas offered through our reading, films watched, friends and family. As stated by the Dear Lord, "Knock and you shall receive!" messages are delivered daily on our doorsteps, we just need to look and listen.

Obstacles to Achievement, the week featured reflections on how we often end up allowing our emotions to get in the way. This is even tougher for children who do not have the same life experiences as adults. Hence, the blogging addressed five emotions that tend to get in the way of children progressing forward, namely, feeling misunderstood, feeling oppressed, feeling shy, feeling envy and feeling anxious. Each of the emotions was teased out with the sharing of personal stories and resourceful links.

The Pollyanna in me couldn't resist highlighting the need to focus on the positive during the **Focusing on Strengths** week. My first headline, "Who wants to hear negative guidance or coaching?" sums up the week. The aim for the third week of blogs was to offer stories and resourceful links that would nudge parents, teachers, coaches and all leaders to first consider people's strengths when extending support. Although the main thrust of the blog was to support children, the ideas can be applied to anyone.

The Last week riding into February concentrated on **The Strengths of Classic Mental Health Weaknesses**. Too often, a hindrance to achieving goals is the mental health diagnosis children and adults are given. In particular, it is difficult for children as they are at the mercy of the power and influence of adults and adult systems. This week was intended to provoke us to think twice before overanalyzing anyone based on a DSM5 label. The blogs look at the strengths of four common disorders children are diagnosed in having, namely, dyslexia, OCD, ADHD and ODD.

My mission has been to offer parents, teachers, grandparents, coaches and anyone in leadership reflections and resources that will stimulate positive brainstorming and action. As Dan Pink and Malcolm Gladwell state, it is so important that we share or socialize our ideas as that is how we can positively move forward as a society.

Love and hugs,

MC Dazzle

Resetting Resolutions - Week 1 - Reimagine

- 1). [Do You Think Travel Helps Us Shift Our Perspectives and Set Goals For Improvement? Part 1](#)
- 2). [Do You Think Travel Helps Us Shift Our Perspectives and Set Goals For Improvement? Part 2](#)
- 3). [Need Inspiration? Try Gilbert's Eat, Pray, and Love or Letson's Soul of a Nomad](#)
- 4). [Does Your High Emotional Awareness and Expression Achieve Goals and Make Moonshots?](#)
- 5). [Sharing on Teams Makes Goal Achievement Easier and More Enjoyable. A No-Brainer Right?](#)



Resetting Resolutions - Week 2 - Obstacles to Achievement

- 1). [What Five Emotions Do Children Need Help Identifying and Developing?](#)
- 2). [Stop the Bully Cycle! Are Adult Bullies Leading Bully Behaviour in Children?](#)
- 3). [Feeling Shy, Anxious, or Introverted? Can These Block Happiness and Goal Success?](#)
- 4). [Envy Blocks Growth. It Blocks Our Ability to See Opportunities and Goals. Here's Ten Ways to Combat Envy.](#)
- 5). [Do You or Your Kids Engage in a Vicious Worrying that Prevents Achievement and Blocks Optimism?](#)

Resetting Resolutions - Week 3 - Focusing on Strengths = Success

- 1). [Who wants to hear negative guidance or coaching? It certainly isn't motivating!](#)
- 2). [Do you want success for your child? Focus on the positive. Celebrate their strengths!](#)
- 3). ["We find what we are looking for" says Chris Wejr. Teachers, look for student strengths!](#)
- 4). [It's Family Literacy Day! Does Your Child Show Strengths with Languages and Arts, not Sports?](#)
- 5). [Film is a powerful provocateur! It can help us see our character strengths.](#)



Resetting Resolutions - Week 4 - The Strengths of Classic Mental Health Weaknesses

- 1). [Why not look at the strengths of the 'mental health labelled weakness'](#)
- 2). [Look again, it carries strengths, such as creativity and more! Dyslexia has its challenges as it has its strengths!](#)
- 3). [Do You See Positive Sides to OCD Behaviour?](#)
- 4). [Do you believe ADHD/ADD is a Strength, Weakness, or Both?](#)
- 5). [What are the Strengths of the ODD Child? Flip your Mindset. There are Positive Qualities!](#)

Dear Dazzle

Again, I invite people to comment or ask questions or offer topics that you would like me to research and blog about. Just send me an email at mfairy@telus.net. I promise you I will not share your email address. Also, let me know if you prefer that your name not be mentioned in the blog. I will only respond to your email.

Please sign up for the newsletter if you are interested. There are benefits to signing up as your name will be entered into a monthly draw for one of my books which I will send out along with an additional wee fairy surprise.

This month **Karen A** is the recipient of my new publication of [Mini Mighty Merry Molly](#), plus additional wee treats!

Song of the Month

When I taught grade four, we began our day with morning stretches to motivate songs. This song was often featured. Given that February features Family Day, why not have a weekly family dance jam to this oldie but goodie! We Are Family!

Sister Sledge - "We Are Family"



Word of the Month

This up-and-coming month is all about friendship, connecting, relationship-building, and family, so let's try to use a host of these words:

collegial, cooperative, collaboration

How many times can you use these words? Let's build teams that fly in the same direction, like the geese, easing the burden of all the members.

<https://www.billgosling.com/blog/5-things-geese-can-teach-you-about-teamwork>

May love and abundance shower you this Valentine's Day month!



Collegial -

adjective

Marked by power or authority vested equally in each of a number of colleagues.

"There was an increasing tendency to turn from collegial to one-man management."

Cooperative -

adjective

Marked by a willingness and ability to work with others.

"Cooperative neighbours."

Collaborate -

verb

To work with another person or group in order to achieve or do something.

"The two companies agreed to collaborate."