

## Day 1 – Thoughts and Words

Welcome to the Get the Money for College Challenge!

This challenge is about taking the right actions now before wasting time, money and your teen's chances to even get money for college. The challenge starts with you, the parent because how your teen goes about getting money for college will be determined in large part by your parenting style and own experience of choosing what you would do after high school.

Lao Tzu said,

Watch your thoughts, they become your words;  
watch your words, they become your actions;  
watch your actions, they become your habits;  
watch your habits, they become your character;  
watch your character, it becomes your destiny.

As the quote suggests, we will start this challenge with looking at your thoughts and words. You will be challenged each day though to not just do, but also to reflect on your actions to transform how you guide your teen to get the money for college they deserve.



## Framework for The Education Doctor® Approach

Now, let me introduce you to the core values of “Keep C.A.L.M. (College and Accelerated Leadership Methodology)”:

Accountability – responsible for actions and mistakes

Community – belong to a community of adults and/or peers who care

Curiosity – desire to learn

Gratitude – grateful for small, big and everyday occurrences

Presence – recognize and value time

Self-advocacy – know how to ask for help

Self-awareness – knowing your why, likes, dislikes

I created this approach based on experience and research on resiliency, growth mindset and mindfulness. These core values are foundational for teens who develop into thriving young adults beyond high school.

In Day 2 of the challenge, we will delve deeper into how these qualities relate to getting the money for college.

## Your Assignment

Take about 15 minutes to [watch the video](#) and complete these reflection questions.

1. What 1-2 intentions/goals do you have for your family by taking this challenge?
2. When you think about your teen, what are the first words that come to mind?
3. How ready is your teen for college, on a scale of 1 (not at all) to 10 (can see them thriving in every way on any campus)
4. How would you describe your relationship with your teen?
5. What words do you want to speak over your relationship with your teen during this challenge?

6. What have you already done to plan for paying for college?
  
7. What action do you see yourself taking by the end of this challenge?

### Share in the Facebook Group

Share in the [Get the Money for College Challenge FB community](#) how the challenge for today has helped you with your thoughts and words about your teen and invite a friend.

**Congratulations! You've completed Day 1 of the Get the Money for College Challenge.**

Keep on being the best parent,



Dr. Pamela