

**Subject Line:** Does one new move really make a difference?

What kind of difference would one new move really make? The same could be asked of one new habit or one new friend or one new coach. The answer is...it depends. It depends on the move, the habit, the friend, and the coach. The good news is, we get to decide on the “what” and the “who”.

**First, if your child could add one killer move to their game, what would it be?** Take into consideration where their skill level is at currently, and where it could be if they worked really hard to take their game to the next level? What move could they master to make them an even greater player?

**Next, consider their habits...** What habits do they have that elevate their game? Which habits hinder it? Habits are powerful. Depending on which ones your child nurtures it could help them excel or hinder their progress.

**Lastly, think about the company they keep.** Who are their friends and who are their coaches? Both are important and have a major influence on the type of player your child becomes. A friend can encourage them to practice their ball handling skills or encourage them to spend more time playing video games. A coach can inspire them to be the best player they can be, or could damage their self-esteem.

What qualities are you looking for? It's easy to be fooled by appearances or what the crowd thinks, but the character of the company we keep is vital.

**Just one new move, habit, friend, or coach could**

**make a huge difference in a life.** It's up to you to decide what kind of difference you want to be made.

Play With H.E.A.R.T.

Debbie