Increase Self-Awareness

- Discover Motivation
- Build Confidence
- Gain Insight and Link Learning
- Change Attitudes
- Influence Positive Behaviors

Need a read that helps kids succeed? Inspire all ages.
Get:

7 Steps for Empowering Youth: Self-Awareness Developing Grit and a Growth Mindset

by Jim Cantoni, Founder, Realizing Dreams

Front cover meaning: The future is in your hands.

Back cover meaning: Success is in your hands.

Give Students a Voice and Choice in Their Lives

What is it? 7 Steps for Empowering Youth is a keepsake workbook and reflective action journal that helps you build confidence, promote leadership, and inspire achievement in youth.

What does it do? It helps students critically think about the future. Students will express thoughts and feelings about The BIG Questions in their life. Including, interests, hopes, strengths, goals, worries, fears, and dreams for their future.

Goal: In less than 90 minutes, k to college students will, reflect on passion, discover purpose, and create a personalized path to a successful future.

“The idea of discussing how to change/effect the outcome of their lives.”
- Grandmother of children who completed 7 Steps for Empowering Youth

176 pages with full color illustrations for visual learners. $9.95

What’s Inside? Ongoing activities to reflect on and answer:
- 52 of The BIG Questions in your life
- 104 positive, inspirational, and character building quotes
- 30 pages of GETTING SMARTER™ Goal Setting
- Identify strengths for college and career success

Educator, mentor, and parent friendly...

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Get ready to create your “GPS”, GAME PLAN for your SUCCESSFUL FUTURE!

Get ready to answer “The Big Questions” in your life! Questions like: Super heroes have many different powers. If you could choose one power for yourself, what would it be and why? Reflect on 52 of “The Big Questions” like this and discover who you are, what you want to do, and like a “GPS”, be guided step-by-step with natural call to actions that will show you how to create your personal “Game Plan for Success” how to get there!

What is it? 7 Steps for EMPOWERING YOUTH: Self-Awareness Developing GRIT and a Growth Mindset is a reflective action journal that helps you reflect on your passion, discover your purpose, and find your path to success. Learn your Top 5 strengths propelling your success in school, college, and career. The activities can help you unlock and even help you identify what is holding you back from reaching your potential. You will learn how to create powerful plans using simple goal setting techniques to help you create clear, actionable steps to also overcome any worries, fears and obstacles so you achieve your goals and reach your potential. You’ll be happy when you realize your dreams in school, work, life, and play!

Learn a secret to success and what 3% of the most successful people do! 7 Steps for Empowering Youth will help you learn what you can do to be up to 10x more successful than 97% of the population.

FUN and quick two-page activities increase your confidence, focus, and motivation. It helps you find your inner drive so you thrive! The student-centered enrichment increase self-awareness that powerfully helps you express your thoughts and feelings about your strengths, interests, hopes, goals, and dreams for your life. Then, like a internal “GPS”, 7 Steps for Empowering Youth guides you step-by-step to create your personal “GPS”, Game Plan for a Successful future.

Give inspiration ... Get inspired™ with “Brain Food”

• Be inspired as you select and reflect on your favorites from more than 104 inspirational quotes. You’ll learn secrets to success from historic and world leaders. Including Einstein on a positive attitude, Walt Disney’s key to communication, Stephen Covey’s advice for being an inspirational leader. A secret to creativity from William Plomer and life lessons from Nelson Mandela.
• Build capacity and learn how to overcome obstacles with the seven Einstein inspired and infused self-efficacy formulas and Life Skill Assets™ that help you grow your mindset, change your behaviors, and help you make better choices.
• Increase your confidence when you identify, set, and achieve Getting Smartr™ goals that help you clearly see your path to a successful future.
• Join in Mission: USA 2020 now self-aware with a grit and a growth mindset to reach your full potential.


Our Success Formula:
Relevant Student-Centered Enrichment
+ Rigorous Evidence-Based Activities
+ Results-Based Outcomes
= Student Success


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Positive, purposeful, and productive play.™
“I learned how to plan ahead for my life.”

“I finally get to express what I want to do when I grow up to somebody.”
“I am confident I can do all that I have written.” - an inner city teen
“This is gonna help me get to my goals.” - a 5th grader
“What they got out of it is a clear road map to their success and it came from inside of them. It made it easier for me to get them focused on what they want to do in the future, like getting in to college and doing positive things in their life. It made it easier to make them change.” - a large urban school district educator

“I’m happy for him that he has a goal. Kids now have insight into what they’d like to be”. - a proud inner city mom of a teen

“By the end of the school year, my second graders can express their goals.”
- an inner city teacher

“I AM SO PROUD OF HIM. I AM SO PROUD.”
- an inner city Grandma

It gets you thinking Empower college

“Help students discover dreams and potential
“I want to do this because I want to find out what my dreams are and I want to see what my potential is.”
- a large urban school district student

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A reflective action journal to boost achievement and increase success

“I know the steps I need to succeed.”
- an empowered student

7 Steps for Empowering Youth: Self-Awareness Developing Grit and a Growth Mindset by Jim Cantoni

It’s a keepsake reflective action journal that helps students reflect on passion, discover purpose, and find their path, while moving their inspired thoughts to clear, actionable steps that enkindle potential to impact their lives.

“Happy. I made a plan.”
Kindergarten

“Proud of myself”, “Excited”, “Confident”,
Elementary

“I feel very good because I planned my future.”
Middle School

“I completed a book about how to succeed in school and life. I feel awesome! I feel like I’m really going to do it!”
- an urban teen

“I have the tools to think critically about my future.”
High School

“I’m happy he has a goal. Now they have insight what they’d like to be.”
Moms

“I know better what my kids want to do when they grow up”.
Dads

“Now they are going to start accomplishing something.”
Grandparents

“The students feel very inspired to change their attitude toward how they view themselves and life.” The students feel good about themselves and the impact they can have.”

Coaches/Mentors/School/Family/Community Partners:

“It helps kids realize their self-worth and puts them on a path to successful futures.”

“In just a few minutes, I was thinking about my goals in an entirely new way.”

Teachers/School Counselors/Juvenile Justice/Truancy:

“He [Jim Cantoni] makes kids look at the future.”

“Helped me learn about the kids.”

“Was able to make a better connection with my students.”

“It’s all about self-discovery.”

- Jim Cantoni, Author

The Impact on Student, Educators, Mentors, & Coaches Lives

College: “It’s AMAZING! I love it! It gets you thinking and to actually pour out what you really want to do. It’s the best feeling ever.” “In just a few minutes, I was thinking about my goals in an entirely new way.”


“Start thinking about their future.”

Moms: “I’m happy he has a goal. Now they have insight what they’d like to be.”

Dads: “I know better what my kids want to do when they grow up”.

Grandparents: “Start thinking about their future.”

“I have the tools to think critically about my future.”
- Madison, a High School Senior

“I completed a book about how to succeed in school and life. I feel awesome! I feel like I’m really going to do it!”

- an urban teen

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Teacher/Parent/Mentor friendly.

Price: $9.95

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