

**Conscious Discipline**  
**Wednesday April 22, 2009**

**The Importance of Positive Intent**

**When working with young children (or actually anyone), positive intent can be powerful force that can change a negative interaction into a positive and productive one.**

**The Conscious Discipline Power that is associated with the Positive Intent is the power of love and seeing the best in others. In terms of brain development, thoughts can physically alter the cells in the body.**

**The Positive Intent Principles include:**

- 1. See the best in one another. Love looks for the best in people in situations. When we search for beauty, it is always found. When we search for meanness, it is always found. The choice is ours.**
  - 2. What you offer to others, you strengthen within yourself. Good thoughts cause us to feel good which in turn allows us access to the frontal lobe of the brain to seek positive and productive solutions to problems. We sometimes spend a lot of time trying to judge the intentions of children and adults. If we attribute negative intentions to children and adults, then we unconsciously doom the situation.**
  - 3. Children are either extending love or calling for love (Help).**
- Next week—more on Positive Intent!**