

Counselor's Corner

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7 Rules for Life

If you're like me, you probably roll your eyes any time you see an article that claims to know how you can improve your life. I think there might be a small amount of truth in many of them, but seldom does one hold all of the answers. The same is true for our middle schoolers; they are surrounded by adults who have their best interests at heart, but no advice can be one-size-fits-all. I came across this social media post recently, and I was, actually, quite impressed with its simple advice, and I believe that it applies quite well to middle school students.

1. Let it go—never ruin a good day by thinking about a bad yesterday
2. Ignore them—don't listen to people who want to tear you down
3. Give it time—time heals everything
4. Don't compare—the only person you should try to beat is the person you were yesterday
5. Stay calm—it's okay not to have everything figured out
6. It's on you—only you are in charge of your happiness
7. Smile—life is short

I presented these rules for life in last week's FLEX lesson, so this would be a great opportunity to discuss the implications with your child.