



Dear Families,

This week our school community will be focusing on the character strength of **Prudence**. Prudence means you plan for the future and achieve your goals by making careful everyday choices.

Prudence is the ability to do the right thing for the right reason, at the right time. It's a future-oriented way of thinking that helps a person set goals, make plans, and have the discipline to accomplish them. It is cognitive -- more a strength of the head than of the heart.

Prudence supports effective individual self-management. Whether aspiring for an athletic record, academic grade, or purchasing a car, foresight and planning are necessary. However, even with a plan, long-term goals can only be obtained by overcoming those impulses and desires that steer you away from your goals. Prudence provides the wisdom to know which character strength to leverage, at which time, to achieve your desired end state.

To practice and encourage the character strength of prudence with your child, please visit the Positivity Project's [P2 for Families](#) (password: **P2**) where together you will watch a video, read a quote and talk about the answers to three questions.

Have a wonderful week!