



Summertime/Family Time

Summertime and the Livin' is Easy



Coach Michael of the First Tee of Cleveland is outdoors and thinking that **summertime** at Washington Park. Whether we are at the golf course, home, school, camp, at the grocery, or the beach, we should take every measure to ensure the **EMOTIONAL health and well-being** of ourselves, family, friends and others.

With the advent of summer, Coach Michael says that now might be a good time to remind ourselves that **The Nine Healthy Habits** of the First Tee of Cleveland are **PHYSICAL: (1) Energy; (2) Play; (3) Safety; EMOTIONAL: (4) Vision; (5) Mind; (6) Family; SOCIAL: (7) Friends; (8) School; (9) Community**. How might we help insure that we and our friends and family have an emotional growth and enriching summer?

EMOTIONAL

Vision: In order to make the most of one's unique gifts—talents, characteristics and abilities—

an individual needs to learn from the past, value the present, create their vision and future to ultimately “leave a footprint.”

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and

behaviors and can be utilized for self-improvement, building confidence and maintaining perspective.

Family: When family members participate in activities together – share meals, communicate

and establish roles and responsibilities – they are more likely to be successful in achieving their health-related goals.

Michael R Lisman is a Licensed Social Worker (LSW) and retired community development bank executive – father of 3 and grandfather of 5. As an personal finance educator, he has been teaching financial empowerment workshops to individuals and families since the 1980s .

ACTIVITY

How many ways might we help insure the Emotional Growth and Enriching health and well-being of our ourselves, friends, Family and other this summer?

9 Healthy Habits of The First Tee Of Cleveland

PHYSICAL:

Energy
Play
Safety

EMOTIONAL:

Vison
Mind
Family

SOCIAL:

Friends
School
Community

	Actions/ things that we can do to insure the safety of ourselves friends, family or others	Who will this most likely affect Ourselves Friends, Family or Others
Vison Mind Family		
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