

# Building Dreams

WITH JACK AND JILL AND THE FIGHT FOR LIFE FOUNDATION

REACH FOR THE STARS!

## BUILDING BLOCK 2: DISCIPLINE



### PROJECT: YOU!

In each issue this year, Forever-Fit Summer Camp leader and former NFL Colts player **Marlin Jackson** will give tips on a different strategy that will help you be the best you and make your dreams come true. In this issue, we're covering **DISCIPLINE** — control gained by having routine behaviors.

**Aim high:** Never stop improving yourself and Building a Better You! Check out the new challenge — and the great prizes — on page 32.



Marlin and his family.



## MEET Marlin

**Name:** Marlin Jackson

**Early Challenges:** Dad wasn't around and Mom was addicted to drugs. But Marlin always worked hard to be his best.

**Amazing Accomplishments:** He played cornerback for the Indianapolis Colts for six seasons and earned a Super Bowl ring for his team's 2007 championship.

**Giving Back:** He started the **Fight for Life Foundation** in 2006 to help kids create better lives for themselves and a better world for all.

## Rising Star!



### FORGIVENESS

Let's give it up for **Annika**, 11, from New York, winner of last issue's challenge. Her responses:

**What does FORGIVENESS mean to you?** "It's an act of kindness to love someone enough to say I'm sorry."

**How do you show FORGIVENESS at home, in school, or in your community?** "At home, I can be lazy, so I grumble and then I think about how my mom must feel so I say I'm sorry and I help with chores."

Illustrated by Gary LaCoste; photo courtesy Marlin Jackson

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### MARLEY'S STORY

Marley is a very lucky girl. She has a lot of toys in her bedroom. To keep her bedroom neat and tidy, Marley's mom has a rule that when Marley is finished playing with her toys, she must put them back in their proper place. Her mom gives Marley a challenge: If she can save \$10 from her allowance and keep her room neat, she can buy the new toy she really wants. One, two, three, four weeks go by, and at the end of each, Marley's bedroom is clean. No toys are out of place — everything is where it should be. And Marley earns \$5 a week doing extra chores around the house. After four weeks she has \$20. Marley decides to hold off on buying the new toy and will keep the money instead of spending it. Next, she divides her money into three pots — spending, saving, and giving. Marley puts \$10 in the spending pot, \$5 in the savings pot, and \$5 in the giving pot. By doing this early in life, Marley will develop positive behaviors when it comes to financial literacy.



### TOP TIPS: DISCIPLINE

1. Start small. Come up with a couple goals to focus on at first so that you don't overwhelm yourself and give up.
2. Make a list. It's important to decide on what you need to do in order to achieve your goals and stick with them.
3. Plan ahead. If you're trying out for the soccer team at school, ask your parents if they can start taking you to the local field to practice after school a couple days a week.
4. Know your limits. It's never a good idea to push yourself too hard.

For more about his foundation's Building Dreams initiative, visit [fightforlifefoundation.org/program/building-dreams](http://fightforlifefoundation.org/program/building-dreams).

# Build a Better You Challenge!

**Purpose:** Dream. Believe. Achieve!

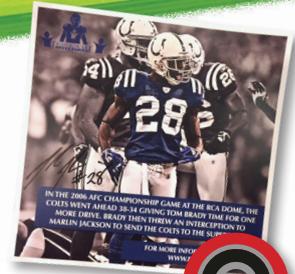
**What You Need:** The skills in this year's issues, your imagination, your picture, a pen, an envelope, and a stamp.

## WHAT YOU DO

1. Read about a new Building Dreams topic in each issue.
2. Write an essay on the topic.
3. Mail your essay and picture to the address at the bottom of this page by **March 20, 2019**.
4. **WIN A PRIZE!**

## PRIZES

- ★ **All participants** receive a signed picture of Marlin Jackson.
- ★ **One winner from each issue** will be named by Marlin as a **Rising Star**, receive a fidget spinner, and be featured in the next issue of this magazine.
- ★ **Coach Marlin's Super Star**, chosen from the Rising Stars, will win an NFL jersey of his or her choice. Winner will be announced in the January/February 2020 issue.



*Need more room? Write your essay on a separate piece of paper!*

NAME:

AGE:

CITY:

STATE:

What does DISCIPLINE mean to you?

How do you show DISCIPLINE at home, in school, or in your community?

Grown-up's Email Address:

Complete and cut out this clipboard and mail it to **Jack and Jill, P.O. Box 88928, Indianapolis, IN 46208**. Include your name, age, state, photo, and grown-up's email address. All submissions become the property of U.S. Kids.