



# Great American **CHILD**

[www.greatamericanchild.com](http://www.greatamericanchild.com)

## The Four Paths

The Four Paths was created to give each person a good understanding of what his or her strengths are, and ways to improve in each area.

The goal is to be as well rounded as possible with the awareness that in order to be really great in any area, you have to be strong in all the areas.

### Realistic Expectations

**Elementary School** - For children in grades K-5, it would be realistic to expect to be in the 0s, 1s or 2s of each category. The goal for these grades is **AWARENESS**.

**Middle School** - For students grades 6-8, it would be realistic to expect to be in the 1s, 2s and maybe some 3s. The goal for these grades is **UNDERSTANDING**.

**High School** - For students grade 9-12, it would be realistic to be in the 2s and 3s with an occasional 4 for some of the more motivated ones. The goal for these grades is **PURPOSE**.

**Adult** - For all adults, the goal is **SELF**. Are you taking care of yourself while you are taking care of your children or household? There are no expectations of numbers - just a chart for you to discover areas in which you can improve the overall quality of life.

**What is important to understand is that we are striving for  
PROGRESSION, not perfection.**

## How This Works:

1. Go through each category and answer the questions beginning on number 1.
2. When you answer "YES" to a question, fill in the corresponding number on the "spoke" leading to the icon. (For example, in NUTRITION, if your answers to questions 1 and 2 are "YES" but answer to question 3 is "NO," you fill in the 1 and 2 dots and move onto EXERCISE.)
3. When you are finished with all categories, connect the dots of the FARTHEST numbers you filled in. (Example Below)
4. This will give you the "Shape of Your World."
5. Look for areas in which to improve and make a plan to expand the boundaries of your world. The goal is to have a wide circle for your shape.
6. When you are finished, use the remaining questions to help expand the shape of your world.

## The Four Paths



# The Four Paths





### **Examples of Warriors**

Athletes, Dancers, Personal Trainers, Nutritionists, Chefs, Coaches

## **Nutrition**

### **Elementary School**

1. Do you know the difference between healthy and unhealthy foods?
2. Do you try new foods when you get the chance?
3. Do you know and can you make at least 3 healthy snacks on your own?
4. Do you avoid fast food and soda and eat fruits or vegetables with every meal?

### **Middle School**

1. Do you know the difference between healthy and unhealthy foods?
2. Do you try new foods when you get the chance?
3. Do you avoid fast food and soda and eat fruits or vegetables as often as possible?
4. Do you know how to cook or prepare healthy foods for yourself?

### **High School**

1. Do you know the difference between healthy and unhealthy foods?
2. Do you avoid fast food and soda and eat fruits or vegetables as often as possible?
3. Do you regularly cook or prepare your own healthy snacks or meals?
4. Do you grow some of your own food?

### **Adults**

1. Do you avoid fast food and soda and eat fruits or vegetables with every meal?
2. Do you know how to prepare at least three healthy versions of breakfast, lunch and dinner?
3. Do you consume mostly organic, all-natural, preservative free and low sodium "whole" foods?
4. Do you grow some of your own food?

# Exercise

## **Elementary School**

1. Do you exercise on your own time at home or in your neighborhood (not at school)?
2. Do you follow a set plan or written schedule to exercise, or participate in a team sport each week?
3. Can you name 3 ways to get exercise and do you do these activities once a week?
4. Do you exercise every day for 20 minutes or more?

## **Middle School**

1. Do you exercise at all?
2. Do you exercise on your own time (not just during gym class)?
3. Do you exercise for at least 30 minutes 3-5 days a week?
4. Do you follow a set plan or written schedule to exercise, or participate in a team sport each week?

## **High School**

1. Do you exercise outside of school activity?
2. Do you follow a set plan or written schedule to exercise or play a team sport each week (not including gym class)?
3. Do you exercise at least 30 minutes at least 4 days per week?
4. Does your exercise include cardio, strength and stretching?

## **Adults**

1. Do you prioritize exercise each day of the week?
2. Do you exercise at least 30 minutes at least 4 days per week?
3. Do you follow an exercise plan or written schedule or play recreational sports each week?
4. Does your exercise include cardio, strength and stretching?

# Athletics

## **Elementary School**

1. Do you like sports?
2. Do you play any sports (dance, cheerleading, martial arts included)?
3. Are you on a team or go to classes in any sport (dance, cheerleading, martial arts included)?
4. Do you play more than one sport?

## **Middle School**

1. Do you play any sports?
2. Are you on a team or go to classes in any sport (dance, cheerleading, martial arts included)?
3. Do you play multiple sports?

4. Do you have a specific training regimen you follow to improve in all aspects of your sport?

### **High School**

1. Do you play any sports?
2. Are you on a team in any sport (dance, cheerleading, martial arts included)?
3. Do you play multiple sports?
4. Do you have a specific training regimen you follow to improve in all aspects of your sport?

### **Adults**

1. Do you have a sport you like to play?
2. Do you make time each week for your sport?
3. Are you on a rec team or attend class in any sport (dance and martial arts included)?
4. Do you have a specific training regimen you follow to improve in all aspects of your sport?

## **Play**

### **Elementary School**

1. Do you “play” outside of school each day without electronics?
2. Do you have at least 30 minutes of free time to “play” each day (do something unscheduled) without electronics?
3. Does your “play” involve a hobby each week?
4. Do you invent and create new activities and games to play?

### **Middle School**

1. Do you have at least 30 minutes of free time to “play” each day (do something unscheduled) without electronics?
2. Does your “play” involve a hobby or trying new things each week?
3. Do you earn your “play” by getting your homework or chores done first?
4. Do you say “yes” to trying new and healthy activities each week?

### **High School**

1. Do you make time for hobbies each day or week?
2. Do you avoid TV and electronics for at least 30 minutes a day?
3. Can you shut off your phone for 1 hour each day?
4. Do you earn your “play” by getting your homework and chores done first?

### **Adults**

1. Do you have at least 30 minutes of free time for yourself each day?
2. Does your “play” avoid TV and electronics?
3. Do you make time each week to pursue a hobby or try something new?
4. Do you earn your “play” by getting your work done first?



# Creator

## Examples of Creators

Painters, Actors, Writers, Dancers, Musicians, Architects, Chemists, App or Game Designers

## Art

### **Elementary School**

1. Do you like to draw, paint, sketch, etc.?
2. Is there a place in your room or house you use to draw?
3. Do you save or put up your artwork around your room or house?
4. Do you enter art contests or take art classes?

### **Middle School**

1. Do you like to draw, paint, sketch, etc.?
2. Do you save or put up your artwork around your house?
3. Do you use any of your free time to draw, paint, sketch, etc.?
4. Do you like to visit art museums and look at artists on the internet?

### **High School**

1. Do you take any time to draw, paint or sketch during the week?
2. Do you like to visit art museums and look at artists on the internet?
3. Do you have an artist's notebook you work in regularly?
4. Are you enrolled in any art classes?

### **Adults**

1. Do you ever take time to draw, paint, sketch, etc.?
2. Do you like to visit art museums and explore artists' works?
3. Do you create art projects for the holidays or just as a hobby?
4. Do you share your art with others?

# Music

## Elementary School

1. Do you enjoy listening to music?
2. Can you make music with an instrument (or your voice or body)?
3. Can you name 4 types of music genres (Pop is one)?
4. Do you play an instrument and spend time to improve regularly?

## Middle School

1. Do you enjoy listening to music?
2. Do you regularly listen to music with the TV off while you are at home?
3. Do you listen to at least 3 types of music (for example: Pop, Jazz and Classical)?
4. Do you play an instrument and spend time to improve regularly?

## High School

1. Do you enjoy listening to music?
2. Do you have a varied playlist of music (at least 4 genres)?
3. Do you play an instrument and spend time to improve regularly?
4. Are you in a band or do you write your own music?

## Adults

1. Do you regularly listen to music?
2. Do you use music to motivate and calm yourself on a daily basis?
3. Do you go listen to live music at least once per month?
4. Do you play an instrument and spend time to improve regularly?

# Literature and Poetry

## Elementary School

1. Do you enjoy reading?
2. Do you read books outside of schoolwork - at least 25 pages or for 20 minutes each day?
3. Do you participate in a reading program?
4. Do you write your own stories, plays or poetry outside of school?

## Middle School

1. Do you enjoy reading?
2. Do you read books outside of schoolwork - at least 25 pages or for 20 minutes each day?
3. Do you write your own stories, plays or poetry outside of school?
4. Can you recite at least one poem from memory?

## High School

1. Do you read books outside of schoolwork - at least 30 pages or for 20 minutes each day?



2. Do you write your own poems, plays or stories outside of school?
3. Do you write your own stories, plays or poetry outside of school?
4. Can you recite at least one poem from memory?

### **Adults**

1. Do you regularly read books or poems?
2. Do you read at least 25 pages or for 30 minutes each day?
3. Do you have a favorite writer or author and can you describe their style and motivation?
4. Do you belong to a reading or writing group?

## **Science**

### **Elementary School**

1. Do you like science and technology?
2. Do you create, design or build things at home?
3. Do you ever do science experiments at school or at home?
4. Do you enter science contests, fairs or competitions?

### **Middle School**

1. Do you like science and technology?
2. Do you create, design or build things at home?
3. Do you try to use science in your daily life?
4. Do you enter or visit science fairs and museums?

### **High School**

1. Do you enjoy studying science and technology?
2. Do you create, design or build things at home?
3. Do you use tools or run “experiments” including interest in writing code in your free time?
4. Do you enter or visit code writing contests, science fairs and museums?

### **Adults**

1. Do you enjoy any scientific or technological time at work or home?
2. Do you ever conduct experiments at home with your children or alone?
3. Do you visit science museums when you get the chance?
4. Do you research, run experiments or use scientific exploration in your daily life?



# Scholar

## Examples of Scholars

Teachers, Professors, Bankers, Doctors, Accountants, Lawyers

## Spiritual Awareness

### Elementary School

1. Do you pray, meditate or write in a journal?
2. Do you spend at least 5 minutes each day doing one of these activities?
3. Do you set aside time to think about your day?
4. Do you practice the art of sitting quietly and calming your mind each day?

### Middle School

1. Do you pray, meditate or write in a journal?
2. Do you spend at least 5 minutes each day doing one of these activities?
3. Do you set aside time to just think quietly each day?
4. Can you sit quietly with no noise and just think for 10 minutes?

### High School

1. Do you pray, meditate or write in a journal?
2. Do you spend up to 15 minutes each day doing one of these activities?
3. Do you set aside time to think quietly each day?
4. Do you have a set of spiritual values that guide your daily decisions?

### Adults

1. Do you pray, meditate or write in a journal?
2. Do you spend up to 15 minutes each day doing one of these activities?
3. Do you have a set of spiritual values that guide your daily decisions?
4. Do you set aside time to just think about goals and positive outcomes each day?

# Eco-Awareness

## Elementary School

1. Do you do one of these each day - recycle, turn off lights, save water, or not waste around your house?
2. Can you name 2 reasons to be “green” and take care of the Earth?
3. Do you have a list of “eco-tips” posted in your house for you and your family to follow?
4. Do you lead or encourage others to “go green” at your school or home?

## Middle School

1. Do you do one of these each day - recycle, turn off lights, save water, or not waste around your house?
2. Do you practice these Earth-friendly habits outside of school?
3. Do you have a list of “eco-tips” posted in your house for you to follow?
4. Do you lead or encourage others to “go green” at your school or home?

## High School

1. Do you feel a responsibility to help protect your environment and planet and practice this in your daily habits?
2. Do you - each day - recycle, turn off lights, save water, and not waste around your house?
3. Do you have a list of “eco-tips” posted in your house for you to follow?
4. Do you lead others in your school or community in an eco-plan?

## Adults

1. Do you feel a responsibility to protect your environment and be an example for others?
2. Do you reduce, reuse and recycle each day?
3. Do you choose products and companies that promote sustainability?
4. Do you walk, ride a bike, carpool or drive a smart car in daily activities?

# History

## Elementary School

1. Do you understand what the word “history” means?
2. Do you know what countries your ancestors were from and how they came to America?
3. Do you like to read biographies of important people in history?
4. Can you recite a brief history of the United States from memory including the year we were formed, who wrote the Declaration of Independence and who our first President was?

### **Middle School**

1. Do you understand why it's important to study "history?"
2. Do you know what countries your ancestors were from and how they came to America?
3. Do you read biographies of important people in history?
4. Can you recite a brief history of the United States from memory including the year we were formed, why we broke off from England, who wrote the Declaration of Independence and who our first President was?

### **High School**

1. Do you know what countries your ancestors were from and how they came to America?
2. Do you read biographies of important people in history?
3. Can you recite a brief history of the United States from memory?
4. Can you name at least 20 of our Presidents

### **Adults**

1. Do you know what countries your ancestors were from and how they came to America?
2. Do you read biographies of important people in history?
3. Do you read non-fiction history books for pleasure?
4. Can you name all of our Presidents in order from first to present day?

## **Finance**

### **Elementary School**

1. Do you have a savings account or piggy bank you regularly put money in?
2. Do you have a job or chores at home to earn money to buy things?
3. Do you have a "save, spend, give away" plan at home?
4. Do you practice delayed gratification (or patience) by buying only what you need and waiting for what you want for birthdays and holidays? (Need vs. Want)

### **Middle School**

1. Do you have a savings account or piggy bank you regularly put money in?
2. Do you have a job or chores at home to earn money to buy things?
3. Do you have a "save, spend, give away" plan at home?
4. Do you practice delayed gratification (or patience) by buying only what you need and waiting for what you want for birthdays and holidays? (Need vs. Want)

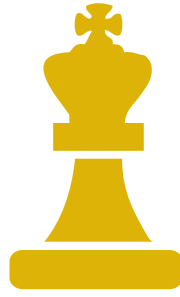
### **High School**

1. Do you have a savings account or piggy bank you regularly put money in?
2. Do you have a job or chores at home to earn money to buy things?
3. Do you have a "save, spend, give away" plan at home?

4. Do you know what delayed gratification is and do you save money to buy the things you want?

**Adults**

1. Do you have a savings account, retirement plan or college fund you regularly put money in?
2. Do you have a “save, spend, give away” plan at home?
3. Do you practice delayed gratification?
4. Do you have a varied investment portfolio?



# Leader

## Examples of Leaders

CEOs, Politicians, Non-profit workers, Principals, Coaches

## Giving Back

### **Elementary School**

1. Do you help others each day?
2. Do you know a non-profit group in your area you believe does good work?
3. Do you volunteer to work for a church or any local non-profit groups?
4. Do you have an organization or cause you support and donate time (or money) to help?

### **Middle School**

1. Do you understand what “charity” means and why it’s important?
2. Do you help others in school or your community?
3. Do you volunteer your time for a church or any non-profit organization?
4. Do you have a “cause” in which you give time or raise money to help?

### **High School**

1. Do you regularly help others in school or your community?
2. Do you volunteer your time at any non-profit organization?
3. Do you have a “give away” part of your allowance or money?
4. Do you have a “cause” in which you give time or raise money to help?

### **Adults**

1. Do you regularly help others in your community?
2. Do you volunteer your time at any non-profit organization?
3. Do you give a portion of your income to charity?
4. Do you have a “cause” in which you give time or raise money to help?

# Goals

## **Elementary School**

1. Do you know what it means to set a goal?
2. Do you have a set of goals written down for school and life?
3. Do you talk with your parents, teachers and coaches about ways to improve in school and life?
4. Do you complete your goals and check them off your list?

## **Middle School**

1. Do you have a set of goals written down for school and life?
2. Do you talk with your parents, teachers and coaches about ways to improve in school and life?
3. Do you look at your goals regularly to remind yourself of your goals?
4. Do you have a timeline for completion of your goals and check them off?

## **High School**

1. Do you talk with your parents, teachers and coaches about ways to improve in school and life?
2. Do you have a set of goals written down for school and life?
3. Do you review your goals on a regular basis?
4. Do you have a goal for college or work that you strive for each day?

## **Adults**

1. Do you have a set of goals written down (personal, career, family, etc.)?
2. Do you review your goals every day?
3. Do you have tasks for each day that lead you toward your goals?
4. Do you share your goals with friends and family to keep you on track?

# Chores

## **Elementary School**

1. Do you do chores or do your "jobs" at school?
2. Do you do daily chores at home to complete?
3. Do you do your chores without being asked?
4. Do you have a list or chart posted to keep up with your chores?

## **Middle School**

1. Do you help out around the house?
2. Do you have a list of your required chores posted in your house?
3. Do you do your chores without being asked?
4. Do you do community service (chores) in your neighborhood or community?

### **High School**

1. Do you complete the jobs or chores you have at home?
2. Do you do your chores without being asked?
3. Do you ever ask for extra chores or jobs at home?
4. Do you do chores in your neighborhood or community?

### **Adults**

1. Do you have clear expectations for chores in your house that include every capable member of your household?
2. Do you do your chores daily?
3. Do you make your bed on a daily basis?
4. Do you organize and do community service in your neighborhood or community?

## **Rules & Consequences**

### **Elementary School**

1. Can you name the rules for your classroom or at home?
2. Can you name the consequences for breaking each rule?
3. Do you have rules you follow at home?
4. Do you have a list posted in your house with consequences for not following rules?

### **Middle School**

1. Can you name the rules and consequences for your classroom or at home?
2. Do you have rules you follow at home?
3. Do you accept the consequences without argument?
4. Do you have YOUR OWN set of rules you follow (code of character)?

### **High School**

1. Do you have rules you follow at home with consequences?
2. Do you accept consequences without argument?
3. Do you make changes in your daily life based on mistakes you make?
4. Do you have YOUR OWN set of rules you follow (code of character)?

### **Adults**

1. Do you provide rules and consequences for your family?
2. Do you have a list posted in your house for everyone to see?
3. Do you have YOUR OWN set of rules you follow (code of character)?
4. Do you have YOUR OWN set of consequences for yourself if you do not follow your code of character?