





This book Belongs to

---



# Dedication

To all the children in the world. Thank you for the joy, sincerity, innocence, and laughter that you bring into our lives every day, and for keeping us from taking ourselves too seriously.

To all the parents in the world. Thank you for your patience, love, encouragement, and faith. Your belief in us gives us wings.....  
the vision to dream impossible dreams and  
the strength to make those dreams come true.

To all the teachers in the world. Thank you for sharing, caring, and sacrificing daily to make this world a better place.



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Just Be<sup>e</sup>™

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# MY FIRST PERSONAL COACHING BOOK



Written by Saúl Serna







# INTRODUCTION

Hi, my name is Papi and I am writing this book for you, your family, and your friends. I write it for children of all ages to share the many lessons that I have learned about life.

I am a honey bee and scientists maintain that I shouldn't be able to fly, because my body is way too big and heavy to be lifted by my little wings.

But I can fly and I do fly, so I know that anything is possible. Anything is possible for me and anything is possible for you.

I believe that everything you'll ever need to live a happy life is right here in this little book. Read it again and again and live your life as I live mine, according to the simple rules found within the pages of this small but powerful book.

I came to the United States from South America and met Honey, an American bee, who is now my very best friend. I have taught her a lot about the Latin culture, and she has taught me so much about living in America.



We are very different in many ways, but so much alike in many others. We both appreciate our similarities and our differences, and we continue to learn more and more every day. Together we are much better than either of us could ever be alone.

So read this book to become the person you really want to be<sup>e</sup>, and share the lessons with all your friends, whether they're white or black or brown or girls or boys or old or young or smart or dumb or rich or poor, because really, we are all the same inside and that's all that really matters!

So be<sup>e</sup> yourself and allow others to be<sup>e</sup> themselves, and together we will change the world!



PAPI








# INSTRUCTIONS

Every week read and practice one of the twelve lessons 'To Be'. Start with 'Be Grateful' and finish with 'Be a Good Example'.

Once you have read the lesson for each week, do the assigned homework for that week. Each homework page has six assignments. I recommend you do one per day, six days per week (Monday through Saturday), and take Sunday off to rest and celebrate your accomplishments.

After you complete each assignment, peel one sticker with the corresponding image for that lesson and place it in the honeycomb in front of the completed assignment. All the stickers are in the center pages of the book.

When you have completed all six assignments for each weekly lesson, peel a  sticker from the center of the book, and place it in the honeycomb on the opposite page right under Papi, the Coach.

Once all the assignments of the twelve lessons 'To Bē' are completed, you will have earned the 'Certificate of Completion' for finishing what you have started. Ask one or both of your parents to sign your certificate and proudly frame it and hang it in your room.

Enjoy life!

Papi  
The Coach



THE  
COACH







# JUST Be<sup>e</sup>

Life is simple if I am just me.  
Just for today I will just be<sup>e</sup>  
one of the bees that I'd like to be<sup>e</sup>.


All I ever need is within me  
and by being me, I will be<sup>e</sup> free.

Every day I will just be<sup>e</sup>,  
every day I will be<sup>e</sup> me.

I am grateful for who I am.  
I give thanks to Dad and Mom.

Now I know that all I need,  
is simply to just be<sup>e</sup> me.  
From this day forward I will be<sup>e</sup> me,  
and like Papi and Honey I will be<sup>e</sup> free.


(READ THIS PAGE EVERY DAY.)



Papi and Honey bees are my friends.  
Papi, a Latin Bee, buzzes in Spanish,  
and Honey, an American Bee, buzzes in English.  
Together they will help me just be<sup>e</sup>.



*¡Hola, yo soy Papi!*



*Hello, I am Honey!*





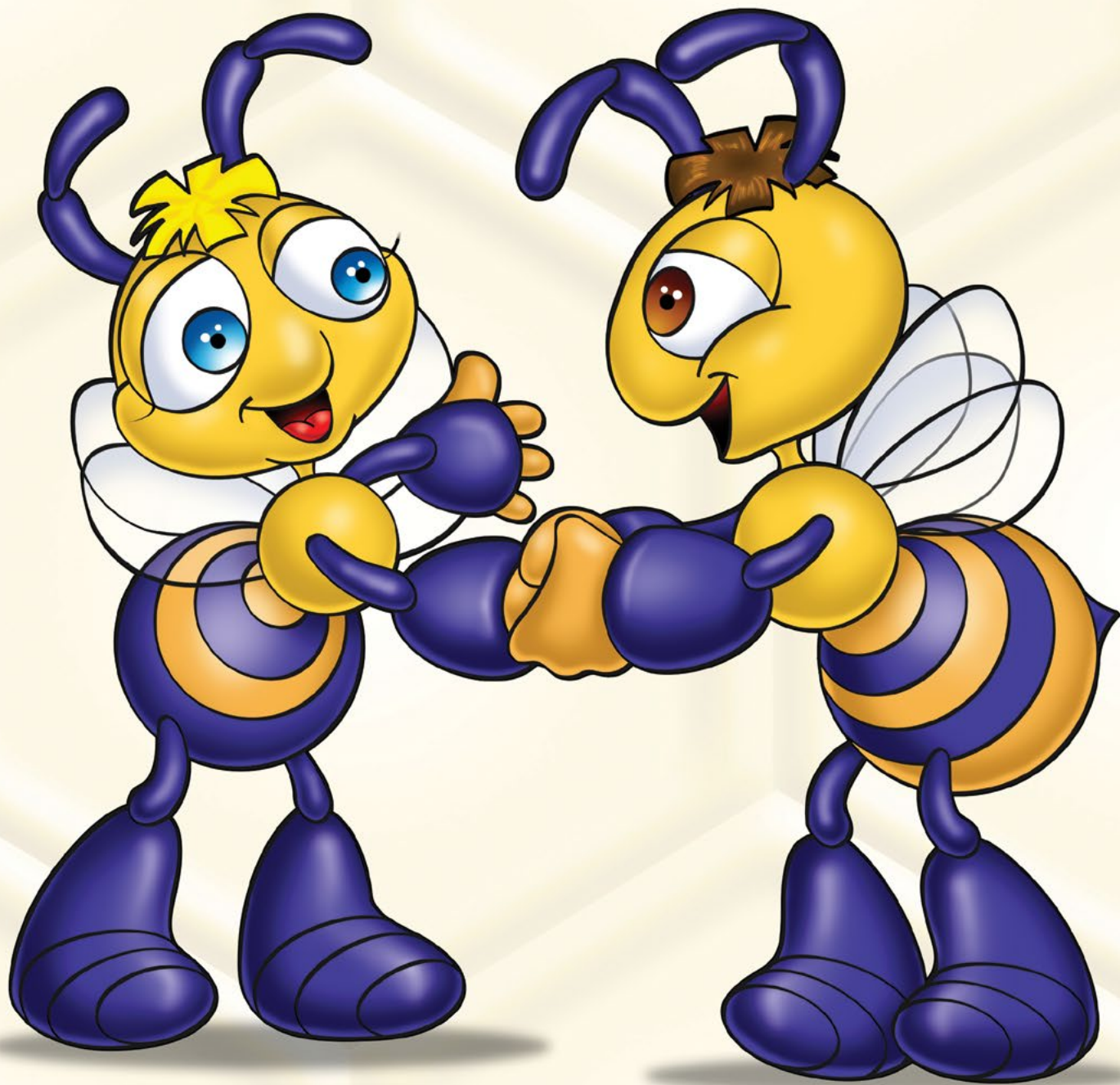
# GRATEFUL

When I look at myself I see what I have and  
I see who I am. I am grateful for my  
family, my health, my dreams, and my friends...  
I am grateful for my life!

I know that all happiness in life begins with a sincere  
appreciation for what I already have, regardless  
of what that is.

From this day forward I will wake up every morning  
with a smile on my face because I am grateful  
for my life, and I will go to bed happy because  
I had one more day to enjoy it.

This week I will be<sup>e</sup> grateful for everything  
I am and everything I have.  
I will let people know that I appreciate  
them and what they do for me.






THIS WEEK I WILL

Be<sup>e</sup> GRATEFUL



Am I grateful  
for who I am  
and what I have?





Learn how to say, "Thank you" in Spanish "Gracias"

Say, "Thank you" to my friends

Say, "Thank you" for my food and my toys

Say, "Thank you" to my parents for listening

Say, "Thank you" to my teachers for the lessons they teach

Appreciate my life and who I am





# MYSELF

There is only one like me in this world,  
and it is me. I will do my best every day.  
I will not compare myself to others,  
but only to my own potential.

I will learn to say, "No" to those who discourage  
me, and I will fill my mind with  
the good, the clean, and the positive.  
I am the best me ..... I am myself.

This week I will be<sup>e</sup> myself. I will let my  
parents know what I like and  
dislike, my favorite colors, and my  
favorite foods. I like who I am!





THIS WEEK I WILL



Am I happy to  
be who I am?





**Look in the mirror and be<sup>e</sup> happy  
with who I am**



**Wear my favorite colors**



**Paint my favorite pictures**



**Listen to my favorite music**



**Smile more often**



**Sing my favorite songs**



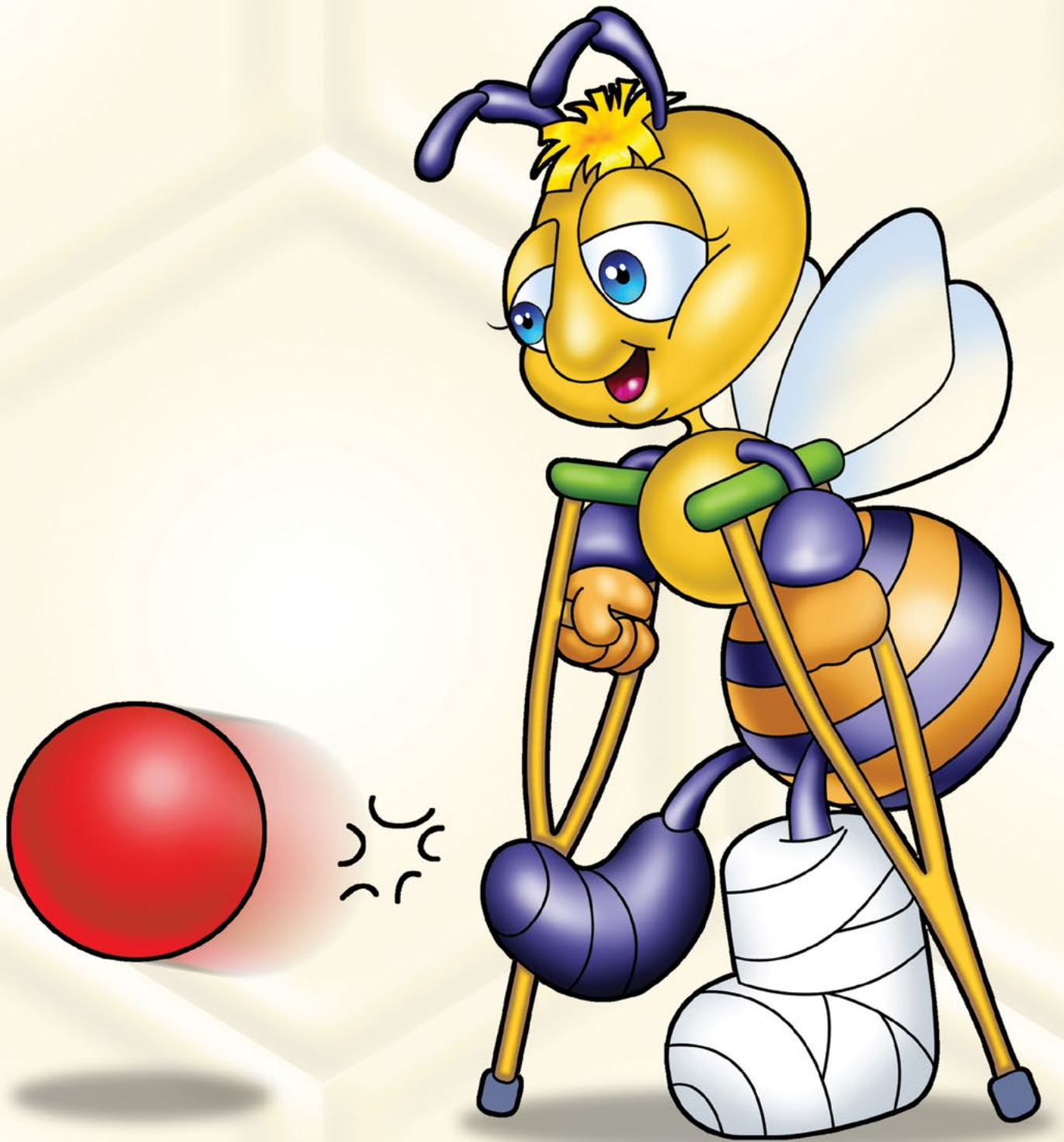


# POSITIVE

Everything and everyone has a positive side, and it's up to me to find it.  
If I think something is good, it will be<sup>e</sup> good.  
If I think it is bad, it will be<sup>e</sup> bad.

When I find the good in everything that happens to me, I will be<sup>e</sup> positive and enjoy my life even more.

This week I will be<sup>e</sup> positive and know that everything happens for a reason, and that reason is good because I am a good person.





# THIS WEEK I WILL

## Be<sup>e</sup> POSITIVE



Am I a positive person?





**Talk about the best things in my life**



**Talk about how much fun I have every day**



**Smile more**



**Meet people from other countries**



**Talk about what I like best about my family**



**Play outside, even if it's raining**





# PREPARED

I am always prepared to learn and enjoy the lessons my parents and teachers teach me. I do my homework because I want to learn more at school and have more time to play with my friends.

I prepare for the next day the night before, because when I wake up I want to be ready to enjoy the day.

This week I will be prepared. I know that if I am prepared to learn, I will learn faster and have more time to play and enjoy my life.





THIS WEEK I WILL

Be<sup>e</sup> PREPARED



Am I always prepared and ready to learn?





**Do my homework everyday**



**Be<sup>e</sup> ready to play after I finish my homework**



**Prepare my clothes for the next day the night before**



**Help my parents prepare my lunch**



**Clean my room**



**Prepare for my Spanish lessons**





# HAPPY

I find happiness in helping and sharing with others, therefore, I am always willing and happy to help. I don't expect anything in return. I help because it makes me happy.

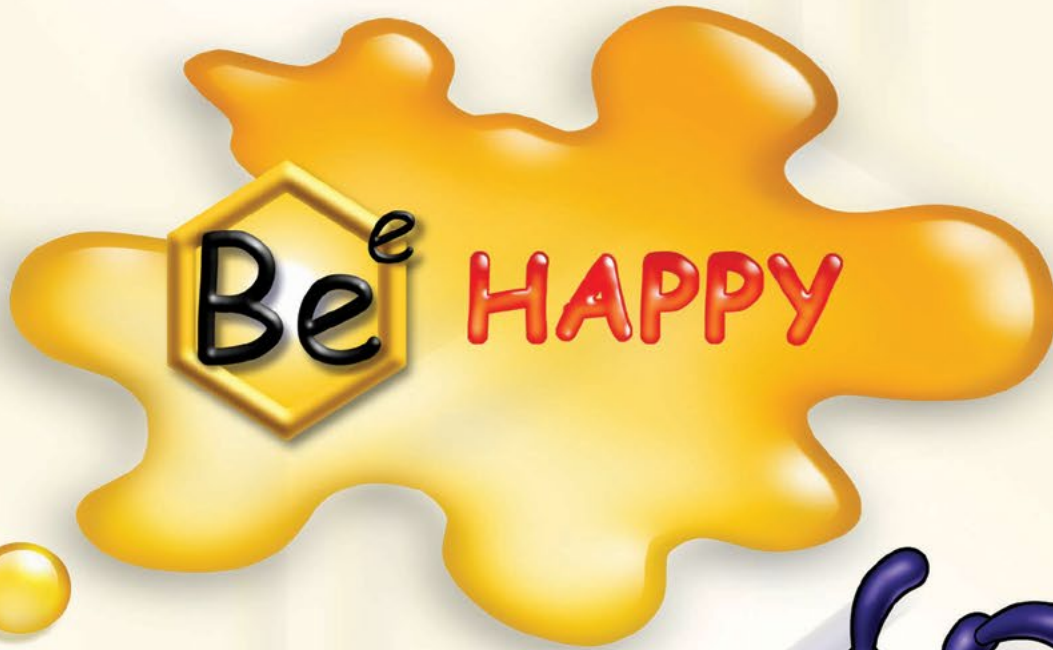
I am happy with who I am, because there is only one of me. I do silly things sometimes and I laugh at myself, but, I never laugh at others.

This week I will be happy helping, sharing, and laughing out loud.





THIS WEEK I WILL



Am I a happy person?





**Tell a silly joke**



**Smile even when I'm mad**



**Help my parents when they ask,  
and with a smile on my face**



**Happily participate in school activities**



**Share with my friends**



**Laugh out loud**





# PATIENT

Every great thing in life takes time. Learning to speak Spanish and understanding others takes time.

First we learn to walk, and then we learn to run. If I want to go far in life, I must be patient and know that all great things take time and are there for those, like me, with the patience to wait for them.

This week I will be patient. I know that if I really want to learn something great I will have to work for it, and it will take some time.





THIS WEEK I WILL

Be PATIENT



Am I a patient person?





**Read a few words in Spanish**



**Listen to classical music**



**Be<sup>e</sup> quiet when others are talking**



**Plant a flower and watch it grow**



**Know that everything will be<sup>e</sup> okay**



**Ask questions and wait for others to respond**





# HEALTHY

I know that if I want to have more energy to learn, be, and play, I need to keep both my body and my mind healthy.

To keep my body healthy I eat right, exercise, and get plenty of rest. To keep my mind healthy I read and surround myself with good and happy people.

This week I will be healthy. I will start by exercising, drinking more water, and eating fruits and vegetables.





THIS WEEK I WILL

Be<sup>e</sup> HEALTHY



Am I healthy?





**Get more exercise by walking or riding my bike**



**Eat more fruits and vegetables**



**Play soccer with my friends**



**Get to bed early and get plenty rest**



**Drink lots of water**



**Meditate for five minutes**





# CREATIVE

There is always more than one way to get something done. I always use my imagination and create new and fun ways to learn and to play.

I know that if I want something, I will figure out a way to get it. All I have to do is think a little more and create it.

I never doubt myself, because I know I was created to do something extraordinary.

This week I will be<sup>e</sup> creative. I will find new ways to enjoy even more what I do and who I am.





THIS WEEK I WILL

Be<sup>e</sup> CREATIVE



Am I creative?





**Find new ways to learn about others**



**Draw or paint or color a picture**



**Write my name in three different ways**



**Find ways to meet kids from other countries**



**Build a new toy**



**Learn a new sentence in Spanish**





# ON TIME

Every person has the same 24 hours in each day. There will always be time for everything as long as I am on time.

To enjoy each day even more, I will get to school on time and get my homework done promptly, so I will have more time to play.

When I arrive on time and finish things on time, I show others that they can count on me.

This week I will be on time.  
I will be prepared and ready to go.





THIS WEEK I WILL

Be<sup>e</sup> ON TIME



Am I on time  
when I need  
to be<sup>e</sup>?





**Go to bed early so I can get up early**



**Be<sup>e</sup> on time for school**



**Finish my homework on time**



**Take time to play with my friends**



**Prepare my clothes for the next day  
the night before**



**Wake up five minutes earlier each day**



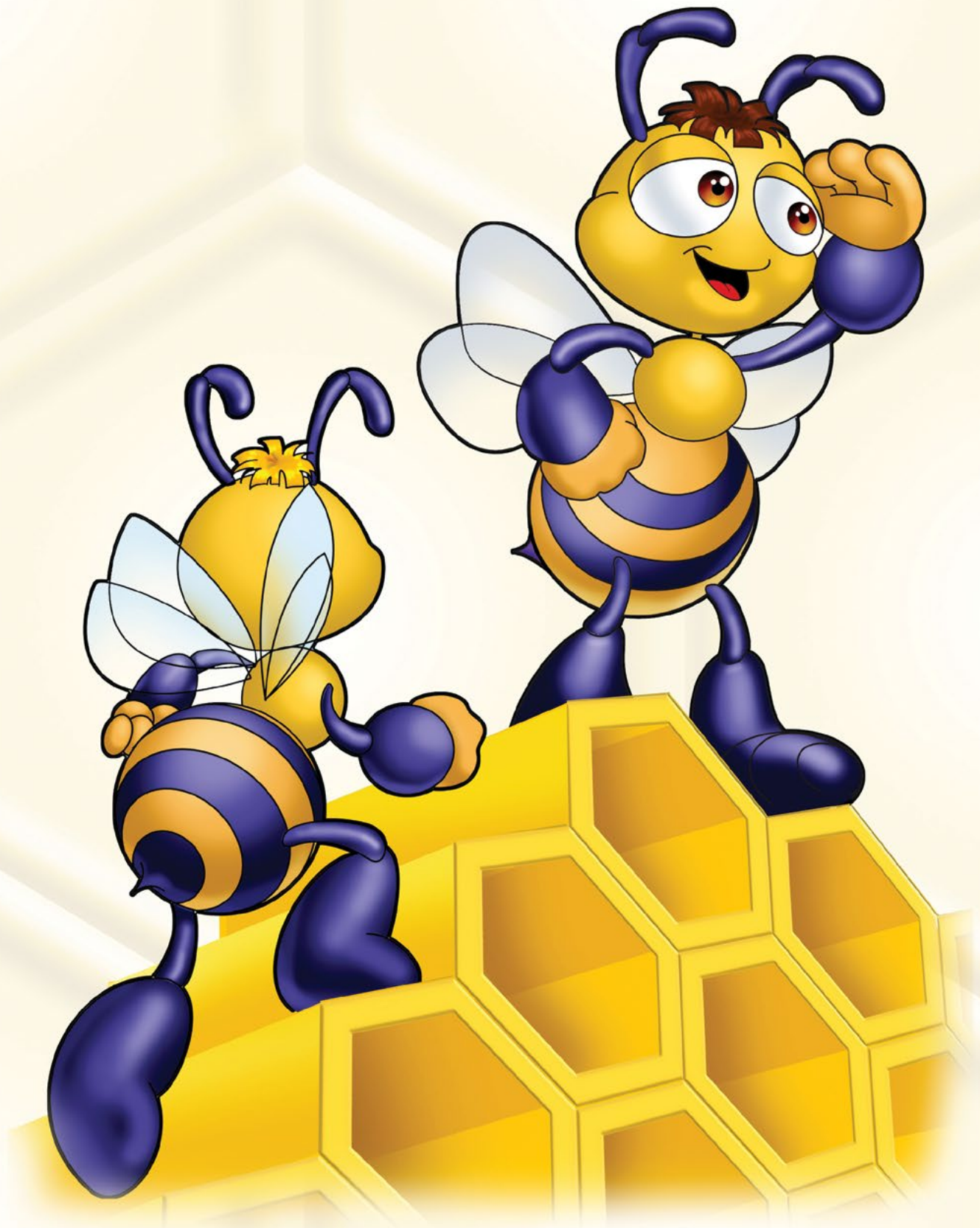
THIS WEEK I WILL

Be<sup>e</sup> CONSISTENT



Am I  
consistent?







THIS WEEK I WILL

Be<sup>e</sup> CONSISTENT



Am I consistent?





**Go to bed at the same time each night**



**Get up at the same time each morning**



**Do my homework at the same time each day**



**Always tell the truth**



**Listen to Spanish music every day**



**Learn and write a new word in Spanish every day**



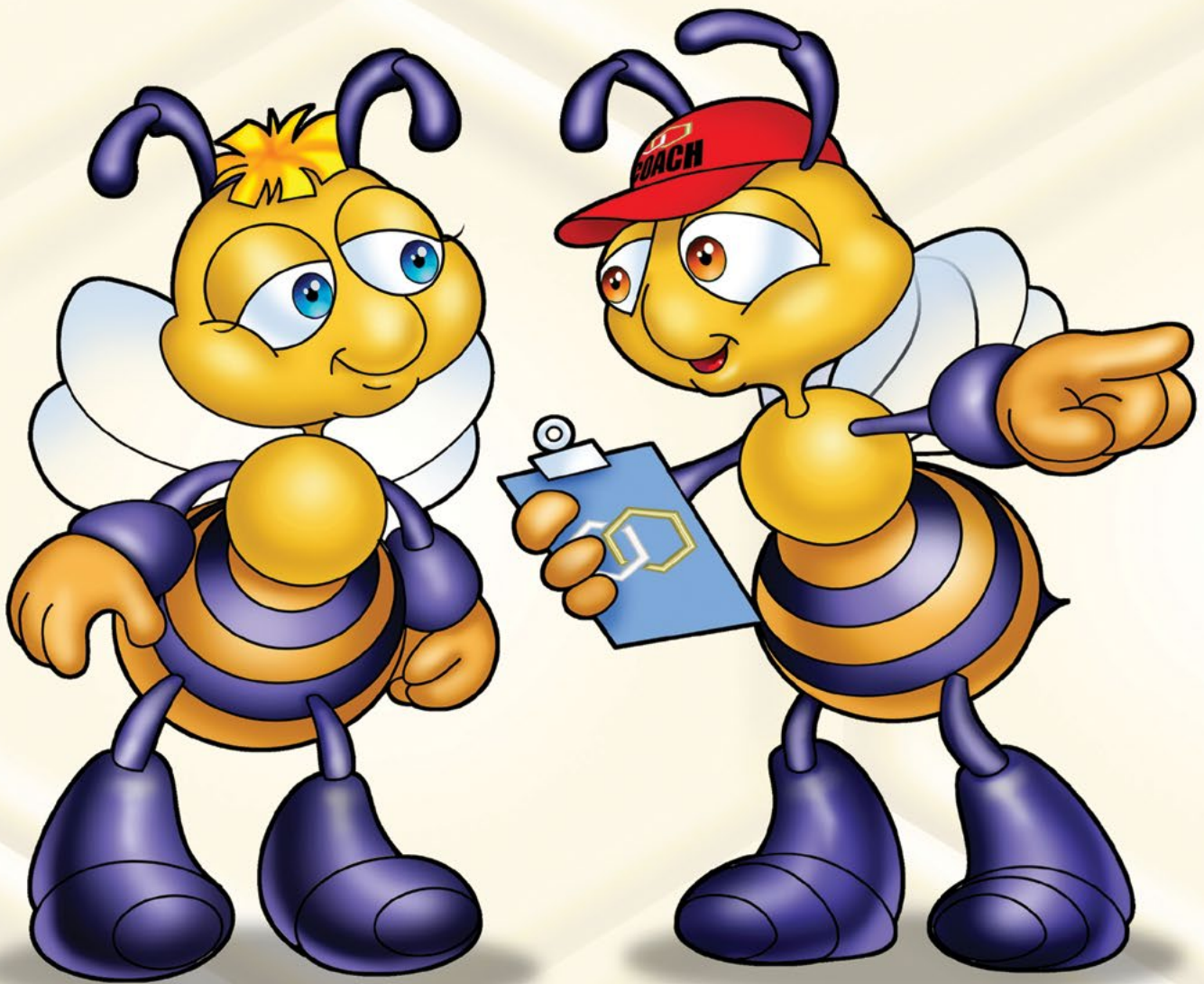


# COACHABLE

Life teaches us lessons everyday.  
I am aware and willing to learn something  
new about me, about others, and about  
the environment everyday.

We all have something new to learn everyday, and  
I am learning by letting others coach me.  
Coaching helps me be better.  
Even if I don't like some of the lessons, I know that  
they are teaching me something I need to learn.

This week I will be coachable. I will listen,  
learn, and enjoy the lessons.





THIS WEEK I WILL

Be<sup>e</sup> COACHABLE



Am I a good learner?





**Listen more**



**Be a team player**



**Accept help from others**



**Make an effort to be better than yesterday**



**Ask more questions**



**Celebrate that I am learning**





# A GOOD EXAMPLE

The old saying... "actions speak louder than words" is very true. I know that whatever I do has impact on those around me, so I will always strive to be a good example.

I will always tell the truth and always help others, regardless of their race, gender, nationality, or religion. The best example I can be is to just be me!

This week I will be a good example for my friends and family. I will always do what I say I am going to do.





THIS WEEK I WILL

Be<sup>e</sup>

A GOOD EXAMPLE



Am I a good example for others?





**Be<sup>e</sup> polite**



**Bring flowers to my parents**



**Make a promise and keep it**



**Smile at everyone I meet**



**Visit someone who's sick**



**Just be<sup>e</sup>**



Now that I have found my way,  
I will teach others how to just be<sup>e</sup>.



I will always remember that I get what  
I give. If I give a smile, I will get a  
smile back. If I give love and kindness,  
that's what I will get in return. From  
this moment forward, I will always  
give my best!

I did it..... I am the best me!







# CERTIFICATE OF COMPLETION



This certificate is to recognize

\_\_\_\_\_

For successfully completing  
Papi and Honey's 'Just Bee' Coaching Book

Your successful completion of this coaching book makes you very special,  
and makes it possible for you to achieve excellence in everything you do.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



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