

Mindsets for Happiness and Success



RESPECT

Respect for ourselves guides our morals.
Respect for others guides our manners.

Let's TALK about LIFE

The single most important thing we can do for our children is talk to them about life. At dinner, at breakfast, eating burgers in the car, or sipping hot cocoa before bed. Decades of research has shown that children who eat 3 to 4 times a week with their parents are 3 times less likely to get involved with drugs, alcohol, or smoking. They do better in school, have higher self-esteem, and stronger relationships with their parents. With the little time busy parents have, we might as well talk about what's important. All it takes is 10 minutes a day.

LET'S TALK conversation starters have been strategically designed in a specific sequence to help children (and parents) learn the

Happiness and Success

twelve most important mindsets that lead to happiness and success. They are based on decades of research and the literature from hundreds of experts who study happiness and success. In the same way that we learn to walk, play a musical instrument, speak a new language, or dance the salsa, we also build mindsets through repetition. By repeating new, similar thought patterns over and over again during a 30-day period, we actually rewire certain ways of thinking into our brains. Eventually it becomes a habit that we continue without any effort. LET'S TALK is designed for ages five and up. Feel free to adapt the questions to what you know your children are able to understand and can relate to.

RESPECT Introduction - 1

When a baby is born, the only way it knows how to communicate what it needs is to cry. As babies grow into toddlers, kicking, screaming, biting, lying, name calling, and temper tantrums are all natural strategies that a determined child will try, in order to get what he or she wants. It's a parent's job to teach their children more civilized ways to communicate so that they will fit into society and lead happy, successful lives. It's easy for children to be influenced by friends or the media, and slide into disrespectful behaviors. They soon learn that it is another way to get what they want. We can't blame them for trying. This is human nature at work. But it's our fault if we let it continue.

Introduction for Parents

RESPECT Introduction - 2

It's important to point out that in any kind of relationship, we teach people how to treat us. What we allow is what we are telling our children is acceptable. We know when our kids are being disrespectful. It makes us feel bad. It makes us angry. But since we don't know how to handle it, we often let it pass until it becomes unbearable. We do our children a disservice by not addressing it. Every other adult they come in contact with (teachers, coaches, parents) will have the same negative reaction we have and make judgements and decisions based on that behavior. We are setting our children up for failure and sending them out into the world ill-equipped to build good relationships.

Introduction for Parents

RESPECT Introduction - 3

Children don't easily understand how RESPECT can affect their lives. It's about building positive relationships that help them get what they want out of life. A teacher treated with disrespect may not be totally fair when it comes to subjective grades. A coach may take disrespect into consideration when deciding who plays and who sits on the bench. The best analogy uses the RED and GREEN lights kids see every day at intersections. RESPECT is more likely to give you a GREEN light to move forward toward something you want to do or have. DISRESPECT hurts and angers people and makes it much less likely that they are going to help you or say yes to what you want.

Introduction for Parents

Card #1 - What is RESPECT?

The most common definition of respect is: Treating others how you would want to be treated.

Respect shows someone that they are valuable and that their time, effort, property, perspectives, beliefs, feelings, and wishes are important.

Respect is caring how your words and actions impact others.

Respect is an act of giving attention and showing care.

Respect is much more than just polite manners.

Respect makes people feel good and disrespect makes people feel bad.

Respect means acknowledging the thoughts and opinions of others.

Respect is the foundation for building good relationships.

Respect is a critical factor in maintaining a positive place in society.

Respect opens our hearts and minds to understanding and accepting the differences between us.

Respect begins at home.

Card #2 - Examples of RESPECT:

Listening attentively
Greeting people that you encounter
Making eye contact while talking
Asking politely, saying please
Holding the door open for someone
Saying "thank-you" for gifts or help
Waiting for someone to finish talking
Following laws, rules, directions
Saying "excuse me" for bumping into someone
Waiting your turn (on the slide or at the store)
Saying I'm sorry when you hurt someone
Using a quiet voice in a quiet place (library)
Behaving calmly when in public
Letting someone make their own decisions
Being open to another person's opinions, feelings
Learning more about different cultures, experiences
Taking turns doing what's important to someone else

Card #3 - Examples of DISRESPECT:

- Rolling your eyes
- Talking back, being sarcastic
- Ignoring someone who is talking to you
- Unkind comments: This game is stupid, dinner sucks
- Disobeying the law, parent's rules, teacher's authority
- Getting into someone else's space
- Interrupting someone who is talking
- Calling someone names
- Damaging someone's property
- Wasting someone's time
- Taking something without asking
- Spreading gossip or rumors
- Being loud, inconsiderate, annoying in public
- Arriving late without alerting someone
- Not returning someone's texts or calls
- Breaking a promise that you made
- Demanding someone do something for you

Card #4 - The BENEFITS of being respectful:

Since respect is about showing someone else that they have value, that you care about what's important to them, you can quickly establish the foundation for a positive relationship. Whether it's the salesclerk at the grocery store or the employee helping you at the DMV, that person is more likely to help you get what you need at that moment. This is true for every person you interact with in your daily life. The benefits of being respectful, especially in ongoing relationships, is that people are much more likely to:

- like you
- help you
- trust you
- respect you
- listen to you
- believe what you say
- say yes to what you want
- think of you as a good person
- act in your favor (grades, try-outs)
- give you the benefit of the doubt
- think of you for an opportunity
- choose you to be on their team
- give you a good recommendation
- invite you into a special group
- introduce you to others
- put you in charge of something
- give you the exciting job
- give you a promotion
- and more...

How would you define RESPECT?

Have everyone try to come up with their own definition of respect. You'll see that it is not easy to define. Then go to Card #1 and read the definitions we have collected for you. Discuss each one.



Day 1

What are some examples of RESPECT?

Can you think of some examples of people being respectful? Check off the examples you mention that are listed on Card #2. If you can think of any new ones, add them to the list.



Day 2

How does RESPECT make a person feel?

Look at Card #2 and discuss how those examples of respect might make people feel. Different situations may create different feelings and the same situation may affect two people differently.



Day 3

Can you think of times when you felt RESPECTED?

Do you remember a time when someone said or did something that made you feel respected, valued, important? Describe the situation and how that felt.



Day 4

What are some examples of DISRESPECT?

Can you think of some examples of people being disrespectful? Check off the examples you mention that are listed on Card #3. If you can think of any new ones, add them to the list.



Day 5

How does DISRESPECT make a person feel?

Look at Card #3 and discuss how those examples of disrespect might make people feel. Remember, that different situations may create different feelings for different people.



Day 6

Can you think of times when you felt DISRESPECTED?

Do you remember a time when someone said or did something that made you feel disrespected, of little value, unimportant? Describe the situation and how that felt.



Day 7

What are the benefits of being RESPECTFUL?

Talk about how RESPECT can make your life easier (and more enjoyable) and how disrespect can make it harder. Refer to the list of benefits on Card #4 for ideas. Which ones could apply to your life?



Day 8

How is RESPECT like a green light?

Look at the list of RESPECT benefits listed on Card #4 and talk about how RESPECT and DISRESPECT are like the green lights and red lights we encounter every time we drive through an intersection.



Day 9

Categories of RESPECT and DISRESPECT

We can be respectful (or disrespectful) of someone's time, property, effort, feelings, beliefs, opinions, authority, and wishes. Can you think of any other ways we are respectful or disrespectful?



Day 10

How are we disrespectful of someone's TIME?

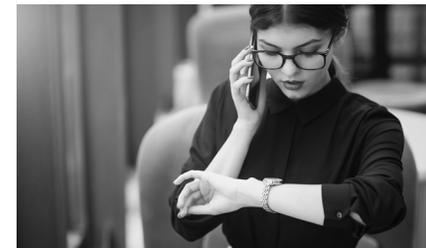
An example of being disrespectful of someone's TIME would be to arrive 20 minutes late for an appointment and not call. What other ways are we disrespectful of someone's TIME?



Day 11

How can we be respectful of someone's TIME?

Calling to let someone (who is waiting for you) know that you will be late shows respect for their TIME. Now they can plan what to do while waiting. How else can we show respect for someone's TIME?



Day 12

How are we disrespectful of someone's PROPERTY?

An example of being disrespectful of someone's PROPERTY would be to borrow a friend's jacket and return it with a big rip. What other ways are we disrespectful of someone's PROPERTY?



Day 13

How can we be respectful of someone's PROPERTY?

Returning something borrowed in the same condition you got it shows respect for PROPERTY. Now they are likely to lend you something else. How else can we show respect for someone's PROPERTY?



Day 14

How are we disrespectful of someone's EFFORT?

An example of being disrespectful of someone's EFFORT would be to track mud onto your mom's freshly mopped kitchen floor. What other ways are we disrespectful of someone's EFFORT?



Day 15

How can we be respectful of someone's EFFORT?

Cleaning the mud off your feet before stepping onto the clean kitchen floor shows respect for the EFFORT your mom put into cleaning it. How else can we show respect for someone's EFFORT?



Day 16

How are we disrespectful of someone's FEELINGS?

An example of being disrespectful of someone's FEELINGS would be to tell them that they are over-reacting and shouldn't feel what they say they are feeling. What other ways can we be disrespectful of someone's FEELINGS?



Day 17

How can we be respectful of someone's FEELINGS?

Taking the time to listen attentively, make eye contact, and acknowledge what was said shows respect for someone's feelings. People just want to be heard. How else can we show respect?



Day 18

How are we disrespectful of someone's BELIEFS?

An example of being disrespectful of someone's BELIEFS would be to make fun of a fellow student's belief in God. What other ways are we disrespectful of someone's BELIEFS?



Day 19

How can we be respectful of someone's BELIEFS?

You can show respect for another person's belief by acknowledging it without any form of criticism, judgement, or ridicule. How else can we show respect for someone's BELIEFS?



Day 20

How are we disrespectful of someone's AUTHORITY?

Examples of being disrespectful of someone's AUTHORITY would be to ignore your parents when they talk to you or roll your eyes at a teacher's comment. What other ways are we disrespectful of someone's AUTHORITY?



Day 21

How can we be respectful of someone's AUTHORITY?

Responding politely when spoken to by a parent, teacher, coach, boss, or policeman - and following instructions - shows respect for AUTHORITY and prevents unnecessary future problems. How else can we show respect?



Day 22

How are we disrespectful of someone's OPINION?

An example of being disrespectful of someone's OPINION would be to laugh at, ignore, or make fun of someone who has the courage to express an unpopular perspective. What other ways are we disrespectful of someone's OPINION?



Day 23

How can we be respectful of someone's OPINION?

Letting someone know that you want to hear what they have to say, then listening without interrupting shows respect for their OPINION. How else can we show respect for someone's OPINION?



Day 24

How are we disrespectful of someone's WISHES?

An example of being disrespectful of someone's WISHES would be to ask what they want on their pizza and then order something totally different that you decided they would like. What other ways are we disrespectful of WISHES?



Day 25

How can we be respectful of someone's WISHES?

Giving someone the pizza topping, birthday gift, or privacy that they actually asked for shows respect for their WISHES. How else can we show respect for someone's WISHES?



Day 26

How could you be more RESPECTFUL at home?

Now that you have a better understanding about what respect is and how it can make your life better, what ways could you be more respectful with family members at home?



Day 27

How could you be more RESPECTFUL at school (or work)?

Now that you have a better understanding about what respect is and how it can make your life better, how could you be more respectful with teachers and students at school? Or co-workers?



Day 28

How could you be more RESPECTFUL during extra-curricular activities?

Now that you have a better understanding about what respect is and how it can make your life better, how could you be more respectful with coaches, team members, and other parents?



Day 29

Can we be DISRESPECTFUL while using respectful words?

Discuss examples of how our tone of voice, facial expressions, or body language can be disrespectful even though the words coming out of our mouths are respectful.



Day 30