

## Mindsets for Happiness and Success



### GENEROSITY

We make a living by what we get,  
but we make a life by what we give.

### 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 three to four times a week with their parents are three 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.

### GENEROSITY Intro - 1

The best word used to describe generosity would be sharing; giving someone else something that belongs to you, that you will have less of as a result of sharing. We generally think of sharing in terms of time, money, or things. We give money to causes and charities. We give time to family, friends, neighbors, and organizations that help others in need. We donate items such as food, clothing, toys, blankets, etc. But there are plenty of other, not-so-obvious and not-so-easy, ways to share. We find ourselves in situations where we know we "should" share our friends, our parents, attention we desperately want for ourselves, or perhaps credit for something

Introduction for Parents

### GENEROSITY Intro - 2

earned or achieved. Letting someone in a hurry go ahead of you, or giving a friend your turn on the swing are also examples of generosity. The bottom line is that when we are generous and share something that belongs to us, we usually end up with less. It's not something we do instinctively, but something we learn to do as we mature and discover that there is joy in helping someone in need, and joy in making someone else happy. A good deal of the generosity we see in our world today comes without much sacrifice. Donating something we no longer need, or have in excess, is not much of a sacrifice. Sadly, this is often done with the goal of

Introduction for Parents

### GENEROSITY Intro - 3

making sure others notice how "generous" we are. But, when someone is struggling to survive, paycheck to paycheck, yet still finds room in his/her heart to give money to a homeless, that is true sacrifice. It is not only generous, but also very, very kind. As parents, we are constantly telling our children they need to share their toys, their food, and their parents with others. But the best way to teach children a true generosity mindset is to help them find ways to share that aren't too "painful," and then talk about how it feels to make someone else happy. Focus on the reward part vs the sacrifice part. Little by little it becomes easier, as they experience more joy in giving.

Introduction for Parents

Print one of these cards for everyone in your family who participates in the LET'S TALK conversations. They will complete them throughout the month as you discuss different ways to be generous. That includes parents, grandparents, friends or other relatives. The best motivator for children is to see parents participating. Cut them out as one card and fold in half. Adults can help the little ones fill in their cards. It doesn't matter how much they actually understand. They will absorb more than you think and just the process of talking about generosity will make an impact on their little minds.

**GENEROSITY** is sharing something that belongs to you or feels like it should belong to you; your time, your things, your money, your food, your friends, your space, your turn, attention you think you deserve, a reward or credit you feel you have earned, etc.

### 30 Ways to be GENEROUS

Name: \_\_\_\_\_

#### Ways to share your time:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Ways to share your things:

5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

#### Ways to share your money:

9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

#### Ways to share your food:

12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_

#### Ways to share your friends:

15. \_\_\_\_\_
16. \_\_\_\_\_

#### Ways to share your space:

17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_

#### Ways to share your turn:

20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_

#### Ways to share attention:

23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_

#### Ways to share credit for something earned or achieved:

26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_

#### Other ways to be GENEROUS and share:

29. \_\_\_\_\_
30. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### How to share your TIME

Write your name on your Ways to be GENEROUS card. Talk about how you can share your TIME by helping others, and look for examples you have observed/experienced at home, school or work. List them on your cards.



Day 1

### How to share your THINGS

Talk about how you can share your personal THINGS, using examples from home, school, or work - such as toys, books, sports items or work supplies. List them on your cards. Add a checkmark if you shared something today.



Day 2

### How to share your MONEY

Talk about how you can share your MONEY, using examples at home, school, or work - such as buying a gift for your teacher. List them on your cards. Add a checkmark if you shared something today.



Day 3

### How to share your FOOD

Talk about how you can share your FOOD, using examples at school or work - such as sharing an ice cream with a sibling who dropped theirs. List them on your cards. Add a checkmark if you shared something today.



Day 4

### How to share your FRIENDS

Talk about how you can share your FRIENDS, using examples at home, school, or work - such as inviting the new girl to join you and your best friend. List them on your cards. Add a checkmark if you shared something today.



Day 5

### How to share your SPACE

Talk about how you can share your SPACE, using examples at home, school, or work - such as letting your scared little sister crawl into bed with you. List them on your cards. Add a checkmark if you shared something today.



Day 6

### How to share your **TURN**

Talk about how you can share your **TURN**, using examples at home, school, or work - such as letting your friend take your turn on the swing. List them on your cards. Add a checkmark if you shared something today.



Day 7

### How to share your **ATTENTION**

Talk about how you can share the **ATTENTION** you'd like, using examples at home, school, or work - such as the addition of a new baby to the family. List them on your cards. Add a checkmark if you shared something today.



Day 8

### How to share **REWARDS** or **CREDIT**

Talk about how you can share **REWARDS** or **CREDIT** for accomplishments - such as sharing a soccer victory with teammates even though you scored all the goals. List them on your cards. Add a checkmark if you shared something today.



Day 9

### Other ways to be **GENEROUS**

By now you have probably filled in your 30 Ways to Be Generous Card with ideas you have talked about as a family. If not, help each other do that now. Your goal for the month is to check off as many items as you can.



Day 10

### What did you share or see someone share today?

After 10 days of talking about **GENEROSITY**, you will be more aware of generous acts that take place around you. Talk about anything you saw or participated in today and how that felt.



Day 11

### What does this quote mean to you?

Talk about a **GENEROUS** act you saw or participated in today and can you imagine how it made the other person feel? Then discuss what the quote below means to you.



Day 12

**What did you share or see someone share today?**

Talk about a GENEROUS act you saw or participated in today and how that felt. Add a checkmark if you were the one being GENEROUS. Pick something from your list that you can try to do tomorrow.



Day 13

**What does this quote mean to you?**

Talk about a GENEROUS act you saw or participated in today and can you imagine how it made the other person feel? Then discuss what the quote below means to you.



Day 14

**What did you share or see someone share today?**

Talk about a GENEROUS act you saw or participated in today and how that felt. Add a checkmark if you were the one being GENEROUS. Pick something from your list that you can try to do tomorrow.



Day 15

**What does this quote mean to you?**

Talk about a GENEROUS act you saw or participated in today and can you imagine how it made the other person feel? Then discuss what the quote below means to you.



Day 16

**What did you share or see someone share today?**

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Day 17

**What does this quote mean to you?**

Talk about a GENEROUS act you saw or participated in today and can you imagine how it made the other person feel? Then discuss what the quote below means to you.



Day 18

**What did you share or see someone share today?**

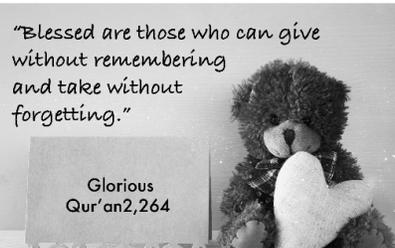
Talk about a GENEROUS act you saw or participated in today and how that felt. Add a checkmark if you were the one being GENEROUS. Pick something from your list that you can try to do tomorrow.



Day 19

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Day 20

**What did you share or see someone share today?**

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Day 21

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Day 22

**What did you share or see someone share today?**

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Day 23

**What does this quote mean to you?**

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Day 24

**What did you share or see someone share today?**

Talk about a GENEROUS act you saw or participated in today and how that felt. Add a checkmark if you were the one being GENEROUS. Pick something from your list that you can try to do tomorrow.



Day 25

**What does this quote mean to you?**

Talk about a GENEROUS act you saw or participated in today and can you imagine how it made the other person feel? Then discuss what the quote below means to you.



Day 26

**What did you share or see someone share today?**

Talk about a GENEROUS act you saw or participated in today and how that felt. Add a checkmark if you were the one being GENEROUS. Pick something from your list that you can try to do tomorrow.



Day 27

**What does this quote mean to you?**

Talk about a GENEROUS act you saw or participated in today and can you imagine how it made the other person feel? Then discuss what the quote below means to you.



Day 28

**What did you share or see someone share today?**

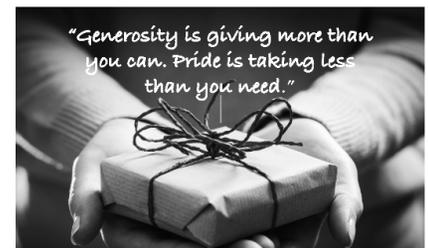
Talk about a GENEROUS act you saw or participated in today and how that felt. Add a checkmark if you were the one being GENEROUS. Pick something from your list that you can try to do tomorrow.



Day 29

**How are you good at SHARING and how could you do better?**

Discuss the ways in which you are naturally good at giving/sharing, and then talk about how you could get better in other ways. What does the quote below mean to you?



Day 30