

Mindsets for Happiness and Success



PURPOSE

The meaning of life is to find your gift, and the purpose of life is to give it away.

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.

PURPOSE Intro - 1

Researchers analysed data from a significant study on nearly 7,000 American adults (between the ages of 51 and 61), who filled out a psychological questionnaire about the relationship between mortality and one's life purpose. What they actually found shocked them, according to Celeste Leigh Pearce, from the University of Michigan. "People who didn't have a strong life purpose, defined as 'a self-organizing life aim that stimulates goals,' were more than twice as likely to die than those who did have a life purpose, and specifically more likely to die of cardiovascular diseases. This association between a low level of purpose in life and death remained true

Introduction for Parents

PURPOSE Intro - 2

despite how rich or poor participants were, and regardless of gender, race, or education level. The researchers also found the association to be so powerful that having a life purpose appeared to be more important for decreasing risk of death than drinking, smoking, or exercising regularly." At Six Seconds, an EQ organization, they explain that PURPOSE is not something you "find," but rather something you create and nurture. It's something you invest time and energy into and then you feel connected to it. "When you realize that even your smallest actions help bring the future you want into the present, even the most mundane tasks take on a sense of purpose and vibrancy.

Introduction for Parents

PURPOSE Intro - 3

You make your legacy with every moment of every day." What you need to do is encourage your children to DREAM BIG and to feel comfortable expressing those dreams - no matter how unrealistic they might be, or how wrong they may seem given your expectations for your children. Their dreams will continue to change as they grow, but everything they talk about along the way is a clue to who they are and what makes them happy. Don't criticize or judge. If you tell someone that a goal will be too difficult, or that a profession won't make money, will take too long to learn, or isn't a good fit, you will only diminish their ability to dream and find true happiness.

Introduction for Parents

My GIFTS & My DREAMS Cards - 1

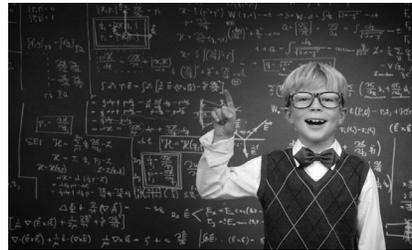
Write your name on your My GIFTS & My DREAMS card and list two or three of your best personality traits on the side under My GIFTS. Discuss and help each other with this task.



Day 1

My GIFTS & My DREAMS Cards - 2

On your My GIFTS & My DREAMS card, list two or three of your best talents or skills. What are you good at? What comes easy for you to do? Discuss and help each other with this task.



Day 2

My GIFTS & My DREAMS Cards - 3

On your My GIFTS & My DREAMS card, list two or three things you really enjoy doing. What is so engaging and satisfying that you forget to eat or don't notice what's going on around you?



Day 3

My GIFTS & My DREAMS Cards - 4

On your My GIFTS & My DREAMS card, list two or three things that are important to you, such as interacting with people, time alone creating, helping others, being a good person?



Day 4

My GIFTS & My DREAMS Cards - 5

What kinds of situations would make you
On your My GIFTS & My DREAMS card, list two or three things you wish you could change in the world that would make it better. Discuss and help each other with this task.



Day 5

Would you enjoy being a FIREMAN?

Pick a number between 0 and 10 (10 being a lot) that represents how much you would enjoy being a **FIREMAN**. Put that on the left of your card. Explain **WHY** you would/wouldn't to the right.



Day 6

Would you enjoy being a SCIENTIST?

Pick a number between 0 and 10, that represents how much you would enjoy being a **SCIENTIST**. Put that on the left of your card. Explain WHY you would or wouldn't enjoy that to the right.



Day 7

Would you enjoy being a MUSICIAN?

Pick a number between 0 and 10, that represents how much you would enjoy being a **MUSICIAN**. Put that on the left of your card. Explain WHY you would or wouldn't enjoy that to the right.



Day 8

Would you enjoy being a DOCTOR?

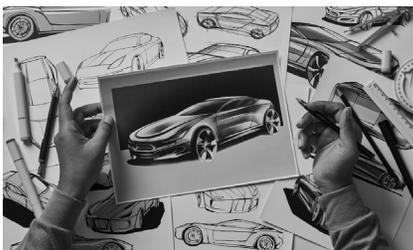
Pick a number between 0 and 10, that represents how much you would enjoy being a **DOCTOR**. Put that on the left of your card. Explain WHY you would or wouldn't enjoy that to the right.



Day 9

Would you enjoy being a CAR DESIGNER?

Pick a number between 0 and 10, that represents how much you would enjoy being a **CAR DESIGNER**. Put that on your card and explain WHY you would/wouldn't enjoy that to the right.



Day 10

Would you enjoy being a DETECTIVE?

Pick a number between 0 and 10, that represents how much you would enjoy being a **DETECTIVE**. Put that on the left of your card. Explain WHY you would or wouldn't enjoy that to the right.



Day 11

Would you enjoy being a ARCHITECT?

Pick a number between 0 and 10, that represents how much you would enjoy being an **ARCHITECT**. Put that on your card. Explain WHY you would or wouldn't enjoy that to the right.



Day 12

**Would you enjoy being
a **ASTRONAUT**?**

Pick a number between 0 and 10, that represents how much you would enjoy being an **ASTRONAUT**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 13

**Would you enjoy being
a **CRAFTSMAN**?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **CRAFTSMAN**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 14

**Would you enjoy being
a **DANCER**?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **DANCER**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 15

**Would you enjoy being
a **BUSINESS OWNER**?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **BUSINESS OWNER**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 16

**Would you enjoy being
a **VETERINARIAN**?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **VETERINARIAN**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 17

**Would you enjoy being
a **PROFESSIONAL ATHLETE**?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **PROFESSIONAL ATHLETE**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that.



Day 18

**Would you enjoy being
a PILOT?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **PILOT**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 19

**Would you enjoy being
a PRESIDENT of the USA**

Pick a number between 0 and 10, that represents how much you would enjoy being **PRESIDENT**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 20

**Would you enjoy being
a RESTAURANT CHEF?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **RESTAURANT CHEF**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 21

**Would you enjoy being
a SPORTS COACH?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **SPORTS COACH**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 22

**Would you enjoy being
a INVENTOR?**

Pick a number between 0 and 10, that represents how much you would enjoy being an **INVENTOR**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 23

**Would you enjoy being
a TEACHER?**

Pick a number between 0 and 10, that represents how much you would enjoy being a **TEACHER**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 24

Would you enjoy being a ANIMAL TRAINER?

Pick a number between 0 and 10, that represents how much you would enjoy being an **ANIMAL TRAINER**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 25

Would you enjoy being a ENTERTAINER?

Pick a number between 0 and 10, that represents how much you would enjoy being an **ENTERTAINER**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right



Day 26

Would you enjoy being a ARTIST?

Pick a number between 0 and 10, that represents how much you would enjoy being an **ARTIST**. Put that on the left of your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 27

Would you enjoy being a NEWS REPORTER?

Pick a number between 0 and 10, that represents how much you would enjoy being a **NEWS REPORTER**. Put that on your card. Explain **WHY** you would or wouldn't enjoy that to the right.



Day 28

Can being happy and spreading sunshine be someone's PURPOSE?

Talk about some of the ways you can add value to the world and purpose to your life beyond the profession you choose to pursue, such as being happy, kind, open-minded, honest, etc. What else?



Day 29

Make your own list of DREAMS:

Now that you have explored 23 different professions, make your own list of things you would like to be, or do, when you grow up - using the 10 blank lines on your My GIFTS & My DREAMS card.



Day 30