

Dreams & PURPOSE Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How PURPOSE leads to Happiness and Success

If you want to know how important PURPOSE is for your children's future happiness and success, then read what Richard J. Leider, author of *The Power of Purpose*, has to say about it. "Over the past decade, there has been an explosion of interest in purpose. Psychologists describe it as the path to happiness. Scientists point to it as essential to brain health and well-being. Business experts make the case that purpose is a key to exceptional productivity and organizational credibility, and medical professionals have found that people with a purpose in their lives are less prone to disease and even live longer." So, what exactly is purpose? Purpose is a long-term goal, that is greater than ourselves, yet it weaves itself into everything little thing we do. It gives us a reason to get up in the morning and is an extraordinarily powerful and sustainable motivator for a number of reasons. (1) It's meaningful in how it adds value to the world, and (2) it's long-term in that it could impacts others for 50, 100 years. (3) It's relevant because it serves a current need. (4) It aligns closely with our values and beliefs, and (5) it involves talents or skills that make us uniquely suited for that purpose. Alan Rozanski, a professor at the Icahn School of Medicine at Mount Sinai says the results speak for themselves: "The need for meaning and purpose is Number 1. It's the deepest driver of wellbeing there is."



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.

How to talk to kids about PURPOSE

According to decades of research, the single most important thing you can do for your children's success and well-being is to share meals together and talk. Talk about what's really important. The digital LET'S TALK about LIFE conversation starters for March are about Dreams and PURPOSE. They include thirty days of questions designed to help you and your kids explore the best path for creating and nurturing PURPOSE. First, you will discuss the gifts you've been given (your personality, talents, skills, values, etc.) in an effort to discover how you might add value to the world. Then you will look at 23 different professions. Everyone will rank them 1-10, as to whether or not you would find them exciting and fulfilling.

[Download LET'S TALK - PURPOSE](#)

My BOOK of DREAMS

When we are encouraged to dream big and share our dreams with those we love, they begin to feel more and more possible.

Ask your kids to talk about what they want to be when they grow up and why. Every time they talk about something they would like to be or do, make a note of it in their DREAM books. It will change constantly over the years and they will have fun looking back at all of the different "dream professions" they had.

Parents should share their dreams as well. Dreaming and planning keeps us excited and alive. It's important at any age. And by doing that we communicate to our children the importance of sharing our dreams, discovering our gifts and nurturing our PURPOSE in life.

[Download BOOK of DREAMS](#)



The HAPPYHOME ELVES and the Key to PURPOSE

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Positive Thinking, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for Dreams & PURPOSE

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities for **PURPOSE**.

Doorknob DREAM Drop



Enlist your children as local leprechauns and send them out into the neighborhood to share their luck with anyone who wants to believe that dreams can come true.

Follow the instructions to make the green and gold baskets and fill them with goodies, fun surprises, and the Wish me LOTS of LUCK cards, which will entice the leprechauns to stop by their home and wish them a lifetime of wonderful dreams.

Hang these on your friends' and neighbors' doorknobs when no one is looking and be sure to leave a trail of "leprechaun dust" on the porch - in the form of green or gold glitter.

My GIFTS to the WORLD cards



When we look at the unique GIFTS we are lucky to have, we are better able to think about the ways in which we can use those gifts to make a contribution to the world. Someone who loves math, and is good at math, is more likely to create purpose and achieve a dream related to math. The same goes for someone with artistic talent or someone with strong athletic abilities.

Make one MY GIFTS card for each member of the family and help each other fill out the blanks as to the personality traits, talent, skills, values and passions you each have that make you special. Talk about how these gifts will help you discover the dream that could become your life purpose when you grow up.

Wish me LOTS of LUCK cards

It's important to encourage your children to DREAM BIG and express their dreams. Feeling free to talk about DREAMS without anyone judging or criticizing is the first step. Parents, not wanting their children to fail or be disappointed, will often try to steer their children away from wanting to be something that they believe will be too difficult. This is a mistake and kids will quickly understand that you don't support what they want.

It doesn't matter how far-fetched or ridiculous their dreams may seem, because months later they will probably have moved onto another one. What you can do, however, is encourage them to talk about why something excites them. Use these cards to help them express their dreams, leaving them on a windowsill for the leprechauns to sprinkle magic dust on and wish them LOTS of LUCK.



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