

Chaos to Calm Concept #3
Design a Life You Love
Kid - Friendly

Along the same lines as the adult-version Concept #3...
Kid-friendly ways to help the children in your life design a life they love....

1. **Where do you want to go?** Idea: have goal setting mini-sessions / checkins; make fun / positive / encouraging
2. What are your top 3 favorite ways to **feel**? What makes you feel that?
3. **Take notice!** What are your highs & lows of the day? (or What can we write on your Love / Not Love list?)
4. **Plan accordingly.** Add more LOVE's. And help them think through options for NOT LOVE's.

*****SUPER IMPORTANT***:** Help them discover something they're WOW'd by. Lost in. Passionate about. And help them find ways to learn more about. Do more with.

RITUAL: **Weekly planning ritual** is a great one to share with kids grade school and up: a fabulous life-long habit! Idea: Create a weekly planning checklist that they can keep on their very own clipboard.

TEMPLATE: I've created a **Week at a Glance template** you can use to help school-age kids plan their week. (See resources)

5. Streamline: **Ask: What's the result we want? Why are we doing this? What's the smartest way to get there?** Also: Is this something to just simply do (check off) - OR - Does it need to be done top-notch? Sometimes good enough is just fine.

6. **Create rituals** + include down / unplug time!

7. **Take good care:**

Physical: Develop good habits together: Walk the dog, cook a new (possibly healthier) recipe together.

Emotional: Know their best talk time (in the car? before bed?). Use AND enjoy it! Pay attention to what you learn from #3. Can be quite telling...

Spiritual: Set aside time daily for devotion together. My favorite is listed under resources.

8. **Make love the center thing.** Share this mantra: Surround yourself with what you love.

IDEA: What's one "love" thing he or she can do for another each day? What's one you can give/do for your child each day?

9. Let them know that **letting go is okay.** A big concept - but one that can be shared with your kids, even if it's simply through your actions. Watching how YOU handle different situations.