

Contentment October 2018



SAY IT:

Deciding to be happy with what you've got

KNOW IT:

ASK A KID:

- Think of a time when you really wanted something, but you had to wait for it. Were you able to be content with what you did have while you waited?
- Can you think of some people that you know who are content with what they have?

ASK A GROWN UP:

- When is the last time you were not happy with all that you have? How did you act? What were some thoughts that you had?
- Are there people that you have come across in your life who were content? What are characteristics of contented people?
- What are some things that you have done that have helped you be successful in remaining content?

SEE IT:

To be content is to be happy. There are several things that content people do regularly to remain happy with what they have. These include spending their money on experiences rather than things, spending more time outdoors, and exercising consistently. They also spend time with friends and family who are also happy and content. Sometime this month visit www.24hoursofhappy.com together as a family. This website is based on the song Happy by Pharrell Williams. It is an infectious 24 hour music video that shows people from all walks of life dancing and choosing to be happy.

BE IT:

Select a few days this month to venture out as a family and do things together. Examples might be: take a picnic to your local park, hike some trails, pitch a tent in the backyard and camp out together, or simply get outside and walk the dogs together. Taking time to slow down and spend time together will be time well spent and will allow you to be content with what you already have.

PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.