


DOORKNOB LIFE PURPOSE BOOKS

10 EASY
KEYS  **TO**
UNLOCKING
KIDS'
PASSION
& PURPOSE

TERI HAGGERTY
A GUIDE FOR PARENTS AND TEACHERS

**Dynamic Steps You Can Take to Guide
Children and Teens in Self-Discovery**

What Parents, Principals and Teachers Are Saying About This Book:

“The concepts and methods used in the **Doorknob Life Purpose Discovery books** give youth purpose and direction, which is paramount and of **vital importance for students** in this day and age. It is the missing piece that connects the voids between obtainable information and their life....that **guides them** to know how to turn **information into true knowledge**, which is when one has information and knows what to do with it. The use of the **Doorknob** materials is important for students and teachers with all the changes that are happening in education today by providing guidance, and teaching young people **skills and strategies for a successful life and career.**”

– *High School Principal, Florida, U.S.*

(principal for 10 years in both Middle and High schools, leader of “Grade A” school)

“I liked your ideas for parenting, and the **clear step-by-step ways** that are presented. Writing them down in an organized way was a very good idea. It seems that it would be easy to stay on track, which means accomplishing the goal, finding and accomplishing one’s Life Purpose. In my classroom I had a large picture of a steam engine on a track. Under it the caption read **“Stay on the right track.”**”

– *Parent and retired principal at public high school, Maryland, U.S.*

“In our fast-paced world, this book is a great reminder to slow down and be a supportive parent who is here to guide our children to know and love who they are... happily I learned a lot about myself in the process!”

– *Parent, and bookstore owner*



“This book is a very practical, **straightforward yet profound look into the life of your child** and will assist you in guiding them to becoming fully alive and reaching their potential, seeing themselves as unique, valued and able to have a lasting impact on their world.”

– *Coach, parent and president of a physical education program for home-school schools*

“The reason I believe this book will be **helpful to both parents and teachers** alike is that many of our children today have limited social and career skills and now we need to address this problem. It is sad that we have children that are not just failing in one class but several classes because the parents have allowed the children to do as they want. I feel that interaction parent/child and teacher/student needs to be improved.

“Think about it, a four-year college has now turned into a five-six year college and 75% of the students do not even go into the job field that they majored in to get their degree. Many students have changed their majors 2-3 times by the time they graduate college.

All of Teri's books will help us to get a better understanding of our child's Life Purpose and help us to help them succeed.”

– *John, parent of one high school and two college students, and business owner*



DOORKNOB[®]
LIFE PURPOSE BOOKS



**10 EASY
KEYS**  **TO**
**UNLOCKING
KIDS'
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& PURPOSE**
TERI HAGGERTY

A Guide for Parents and Teachers



Also by Teri Haggerty:

*Your Key, Your Door:
Life Purpose Discovery Book For Teens*

and corresponding teaching guides:

- *Instructor's Guide for Parents and Small Groups*
- *Classroom Teacher's Notes for Large Group
and Classroom Youth Teaching*

Life Purpose Discovery Toolkit™ (Audio)



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FIRST EDITION

First Printing, 2013

Printed in the United States of America

To order this title ***10 Easy Keys To Unlocking Kids' Passion & Purpose***, please contact:
www.doorknobbooks.com or **www.amazon.com**

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NOTE: In the Appendix, there are several forms that may be reproduced by purchasers of this book as needed for exercises, as instructed.

Cover Design by Kathy Lyon

ISBN: 978-0-9856235-1-7

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*This book is dedicated to the inspiring students, principal and teachers of the Florida (U.S.) high school that was the first school to consistently use my first book, **Your Key, Your Door: Life Purpose Discovery Book for Teens**. Over 300 students at this school have used this book to discover how to live a life that will bring passion, fulfillment and purpose throughout their lives.*

Also, to other passionate adults that have inspired me and repeatedly requested an easy parent's and teacher's guide to use to lead their young people to a fulfilling life: Rick W, Sally V, Shalawn B, Sharon C, Laurie M, Bob G, Johnny C, Steven R and my faithful advisory team Ed, Mike, John, Taylor, Honor, Richard, Charlie, Annalee, Trudy and Denny.



How Do You Nurture LIFE in a Child?

Congratulations for taking the initiative to help a child you care about. ***It might be your own child, or one that you know*** through home, school, church, or elsewhere, ***but for the purposes of this book, you are making this child “your child.”*** Young people in our world today need adults around them who will take the time—with unconditional love—to help them discover their uniqueness and value as they grow. With the right guidance from a caring adult, children can discover that ***they hold the key to creating good in their lives and futures*** through understanding the personal power of vision and action. By following the guidance in this book, you will truly make a vast difference throughout “your” child’s life.

Start by really “seeing” your child:

L = LOOK consistently at the experiences your child enjoys, is passionate about or drawn toward. Then...

I = INQUIRE about what those experiences mean to your child and how it makes him or her feel. Next...

F = FOCUS with faith in your child’s unique value and help him or her focus on their priorities. Finally...

E = EMPOWER your child by encouraging his or her natural ability to succeed, and helping open doors for him or her.

Once you start to really “see” your child, you’ll discover that the **“10 Keys”** in this book really will be easy and fun... and at the same time, a powerful way to unlock your child’s passion and purpose.



Acknowledgements

Thanks to the 2012 request by the magazine *Natural Awakenings* for me to write an article on cultivating kid's passion in life (published in Nov. 2012, Pensacola FL) the idea for this second Doorknob book was born.

The need for material on this subject was clear and sought after by adults from many walks of life. My heartfelt appreciation to two beautiful people; my graphic designer Kathy and my editor Trisha for their huge passion to bring this series of life changing books to all ages. Without them these messages and tools would never reach the waiting hands and hearts of the parents and educators of our world.

And again my heartfelt humble thanks goes to that inner voice that speaks and guides me what and how to write the messages needed globally today.



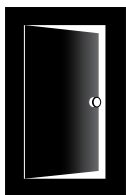
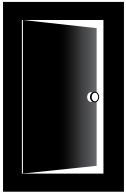


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Teri Haggerty

HELLO, and THANK YOU, parents and teachers, for making the decision to use

10 Easy Keys To Unlocking Kids' Passion & Purpose.

I welcome you to join me in the magical exploration of helping the children you care about discover and live the life they were born to live.

During the last 30 years, the first ten as a home and public school teacher, and for the last twenty years as a business consultant and certified Life Coach, I have enjoyed many hours working with teens and adults. I have led people of all ages to discover and live the life they want to live and develop the habit of the **“magical life”** of being **themselves**. Some of my other experiences that are the foundation for this book are working as an Organization Development Consultant (MBA, ODL University of West Florida) for Walt Disney World Magic Kingdom, Tulane University, Westinghouse-Hanford, Whirlpool Corporation, and as a Professional Certified Coach (PCC International Coach Federation), Juvenile Justice System in Florida, and many individual youth and adult coaching clients.

I truly believe the ideas in this book will **enhance success** in the **field of education** and **current methods of parenting**. This book will teach new ways



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to deepen awareness and skills of supporting, interacting and teaching leadership and responsibility to young people. The result will be a world filled with individuals who are passionate about their life and experience daily and consistent satisfaction, fulfillment and well-being both in their inner-being and interaction with others.

In our business lives, we adults are pretty “bottom-line” focused in our work styles and communication, i.e. “stick to the facts,” “be brief,” “time is money,” etc. But in our **personal lives** and **at school**, that may not serve us so well. In the family and school setting, children need us to take the time to really “see” them and listen to the deep feelings and dreams that they have for their lives. On this foundation and in this space, relationships and young people prosper.

Here and **now** is a perfect place and time to begin your journey to learn more about the wonderful unique person your child is—whether you have one child, several or a whole classroom full! You are right on time with this experience! **Helping them to be the unique person they are is an essential gift that helps a child to breathe a sigh of relief that they have one person who understands them, and a place to relax and be appreciated for who they really are.**

I suggest you read the **Introduction, Conclusion**, and briefly all the **Keys** before you begin this wonderful journey of “seeing” your child. Thank you for caring enough to join me in creating that positive place for all of us to live and thrive.

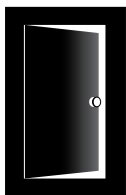
Teri Haggerty





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Introduction: Being Like Sherlock Holmes

Whether you are a teacher, parent, grandparent, coach, counselor or youth leader you probably have a natural desire to create a lasting impact by helping young people reach their fullest potential. Following clues like the famous Sherlock Holmes detective will help you discover valuable information about your young person that will help them unlock their inner potential.

Young people today can feel stressed and confused as they navigate the many life transitions from childhood to adult. In spite of our best intentions, we sometimes assume we know what our young people are experiencing and are most passionate about, and often we have made incorrect or incomplete conclusions.

As a parent or teacher, one of your most important roles is to lovingly explore with your young person, in a quiet unassuming way, the **essence** of who your child really is. This role of facilitating opportunities and opening doors for them to explore and make discoveries about themselves is a rewarding endeavor.

One of the greatest gifts we can give children and young adults is to help them understand and integrate their life experiences, providing **unconditional love** during this process.



This facilitates their journey to clarify on a daily basis:

1. **who they are**, and
2. how to best **express themselves** in healthy fulfilling ways that fit them.

In this book you will discover powerful techniques and information that will help you be successful in guiding your young person to life success, inner-harmony and wellbeing.

Specifically this book will provide:


🔑 **Ten easy “Keys”** that create a natural way to relate to your child on a daily basis. This will enhance their understanding of who they are and encourage them to create, clarify and follow their vision toward their ideal future.


🔑 **Clear actions** you can take to create opportunities your child can use to build skills for living with vitality throughout their young years and naturally transitioning successfully into young adulthood.

🔑 **Non-intrusive ideas** that will show your commitment to their lives as they instinctively know this is important to their personal development and future success.

🔑 **“Keys” (Chapters)** that can be completed in any order that seems best. Some users mark the date they journal in a section for future reference.



 **Techniques of discovery** that are similar to trying to find out what someone wants for their birthday or Christmas without them knowing you are on this quest. If your young person wonders why you are asking your questions, you may explain your intent to understand him or her better because you truly care and love them.

 **Methods** that can be used by adults such as parents, teachers, family members and youth program leaders that are easy and enjoyable as you learn key skills to help your child. The results will lead to years of rewarding experiences as you watch your youngster move into successful adulthood and in turn give back to others in his or her own special ways.

For those that desire a more detailed exploration of these ideas with weekly step-by-step exercises for youth, please use the book **Your Key, Your Door, Life Purpose Discovery Book for Teens** by Teri Haggerty at www.doorknobbooks.com or www.amazon.com. This engaging 20-chapter workbook will give you and your young person specific **exercises for the young person to do** to understand their unique Life Purpose and how to apply this purpose in decision making and life planning. Each chapter takes about an hour. A detailed instructor's guide is also available as a free download from the doorknob books web site. User testimonials describe the book as fun, easy-to-use, powerful and rewarding. This book is ideal for youth ages 8-21.



Current Research

The recent Gallup Student Poll, published in 2012, cites their ten-year study showing three critical factors for student success: **hope, engagement** and **well-being**. **Hope** was attributed to be a more robust predictor of college success than high school GPA, SAT and ACT scores. **Engagement** and **well-being** scores predict their probable success in high school and beyond. Only one third of all students tested by Gallup currently have these three combined factors.

By using this book, you can help your child increase these three important factors—**hope, engagement** and **well-being**—on a daily basis, which may also benefit their scholastic experience as a natural outcome.



Key Facts: Essential Concepts for Success with this Book

1. Young people have an important need that may be far above those we normally assume are top priority. This critical need is to be deeply **“seen”** by significant others around them. This “seeing” is simple to do.
2. “Seeing” is done in moments of time when you ***pause, with unconditional love, to be deeply present and aware*** of your child in whatever they are feeling or doing. Take an opportunity to ask and notice what an experience means to your child. Don’t be surprised when often it may have a different meaning to them than what it may appear to you. Their answer is always right in their mind, no matter how much you may not understand.
3. Using this book it will be easy to ***record, organize and reflect*** on the ***discoveries*** you make about your child. ***This is your work not theirs.*** Using these **10 Keys** you will learn to **“lovingly see”** your child by asking what an experience means ***to them***. This will become a healthy habit as you practice. Each **“Key”** provides powerful questions that will help you and your child to see, clarify and cherish their unique talents, personality traits and emotions. Take moments along the way to show love by celebrating their uniqueness.
4. Instead of viewing your child’s experiences in terms of success or failure, you and your child can ***choose to value all their experiences*** as perfect



opportunities to examine and make on-going choices that best fit who they are. Release the tendency to judge your child or their experiences. In this loving, supporting space, give them room to **explore** and **gain wisdom** from the outcomes of their varied choices each day. In this way they will learn the skills that bring them joy and balance in life, walk with courage and focus, and find their own ways to give back to others. Remember, your child **cannot “fail”** because they are **learning**, and learning is what success is all about. Success is simply the joy of life’s journey regardless of what “appears” to be a success or failure.

5. Even the “toughest” child will respond in time to these inspirational techniques as a way to explore their unique value to themselves, the earth and humanity.

6. Remember each child is here for a reason often unclear to us when they are young. The daily gift we can give them is to lovingly guide them on a path of learning self-leadership, how to live a purposeful life of **being who they are**, faithfulness to their **unique** qualities and values, and discovering ways of giving back to others.

7. Remember that a life is only limited by thinking and beliefs. Children are not usually as hindered by these limiting thoughts until they get older. You may help your child by modeling a **positive** and **abundance mindset** that enhances the child’s growth. When you notice fear-based thoughts arising in your mind, choose instead to speak encouraging words to your child. You may not know how their vision will work out, but





give it time, a little faith, encouragement, and watch as their journey unfolds. Some dreams take time to materialize and it is a person's sustained belief in their dreams and goals that brings them into reality.

8. There are many books that guide parents and teachers in their role and responsibilities for the health and care of children. This book will not review those teachings, but rather ***goes much deeper*** to the critical aspect of ***caring for the heart and soul*** of young people so they learn to have a sustainable sense of ***well-being***, growing up as powerful thinkers and courageous decision-makers, who are ***engaged*** in healthful ways with school and life.

9. Your child will learn to own ***personal responsibility*** for their choices, healthy attitudes and well-being.



10. These personal responsibilities will help your child learn to live a life of hope, passion and purpose.

Creating awareness of their gifts and how to use them puts them on a path to a life of health and happiness.

11. Once aware of their gifts, your child can begin to discover their future career path, leading to improved ***engagement in school*** and ***enhanced scholastic success***. Thus, the ***motivation for success comes from within*** them as they see how their classwork specifically fits into their future life path.

12. The ***10 Keys*** will give you guidance to asking ***powerful questions*** in ways that are safe and valuable, making your job of parenting or teaching much easier and more joyful.

13. *Bottom-line desired result for parents:* To learn the practice of continually and lovingly ***seeing*** your child and helping them naturally clarify who they are and how to live a life that fits their unique ***essence*** of being.

14. *Bottom-line desired result for teachers and others:* Student engagement with your teaching will increase as they understand why your subject is important to their journey toward their ideal life and career. Behavior problems often subside as the student becomes more focused on your curriculum or program.



Book Design and Ultimate Purpose: A “Take With You” Parent/Teacher Companion

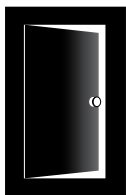
This powerful little book was deliberately designed to be **small, easy to carry and available**, so you can **IMMEDIATELY JOURNAL** the words and essence of your child’s experience so they are not forgotten. It’s amazing how you think you’ll remember a few words your child said, only to find that later the **exact** words and meaning have slipped away. The exact words are important and give the best clues to specifics of your child’s inner thoughts, and true insights into who they are.

When working with a client in my coaching practice, I am always **ready to write when a client says something**, for I’ve discovered that often the heart speaks **once**, and when I ask them to repeat, they can’t remember exactly what they just said. Profound wording and depth can easily be lost. As you become a “coach” to your child by using this book, practice developing this invaluable habit of preparedness, deep listening skills and journaling!





10 10 Easy Keys To Unlocking Kids' Passion & Purpose 
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Key 1: Discovering Your Child's Dream Life List



- Over time, consistently take a few minutes when you and your child are together to ***ask your child what are some things they envision doing, experiencing or how they would like to help someone/something in their lifetime.*** This is like the “***bucket list***” you may have heard about.
- Make this a natural conversation, possibly when you are traveling or during a relaxed time together. This may happen over several days, weeks or months to get an abundance of ideas. Invite them to tell you later as they think of more!
- Remember to never criticize their ideas. Lovingly watch their hearts open like flowers to the sun with your questions! Your unconditional love, genuine curiosity and focused “seeing” are like rays of sunlight warming their souls.
- ***As quickly as possible, record*** what your child shares with you on the lines on the next page. This is not an assignment for them to do, but rather a place for ***you to record*** so you remember what they said. (If you desire exercises that your young person will do themselves, consider exploring the ***Your Key, Your Door*** book, mentioned in the introduction). This will give you a few beginning clues to your child's path of life choices. Keep these ideas ***confidential*** between



you and your child unless they give you permission to share with others. If, for some reason, you don't have this book with you at the time of your conversation, write it on a scrap of paper and re-write into this journal as soon as you can.

Journal: Your Child's Dream Life List and Date of Entry



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



**Journal: Your Child's Dream Life List
and Date of Entry** *(continued)*



13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____



Now, let your child be an example for *you* to broaden your horizons! Even though you are an adult you too can reach for your heart's desires! Kids see no limits until they learn them from adults. Follow their example!



List a few things ***you*** would like to do, experience or help accomplish in the next few years of your life!

Journal: Parent/Teacher Dream Life List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



Make it visual, for real inspiration!

If desired, you can help your child to use a large piece of poster paper and cut and glue pictures from magazines of places and experiences they would like to have in their lifetime. This activity can be done over a length of time. Be interested in their picture choices, and avoid judging, criticizing or discouraging their selections.



Post this board where your child can see it everyday. A vision board like this begins the attraction process of these things and can inspire your child to begin moving toward these experiences with inspired planning and actions. Let this happen naturally! Help them expect good things—like the pictures they’ve chosen—and more good things and experiences will come to them. ***Life is good if you expect it to be!***





Spare Key 1: Your Child's "Love Languages"

Five Different Ways To Show Love

The theme of this book is that what your child or young person needs more than anything else along with being “seen” is to be **loved unconditionally by at least one person**. By choosing to use the **10 Keys** described in this book, you have chosen to be that adult in your child’s life. Feeling, seeing and understanding any person is a basic element in being able to love them. This is especially true for children and teens.

As you seek to understand your child more deeply, your communications—including using the exercises in this book—say to your child that they are loved regardless of their behavior or attitude, and that your love does not depend on what they have done or are doing.

Young people have a “cup” that holds the love they receive from others. This cup of love needs to be filled consistently as it empties on a regular basis.

There are five basic ways to communicate love to a young person. The five specific “love languages” concept describes how to make sure all these basic loving ways are covered in your actions and attitude when connecting and reaching your child.



Journal: My Child's Preferred Love Languages



Now that you have reviewed your journaling and have developed the awareness to identify how the love languages reveal themselves in your child, look for other examples in their day-to-day actions and relationships that reflect the five love languages:

Example 1: _____

Love language: _____

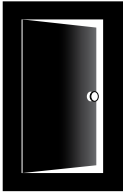
Example 2: _____

Love language: _____

Example 3: _____

Love language: _____





Spare Key 2:



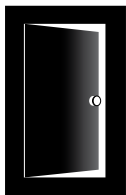
The Importance of Connecting Your Child with Nature

As parents or teachers, we need to be aware of the importance of helping children of all ages ***spend time in nature in an up-close and personal way.*** Author Richard Louv's recent book *Last Child in the Woods* teaches the benefits and concepts of this important **Key** for children's healthy growth and development.

This concept of spending time in nature was taken for granted in former generations, as it was often a necessity of life and time out-of-doors was a normal daily occurrence.

For children (and adults!) being in and interacting with nature brings healing, a sense of peace, a place all their own where they can think, reflect and release the stress of today's fast-paced life. Research clearly shows





Conclusion: **A Cry of Their Heart: “Please See and Hear Me Deeply”**

Congratulations for being such a caring person for your child by using this book. Even if you did only part of the **Keys**, you have made a beautiful and profound difference in their lives forever!

The little natural conversations suggested in this book are practical ways to hear your child’s heart. Paying attention to your children and young adults in these ways allows you to guide them along the pathways that fit them. “Seeing” and “Hearing” your child deeply over time—regardless of their occasional acting-out behavior—is healing and brings strength to children.

Taking time to do this will make your parenting or teaching role so much easier, and can be key to keeping you close to your young people through your time with them, with far-reaching implications throughout their lives.

A Personal Note to Parents and Teachers:

Thank you for joining me on this journey to wholeness in your child—no matter where or in what country you live, whether at home or in the classroom.

They are part of the balance of life and learning to be who they are is critical for the world to be a good place for everyone.



Remember to Celebrate with Your Child

Celebration is the key to keeping the cycle of productivity moving along for us all. Teach your young people to notice and celebrate the special qualities about themselves and the little and big things they accomplish. Celebrate that being who they are makes a profound difference in their life and the world.

Each person is unique and needs to see clearly who and how they benefit the world by just their presence and living the life that fits them. Like a piece of a giant



puzzle we each have a very important part to play in making the world a place of happiness and peace for all that share our wonderful planet.

Animals seem to know just where and how they fit into the balance of life. Now it is time for all of us to follow their example and excel

with our individual, wonderful talents to expand our world into the next level of all it can be!

Be blessed as you begin the most important opportunity of your life—discovering the wonderful children that fill your life with wonder and joy.



The 10 Easy Keys:

KEY 1: Discovering Your Child's Dream Life List

**KEY 2: Exploring Life Purpose Awareness—
The Key to Success**

**KEY 3: Using Spare Time—A Valuable Asset
for Learning Life Skills**

KEY 4: Celebrating Natural and Learned Skills

KEY 5: Seeing Into Your Child's Future Career Path

KEY 6: Seeing the Life/School/Career Connection

**KEY 7: Developing the Habits of Tenacity and
Perseverance**

KEY 8: Noticing How Your Child Makes a Difference

**KEY 9: Building Communication Skills—
Genuine Listening**

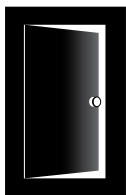
KEY 10: Using The Hero Connection

Plus...

SPARE KEY 1: Your Child's "Love Languages"

**SPARE KEY 2: The Importance of Connecting
Your Child with Nature**





Appendix

This section contains support materials to use with the **10 Easy Keys** and **2 Spare Keys** to enhance your experience and success.

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| My Perfect Day— Examples from 9th Grade Students | 123 |
| Activities/Hobbies: What gets YOUR CHILD excited? | 126 |
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| Thank You Note Writing Instructions | 130 |



More Resources from Doorknob Books:

YOUR KEY, YOUR DOOR

Life Purpose Discovery Book for Teens

(YKYD) for middle and high school students.

120 pages of exercises and activities in an 8-1/2" x 11" format, ***ideal for individual youth ages 10-21***, or can be used in a ***classroom setting***. Written to conform with most state curriculum standards.

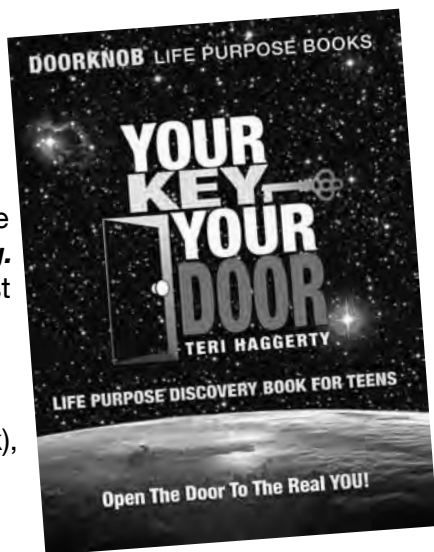
Designed to be completed in eighteen weeks (with a five-week optional fast-track), this book will help young people with a step-by-step process to:

- Discover and write their unique ***Life Purpose*** and how to really ***LIVE*** it
- Learn from examples of 19 successful people who are following their passion
- Explore and learn about ***career options*** and experience ***job shadowing***
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- Develop ***communication***, time & money management skills

Youth who used this book have enhanced the critical success factors of ***hope, engagement, well-being*** and ***personal responsibility***.

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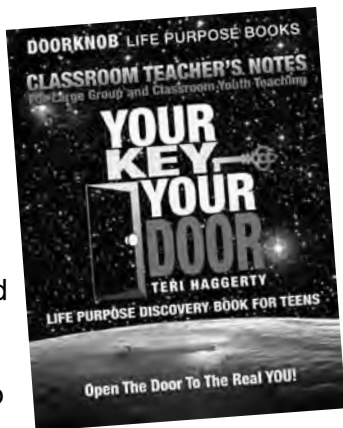
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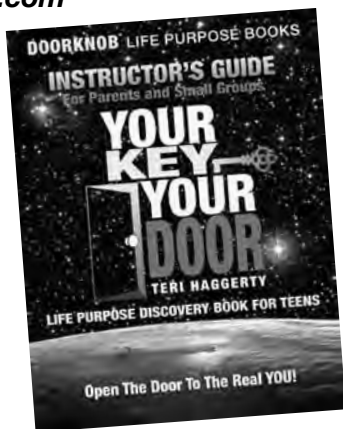
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10 EASY KEYS

A GUIDE FOR PARENTS AND TEACHERS

TO UNLOCKING KIDS' PASSION & PURPOSE

TERI HAGGERTY

MBA, PCC, ODL



Teri Haggerty is an in-demand professional certified coach, (PCC, International Coach Federation), strategic planning expert and motivational speaker. She is a former

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➤ Encourage habits of perseverance and success in a natural way

➤ Learn techniques to guide young people for life and career readiness, and smart use of spare time

➤ Communicate love that truly reaches their hearts at all ages

➤ Nurture your child's important relationship with nature

THIS BOOK IS A MUST-HAVE COMPANION FOR PARENTS, TEACHERS AND ANYONE WHO CARES ABOUT YOUNG PEOPLE'S HAPPINESS AND LIFETIME SUCCESS

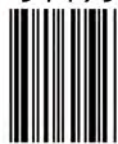
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