

5 Key Secrets To A Happier Home



1. GRATITUDE
2. KINDNESS
3. EMPATHY
4. SERVING OTHERS
5. POSITIVE REFLECTION

=

the key building blocks to

RESILIENCE & HAPPINESS



BUT...

**how do we create a culture of
gratitude, kindness, empathy, serving others &
positive reflection into our family home?**



5 KEYS

1

CULTIVATION

2

TIME ALLOCATION

3

CONSISTENCY

4

FUN & ENGAGING

5

MODEL



1

CULTIVATION

Practice cultivating positive habits (gratitude, kindness, empathy, serving others & positive reflection) as a family on a daily basis.

Regular, conscious practice overtime will form habits of gratitude, kindness, empathy, serving others & positive reflection.

Compounded overtime you and your family will notice you can think quicker to reframe things when adversity comes.

GRATITUDE IS USELESS UNLESS YOU PRACTICE



2

TIME ALLOCATION

Allocate 2 - 10 minutes a day to spend with your children to carry out a positive habit forming activity.



3

CONSISTENCY

The positive habits must be practiced and cultivated on a consistent basis to form a habit.

An activity, a talk on gratitude every now and then will not make it part of who you are or who your child is.

YOU MUST BE CONSISTENT!



4

FUN & ENGAGING

If the short 2 - 10 minute daily activities are boring and repetitive your child and even yourself will not be engaged. Resulting in the activities not having the positive outcome as desired.

**BE CREATIVE TO MAKE IT FUN
BRING VARIETY
FOR ENGAGEMENT**



5

MODEL

As parents/caregivers your child looks up to you. You need to model habits and actions that cultivate gratitude, kindness, empathy, serving others & positive reflection.

INVEST

2- 10 MINUTES A DAY AND MODEL THE POSITIVE HABITS TO YOUR CHILD



BONUS

ACTIVITY!!!

To get you started.

**THE ACTIVITY COMPLIMENTS OUR
"HABITS OF HAPPINESS WHEEL"
ACTIVITIES**



STOP. THINK. APPRECIATE

WHAT YOU NEED:

- Small coloured sticker labels

ACTION:

- Identify things around your home that you are grateful for. For e.g; food, electricity, clean drinking water, bed, etc (really lower the bar).
- Each family member places a coloured sticker label on what you have chosen.
- The idea is that the coloured label is a reminder of all the things in your home that you can be grateful for.
- When you and your child notice the labels, you are encouraged (and encourage your child) in your mind to **STOP, THINK & APPRECIATE** the small thing you have that millions of others do not.
- When you are feeling down, as a way to feel happier focus on the labels and be reminded of how lucky you really are.
- It's a small shift in thinking that makes a huge difference.



Further Information

If you would like to learn more about how
to embed a culture of gratitude in your
home go to

go.growingwithgratitude.com.au/gwgfamilly

