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

CULTIVATION

TIME ALLOCATION

CONSISTENCY

4
FUN & ENGAGING





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

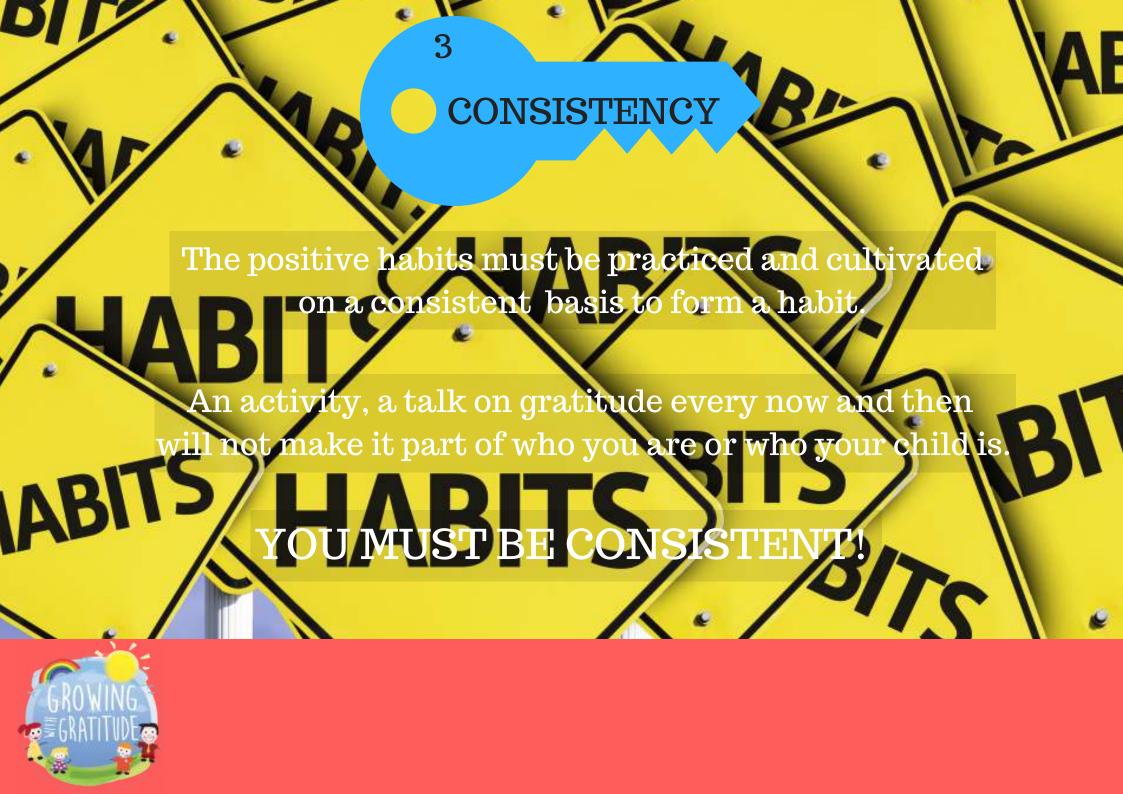




Allocate 2 - 10 minutes a day to spend with your children to carry out a positive habit forming activity.







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



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/gwgfamily

