Trailmap For Life™ **helps us...**

✓ ***Identify***

✓ ***Understand***

✓ ***Navigate***

...The 10 most important topics in life

www.Trailmap4Life.com

To Parents & Kids:

The relationship between a parent & child is truly remarkable and the impact it can have on each of us is **life-changing**. The middle school through college years are **critical** for our **kids** as they begin to *chart their course through life*.

Unfortunately, we're left to navigate many of the challenging areas in life with *little to no training or instruction* - this is what often leads to many of us **learning life's toughest lessons the hard way** – lessons that could have been avoided with the *proper training*.

It was this realization that led to the development of Trailmap for Life – a program to help parents & kids ***identify, understand, & navigate the 10 most important topics in life***.

It can truly **change** the **lives** of all **participants** – we are excited that you are **joining us** for the **adventure** of a **lifetime!**

Sincerely,
The Trailmap Team

Trailmap for Life Topics

- This program covers the *"best of"* segments from the 10 session Trailmap for Life video series (topics below).
- Importantly, you have ***FREE 24/7 access*** to *all* Trailmap sessions ***anytime***, ***anywhere*** convenient via the **Trailmap App**.

CORE LIFE TOPICS

Money: This session teaches **critical aspects** of **managing money** to help you get the most out of your income. 76% of US households live paycheck to paycheck, and easy-credit financing can create a growing snowball of devastating debt if you don't follow key financial principles.

Health: This session covers **core aspects** of **nutrition** & helps us make better food choices that still taste good, but can make a difference in our overall health & weight. When it comes to **fitness**, consistency is more important than intensity, so we'll help you identify a fitness plan that is fun & sustainable.

Time is our most precious asset, so we have to spend it wisely. After accounting our weekly hours for things we have to do, there aren't many hours left over. This session helps us evaluate our use of time & how we might manage it differently in the future to live life to the fullest and accomplish the Purpose & Goals we identify for ourselves during the program.

KEY RELATIONSHIPS

For our **kids & single parents**, the 4th topic covers **Dating:** What to look for when dating someone & how to treat them while dating. For **married parents**, this session will give you **insights** into **your relationship** with your **Spouse** that can **transform your marriage** in an incredibly positive way.

Our Family is our team for life. Just like playing on a sports team – as a family we'll have wins & losses, teaching & training, and players who encourage and back each other up. It is critical to invest the time & effort to maintain strong relationships with these significant sources of love, friendship, wisdom, & enjoyment.

Our Friends rub off on us - for better or for worse. They have an incredible influence on what we do, how we think about things, & how we see the world. This session teaches us: 1) To choose our friends carefully, 2) How important close friendships are, & 3) How to build and maintain friendships.

Community describes additional relationships that help us & others make the most of our life's journey. These relationships include: a church, a small group of people who share your values, volunteering our time & talents for causes that are important, and mentorship.

YOU

Faith and our relationship with God creates a solid foundation that enables a life that is happy & fulfilled. We'll explore this topic in a way that will provide you with valuable insight, regardless of where you are on your personal journey with God.

Our Purpose is critical in both setting our direction & managing our daily decisions during each stage of our life. In this session, we'll talk through what we want to accomplish in life & how we might use our unique **strengths & talents** to make a positive impact in the world.

Our Character reflects who we are at our core (Are we honest, kind, loving, & humble?), and includes our **attitude**, the single-most important determinant of success in both our professional and personal relationships. Here we'll explore how our character & attitude affect everything that we do: our **work**, **relationships,** & overall **happiness**.

SESSION 1:
Trailmap Overview

KEY BENEFITS:

TRAILMAP™ is a life skills program that helps us:

- Successfully _____ life's critical topics.
- _____ our time & maintain a healthy life balance.
- Strengthen our _____ both in our family & with others.
- Develop a customized _____ to implement what we learn.

KEY PRINCIPLES:

- _____ is required for any challenging journey, through tough terrain, or life.
- Our choices have _____.
- The best way to navigate critical topics *(on this journey or in life)* is to _____ them.

CRITICAL SIGNS ALONG THIS JOURNEY:

Trail Marker — **Important Life Skills to Know**

DANGER — **Areas of Extreme Danger in Life**

Fun activity: "You're Hired!" competition

Situation: **Kids:** You need a job to earn money for a big upcoming trip.

Parents: Are bosses at businesses with job openings.

Objective: It's a **competition** for each kid to **get as many job offers as possible in 5 minutes** by having bosses say **"You're hired!"** at the end of each interview.

How to receive a "You're Hired!"

1. **Approach** with **confidence & good posture** (standing tall)
2. Comfortable **smile** & **eye contact** (while **extending** your **right hand** & **introducing** yourself)
3. Offering a **firm handshake**
4. Asking an appropriate **'ice breaker' question** (*"What do you like to do in your free time?"*) & standing still **& maintaining eye contact** while boss answers it... the boss will then ask you the ***same ice breaker question*** for **you to answer**...

Notes:

- **Groups:** For parents & kids going through this as part of a group, kids rotate among as many parents as possible to maximize job offers. At the end of five minutes, identify & recognize the winner!
- **1 on 1:** For parents & kids going through on your own, kids will have multiple interviews with their parent(s) and will have to ask a different ice breaker question each time they approach them...
- **Goal for both:** To see how many job offers our kids can get in 5 minutes!

1. **Why are these skills so critical in both our personal & professional lives?**
2. **Parents: Share the impression it makes when someone does this well versus poorly.**

Once you've completed your discussion, **press "PLAY"** to continue the rest of the session.

SESSION 1: (part 2) FRIENDS

Key Theme: Our FRIENDS rub off on us- for better or for worse- & the stains can be permanent...

How do you choose good friends?

You're looking for:

- ***Great character*** *(morals, values, etc.)*
  - *Choices they make: in & out of school, home, & work.*
- ***Like-mindedness***
  - *In terms of: having similar interests/sports/ activities, or who they hang out with.*
- ***Foundation & direction***
  - *Friends with similar goals who can help you grow in your faith - following God & his path for life.*

When it comes to friends:

"Quality is more important than quantity."

When we hit hard times, we need at least **ONE CLOSE FRIEND** & we can't build this overnight.

- *That's why taking the time to choose friends carefully in MS, HS, & College is so important.*

Trail Marker

Adults & Kids:

If our friendships aren't **strong**, they don't do us much good...**make sure you have at least one "3 am" friend:**

Having even one *"3 am friend"* is better than several superficial friends.

FRIENDS

Parents discuss with your kid(s): (10 minutes)

1. Are the **friends** you're hanging out with **good** for you?
2. Parents: Share the impact friends have on us in MS, HS, & college...

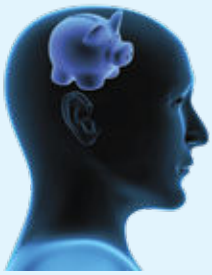
For those going through this as part of a group, parents will discuss this question first with their kid(s), then as a group (5 minutes)

*Once you've completed your discussion, press **"PLAY"** to continue the session video.*

HOW RELATIONSHIPS WORK

Every relationship in our life is built one conversation at a time.

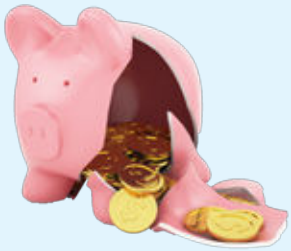
Our Emotional Bank Account:



Every time we meet someone we open an '**emotional bank account**' with them & it lasts for the rest of our life.

- Every time we have a **good & positive interaction** or **conversation** with someone:
  - They might deposit 1 or 2 credits into our "*emotional bank account*" with them...

- However, for every **negative interaction:**
  - We may **withdraw** 1, 2, 50, or even **500** credits *depending on the severity of the interaction...*



5 Easy ways to be a good friend & make new ones

Reading recommendation: "How to Win Friends & Influence People" by Dale Carnegie.

Here are some **key themes** from it:

1. **Smile often** & **easily**... be **warm** & **approachable**.
2. When you meet someone for the first time, **look them in the eye, smile & ask them about themselves**, *e.g. "What do you like to do in your free time? Or, "Did you grow up around here?"*
3. *Be a **good listener**; encourage **others** to **talk about themselves**.*
   - *__Talk__ about the __things they are interested in__ & __resist__ the __temptation__ to __talk too much about yourself__, your accomplishments, possessions, etc.*
   - *Maintain a __comfortable level__ of __eye contact__ during conversations.*
4. Make the other person **feel important & treat them with respect**.
5. **Never criticize others** or **complain about things**.

Life Plan

What is one thing I am going to do differently in this area of my life?

(this could be a SHORT-TERM GOAL or something you want to do during your LIFETIME):

LIFE CHECK-UP

Take **4-5 minutes** to rate yourself on a scale from 1-10, with **10 = 'Doing Great'** and **1 = 'Needs Improvement'** in each of the topic areas below. Then find a quiet place to **get together, parents with your kid(s),** to **share each of your ratings & why** you gave yourself that rating. **Parents:** this is a great opportunity to share your **wisdom & life lessons**.

			Rating
YOU	Faith	**How's my relationship with God?** Are the people I'm spending time with **strengthening** or **weakening** my relationship with God?	
YOU	Purpose	Are the **people & things** that are consuming my **time truly important?** Which things align (or don't align), with my **goals & priorities** in life? Examples?	
YOU	Character	How are my friendships affecting my **character?** Do I like what's **rubbing off on me** from my friends?	
KEY RELATIONSHIPS	Dating/Marriage	**Kids/Single Parents:** How are my **friendships** affecting my **thoughts** about **dating?** **Married Parents:** Are any of my **friendships** having a **negative effect** on my **relationship** with my **spouse?**	
KEY RELATIONSHIPS	Family	How's our relationship as a **family?** Do I feel like we are all good **friends?** Discuss as parent & child: What could we do to strengthen our family?	
KEY RELATIONSHIPS	Friends	Do I have at least one ***"3 am friend"?*** Who's my **"1"** ***super-close friend*** I could *talk to about* ***anything?*** Am I being a good friend to others?	
KEY RELATIONSHIPS	Community	Do I have a family memeber who can give me wise advice as I navigate life? Parent & child discussion: Why is this important? Who would I look to for wise advice?	
CORE LIFE TOPICS	Money	How are my friendships affecting my spending decisions? Am I **buying things** I don't need to **impress** them?	
CORE LIFE TOPICS	Health	How are my **friendships** affecting my **food choices**? Do I have **friends** I **exercise** with regularly *(doing very active things for 30 minutes or more each time)*?	
CORE LIFE TOPICS	Time	Am I managing my **time** wisely? Enough time with **family? Enough** or **too much time** with **friends?** Am I **going out of my way** on a regular basis to **do things** for my **family, friends, & others?**	

SESSION 2:

Before beginning today's session video, parent(s) & their kid(s) will take 3-5 minutes to share their Top 10 Award with each other.

TOP 10 AWARDS

Parents: Think of 1 thing your child has done recently that **really impressed you.** Then **share** with them *what they did, why it made you proud, & how that kind of behavior will benefit them* in life.

Kids: When your parent has finished sharing their Top 10 Award to you, take a moment to **thank your parent** for **1 thing** *you really appreciate* about them.

Feel free to write these in the Top 10 Award boxes, then enjoy today's session video!

Parents to complete:

My **Top 10 award** to my **Child** is:

Kids to complete:

My **Top 10 award** to my **Parent(s)** is:

MONEY

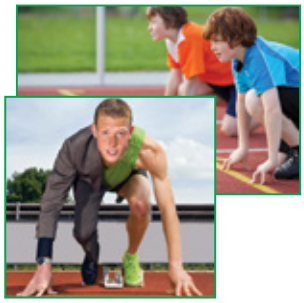
Key Theme: Money can't buy happiness. Debt is destructive.

MYTH #1: Money is all we need to be happy...

- This isn't true... the problems simply change.

- Studies show that after meeting average thresholds for ***food, water, shelter, & safety,*** *additional income doesn't bring additional happiness!*

MONEY



MYTH #2: Money & things indicate success.

- We often compare ourselves to others, inaccurately thinking that **money & appearances** indicate how successful we are- but we need to be happy with who we are...

- Our value & happiness does not come from 'stuff'... the things that bring the most satisfaction in life can't be bought *(faith, family, friendship, love)*.

MYTH #3: Possessions are central in one's life.

- We often find ourselves chasing that next purchase or the status or happiness we think comes with it...this kind of happiness doesn't last.

- True contentment can't be 'bought'...it comes from knowing God loves us & has a plan for us... & it stays with us, regardless of our circumstances.

Money... Important things to understand

✓ Every time we buy something, **we're trading hours of our life** that we'll have to **work** to **pay** for it ...

  ✓ Each time, we need to ask ourselves first, ***"Is it worth it?" & "Do I really need it?"***

✓ Research shows that individuals are **happier** & **more satisfied** when they spend money on **experiences** with others, not **things**.

Money...
Important things to understand *(continued)*

✓ **Small purchases can add up to big dollars -** *look at the **$2 million example below!***

- If you have to eat out, drink water & never order appetizers or dessert... it's cheaper & healthier!

Cost of Eating Out	***Annual Cost***	***Over 35 Years*** *(@ 7% return)*
Daily coffee or snack ($6)...	**$2,184**	**$327,792**
Daily lunch at local restaurant with drink ($12)...	**$4,368**	**$655,584**
Daily dinner at local restaurant with drink ($20)...	**$7,280**	**$1,092,640**
Daily soft drink or bottled water & snack ($6)...	**$2,184**	**$327,792**
Total Cost of Eating Out + Snacks =	**$16,016**	**$2,403,807**

✓ **Live below your means** – don't try & keep up with friends, neighbors, or co-workers. *Choose activities with friends where you don't need to spend money.*

✓ Seeing what others have can make us ***less satisfied with what we have***... instead, we need to be ***grateful*** for whatever we have.

Kids-Only Budgeting Activity:
My first month on my own...

Budgeting Activity (kids only; parents observe):
In the chart below, take 2 minutes to outline the expenses that you will have in your first month of living on your own:

Monthly Expenses	Projected Cost

My First Month On My Own...

(15 minutes to complete & discuss as a family)

MONEY

Monthly Salary		($40,000 annually / 12 months = $3,333/month)
Monthly Take Home Income *(estimated at 77% of salary)*		$3,333 x .77= **$2,567**

Monthly Expenses	Category	Projected Cost	
Charitable giving to church (at 10%)	Gifts and Charity	$333	
Charity 2	Gifts and Charity		
Retirement Savings (at 10% of take-home)	Savings or Investments	$257	
Short-term Savings/emergency fund	Savings or Investments	$50	
Loan Repayment(s)	Loans	$0	
Mortgage or Rent ($1,120 is avg 1 bedroom rent; $1,300 for a 2 bedroom...$650 with a roommate)	Housing	$650	
Property taxes	Housing	$0	
Home/renter's Insurance	Insurance	$14	
Electric	Housing	$65	
Water/Gas	Housing	$25	
Maintenance/repair	Housing	$10	
TV/cable/telephone	Housing	$0	
Purchasing TVs, other home electronics, etc.	Housing	$0	
Furniture and home décor	Housing	$0	
Security	Housing	$0	
Lawn care/Pest control/pool care	Housing	$0	
Other home-related expenses	Housing	$0	
Car (payment)	Transportation	$0	
Car (gas)	Transportation	$80	
Car (insurance)	Transportation	$280	
Car (maintenance)	Transportation	$30	
Bus/Taxi fare	Transportation	$0	
Groceries	Food	$290	
Restaurants & take-out	Food	$40	
Medicine, vitamins, etc.	Personal Care	$10	
Cell Phone	Cell Phone	$65	
Clothing, shoes, & accessories	Clothing & Accessories	$40	
Health & Dental Insurance	Insurance	$200	
Life & disability insurance	Insurance	$30	
Other health & dental expenses	Personal Care	$0	
Financial support to parents	Care for Elderly Parents	$0	
Gym membership, running shoes, fitness equip	Fitness	$23	
Education	Personal Care	$0	
Computers, phone, electronic purchases	Electronics	$30	
Travel expenses	Travel	$0	
Entertainment: movies, events, etc.	Entertainment	$20	
Hobbies, other	Entertainment	$10	
Dry Cleaning	Personal Care	$0	
Hair cuts, other personal care	Personal Care	$15	
Other	Miscellaneous	$0	
	Total Expenses	$2,567	
	Surplus/Shortfall	$0	

Parents: Get together with your kid(s) to discuss:

- "What did you find important in today's discussion & why?"
- **Question for parents to answer with your kid(s):** "In your experience, what are the most important things to understand about money?"

  *(For those going through this as part of a **group**, discuss this question **first as parent(s)/kid(s)**, then as a **group** (5-8 minutes).*

Debt

1) Debt **enslaves** us...every time we buy something we're selling away hours of our life.

2) Debt **hurts our relationships**... Finances are the #1 cause of relationship stress & a top driver of divorce... they also cause significant issues in families & with friends.

3) Debt **impacts our health**... It creates stress & pressure that produce significant emotional & physical problems *(e.g. high blood pressure, heart attacks, insomnia, headaches, stomach ulcers, severe depression, & severe anxiety)*.

Planning

- Each of us needs an **'Emergency Fund'** with at least 3-6 month's worth of living expenses, as well as key insurance coverages on our home & cars, as well as life & disability insurance, because each of these are critical if trouble occurs.
- Plan & save for **education, large purchases, & retirement**.
- **Save** at least 8-10% of your income for retirement & start now.
- Follow the simple **10/10/80** approach:
  - **Give** 10%, **Save** 10%, & **Live** on the rest (or less).

The important people in our life want **relationships**, not **'rain checks'**... & **time** is the **currency** we have to spend with them...so look at your *bank statement* & your *calendar* to see what your **priorities** really are, and if you need to, make changes right away.

What is one thing I am going to do differently in this area of my life?

(this could be a SHORT-TERM GOAL or something you want to do during your LIFETIME):

*When finished, **parents get together with your kid(s)** to **discuss** each of your answers; then discuss as a **group** (for those participating with others)... then move-on to the **Life-Check Up** (next page):*

MONEY

LIFE CHECK-UP

TRAILMAP for life™ 10 Key Topics To Get Right

Rate yourself on a scale from 1-10, with **10 = 'Doing Great'** and **1 = 'Needs Improvement'**

			Rating
YOU	Faith	**How's my relationship with God?** Am I recognizing that everything I have is a gift from him? Am I giving back a portion to thank him?	☐
YOU	Purpose	Am I allowing my **financial** goals to have a higher priority than my **goals** relative to my **family** or my **life** purpose?	☐
YOU	Character	How's my **character** & how does **money** affect it? Does **money** affect how I **treat others**?	☐
KEY RELATIONSHIPS	Dating/Marriage	**<u>Kids/Single Parents:</u>** Do I know what to look for when **dating**? Do I know how to think about **money** & the impact it can have on dating/marriage? **<u>Married Parents:</u>** How is **money** affecting my **relationship** with my **spouse**?	☐
KEY RELATIONSHIPS	Family	How's our relationship as a **family**? Does my **family** know how to **manage** money well? Does **money** cause problems in my **family**? *<u>Parents discuss with your kid(s):</u> What could we do to **improve this**?*	☐
KEY RELATIONSHIPS	Friends	How are your **friends** affecting your views on **money**? How do your **friends** affect your spending habits?	☐
KEY RELATIONSHIPS	Community	Do you have a **family member** or **mentor** who can give you **wise advice** about **money** matters?	☐
CORE LIFE TOPICS	Money	How am I **managing** my **finances?** Am I ***<u>thoughtfully considering</u>*** **everything I buy** to ensure it's a **wise purchase**? Do I have a **budget** with **%'s** for: **God, long & short-term savings**, & an **emergency fund?** **<u>Parents:</u>** How's my **work/life balance**? Is **work negatively affecting** the *<u>more important areas</u>* of my life?	☐
CORE LIFE TOPICS	Health	How are my **food choices**? Is eating out affecting my **spending** & my **health** negatively? Am I **exercising** at least 4-5 times/week? **<u>Parents:</u>** Is **work** causing **negative health effects** for me?	☐
CORE LIFE TOPICS	Time	Am I managing my **time** wisely? Enough time with **family?** Am I selling away too much of my time in exchange for money (or the hope of money)?	☐

SESSION 3:

Before beginning today's session video, parent(s) & their kid(s) will take 3-5 minutes to share their Top 10 Award with each other.

TRAILMAP for life TOP 10 AWARDS

Parents: Think of 1 thing your child has done recently that **really impressed you.** Then **share** with them ***what they did, why it made you proud, & how that kind of behavior will benefit them*** in life.

Kids: When your parent has finished sharing their Top 10 Award to you, take a moment to **thank your parent** for **1 thing** ***you really appreciate*** about them.

Feel free to write these in the Top 10 Award boxes, then enjoy today's session video!

Parents to complete:

My **Top 10 award** to my **Child** is:

Kids to complete:

My **Top 10 award** to my **Parent(s)** is:

DATING & MARRIAGE

Key Theme: **Choose Wisely Whom You Date - Your Spouse Should Be Your Best Friend.**

When mature enough to **date**, look for someone with:

1. **Same foundation:** Building their life with **God** as their **foundation**.
2. **Solid character:** Attitude, morals, honesty, loyalty.
3. **Personal connection:** Shared **interests**...

Go out with groups of guys & girls who are **like-minded**
(until mature enough for a relationship that could lead to marriage).

What to **avoid**:

- **Sex & sexual activity** until marriage.
- Fishing with the **wrong bait** & in the **wrong places**...
3. **Inappropriate images...**

Parent(s) & Kid(s) Discussion: (7-10 minutes)

Parent(s) ask their kid(s):

What **qualities** should you look for in a person to date? Why are these so critical?

Kid(s) ask parent(s):

What's **1 thing** that you learned about dating that you wished someone had told you?

*Please **PAUSE** the video now & complete the discussion, then press **PLAY** when you're ready to continue.*

SESSION 3: (part 2)

FAMILY

Key Theme: Our family is our team for life.

Our family is like a sports team, *we are a **team** for **life...***

- We can achieve more & have more fun together than as individuals!
- Like a sports team, we win together & lose together & help each other out.

Good coaches & players *work to help each other* become the *best team they can be*.

Questions for kids & their parent(s) to discuss

- *Take **3 minutes** to fill-in **on your own**, then **discuss together** (10 minutes)*
- *For those participating as part of a **group**, follow your 'kids & parents' discussion with a **group discussion of the first 2 questions below**: (6-8 minutes)*

1. What's your **favorite thing to do** (just the two of you) - each child discusses this with their parent(s),

_____

2. Name a **favorite memory** (or memories) as **parent & child** that pops in your head?

_____

3. What are the things that my parent/child do that make me:

Happiest _____

Feel loved _____

Feel sad _____

Note: If you identify something that makes the other person sad, it is important to apologize... "I am sorry that I_____. I was wrong. Will you please forgive me?

Name a favorite memory (as a family) that pops in your head?

_____

What would you like for us to do more of as a family?

_____

1. Make a commitment (as parent & child) to spend **one hour this week doing a favorite activity together**.
2. Talk to your entire family at dinner one night this week to **identify a favorite thing to do as a family**:
   - *Then spend at least one hour in the next 2 weeks doing that activity.*

Once you've completed your discussion, press **"PLAY"** to continue the session video.

FAMILY

Ways to strengthen your team:

1) Be the best team member or coach you can be. When family members make a mistake, we have to forgive them & let it go, otherwise it affects the performance of the entire family...

2) Invest **TIME** in your team. In a family, you spell "LOVE" this way: "T I M E".

3) Maintain a **positive attitude**, because each family member's attitude has a huge effect on the overall family dynamic.

4) Strengthen our bonds between each other by **eating meals together**. *Powerful research shows that having four family dinners a week has an impressive list of benefits.*

What do our children REALLY NEED from us?
They <u>need</u> *love*, *time*, & *training*, and to <u>know</u> three things:

1) That their parents **love** them...

2) To know that their parents are **proud** of them, <u>*for who they are*</u>, not for what they've accomplished...

3) They need to have their parents ***<u>affirm what they are good at</u>***...

Every parent needs to tell their kids: "I love you... I'm proud of you... & You're really good at _____ " (fill in the blank with whatever they truly excel at)...

Life Plan

What is one thing I am going to do differently in this area of my life?

(this could be a SHORT-TERM GOAL or something you want to do during your LIFETIME):

_____

_____

_____

<u>Parents discuss with your kid(s):</u>

- What did you find important in today's session & **why** is it **important**?

  *(For those going through this as part of a **group**, parents will discuss this question **first with their kid(s)**, then as a **group**)*

<u>For Everyone:</u> Once you've completed your discussion, then continue on to the last activity- the Life-Check Up *(next page)...*

FAMILY

LIFE CHECK-UP

Rate yourself on a scale from 1-10, with **10 = 'Doing Great'** and **1 = 'Needs Improvement'**

		Rating
YOU	Faith	**How's my relationship with God?** As a family, do we spend time talking about God & how our relationship with him helps us in life?	
YOU	Purpose	Are the **people & things** that are consuming my **time truly important?** Which things align (or don't align), with my **goals & priorities** in life? Examples?	
YOU	Character	How is my **character overall?** How is it affecting my **family?** Do I like what's **rubbing off** on **them** from **me?**	
KEY RELATIONSHIPS	Dating/Marriage	**Kids/Single Parents:** Are my family members helping me make wise decisions about dating? **Married Parents:** If 75% of good parenting is a good marriage, how's my marriage?	
KEY RELATIONSHIPS	Family	How's our relationship as a **family?** Are we functioning well as a **team?** Are we **having fun together** as a **family**? Discuss as parent & child: What do you **like most** about our family? If you could change 1-2 things to make our family **better**, what would it be? What can I do to be a **better parent** or **make our family better**?	
KEY RELATIONSHIPS	Friends	How are my **friendships** overall? Am I being a **good friend** to my **family** members? Do I have at least **one family member** who will always be a **"3 am friend"**?	
KEY RELATIONSHIPS	Community	Do you have a **family member** or **mentor** who can give you **wise advice** as you navigate life? *Parent & child discussion: Why is this **important?** Who would you look to for **wise advice?***	
CORE LIFE TOPICS	Money	How am I managing my **money**? Are my **family members** helping each other make wise **spending decisions**? Do we try & help each other **save money**?	
CORE LIFE TOPICS	Health	As a **family**, are we making **wise food choices**? Are we helping each other make **better food choices** throughout the day? Do we **exercise together** regularly? If not, why not start now?	
CORE LIFE TOPICS	Time	Am I managing my time **wisely**? As a **family**, are we scheduling time to spend **together**? Am I **going out of my way** on a regular basis to **do things** for my **family & others**?	

SESSION 4:

Before beginning today's session video, parent(s) & their kid(s) will take 3-5 minutes to share their Top 10 Award with each other.

TOP 10 AWARDS

Parents: Think of 1 thing your child has done recently that **really impressed you.** Then **share** with them ***what they did, why it made you proud, & how that kind of behavior will benefit them*** in life.

Kids: When your parent has finished sharing their Top 10 Award to you, take a moment to **thank your parent** for **1 thing** ***you really appreciate*** about them.

Feel free to write these in the Top 10 Award boxes, then enjoy today's session video!

Parents to complete:

My **Top 10 award** to my **Child** is:

Kids to complete:

My **Top 10 award** to my **Parent(s)** is:

HEALTH

Key Theme: **Nutrition: You are what you eat.**
Fitness: Consistency is more important than intensity.

Trail Marker

1. Evaluate **"Serving Size"**...**"Calories"**, **"Calories from Fat"**, **"% of Daily Values"**
2. Read the **ingredient** list & make wise choices *(e.g. "whole grains" are better than refined grains).*
3. Choose a diet that provides no more than 30% of total calories from fat.[25]

Note: %'s on these charts assume a 2,000 calorie diet *(your needs may be higher or lower, e.g. active boys & men typically need 2,200 – 3,000 calories).*

Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything. **Genesis 9:3**

A competition between parents & their kids!

How well do you know the foods you are eating?

Instructions:

This is a **competition** between each **parent** & their **kid(s)** to see who can guess the ***closest*** to the **calorie count**, as well as the **fat** &/or **sugar** content[26] *(in grams)* of each food listed below...

1. *Take **2 minutes** to write-down your guesses in the column below.*
2. *When time's up... we'll give you the **answers** to write in the **'Actual'** column.*
3. *Compare each answer **& circle the guess that was closest,** then **add up each person's circled answers** to see who won!!*

Menu Item		Kid's Guess	Actual	Parent's Guess
Applebee's: ***4 Cheese Mac & Cheese with Honey Pepper Chicken Tenders***	Calories Fat (grams)			
Applebee's: ***Pepper Crusted Sirloin & Whole Grains***	Calories Fat (grams)			
Baskin-Robbins: Reese's Peanut Butter Cup Ice Cream (two 2.5 oz scoops)	Calories Fat (grams) Sugar (grams)			
Baskin-Robbins: Reese's Peanut Butter Cup Sundae	Calories Fat (grams) Sugar (grams)			
Chick-fil-A: Chargrilled Chicken Sandwich	Calories Fat (grams)			
Cheesecake Factory: Grilled Chicken & Avocado Club Sandwich... Add a side of fries and 2 drinks:	Calories Calories			

Easy ways to cut calories[27]:

- ***Swap high-calorie foods** for lower calorie options*
- ***Reduce portion sizes & choose healthy foods***
- ***Find a way to exercise for 30 minutes/day***

Calories in our daily lives[31]

Calories = How much energy is in foods

- **Carbohydrates & proteins** contain **4 calories/gram**
- **Fats** contain **9 calories/gram**

When we eat, our body either ***converts those calories to be used or stores them as fat:***

Weight Gain/Loss = (Calories Consumed) - (Calories Burned)

If we **eat more calories than we burn**, we **add weight** in the form of fat.
If we ***burn more calories than we eat***, we will ***lose weight***.

- For every 3,500 extra calories we consume, we gain 1 LB of fat.
- For every 3,500 extra calories that we burn, we lose 1 LB of fat.

Stored calories stay in our body as **fat** until we use them up, by either:

✓ **Reducing the number of calories we consume** *(below the number that we burn)* so that our bodies must **convert stored fat** to **energy**, or

✓ **Burning additional calories** through physical activity ***above & beyond*** what we normally do.

Let's assume that you are eating well & exercising regularly & your weight is consistent...

– *Then think about the impact of adding just one daily item below over the course of a year:*

Daily Item:	Calories	Total Calories After 1 Year	*(# Calories/3,500)* = # lbs. of fat added/lost
Two soft drinks	400	146,000	42 lbs.
1 Milkshake	1,000	365,000	104 lbs.
Order of fries	500	182,500	52 lbs.

See the U.S. Department of Agriculture site www.ChooseMyPlate.gov to find out how many calories & servings per food group you should consume based on your age, weight, height, & activity level.

Don't skip breakfast!

HEALTH

MayoClinic.com says[33]: Research suggests that **regularly eating a healthy breakfast** may help you ***lose excess weight* & *maintain weight loss***:

✓ **More energy.** A healthy breakfast refuels your body & replenishes the glycogen stores that supply your muscles with **immediate energy.**

- When the body detects lower glucose levels from skipping breakfast, *it goes into* ***"conservation mode"***- ***the metabolism slows & available energy decreases***.

✓ Skipping breakfast can increase your body's insulin response, ***which in turn increases fat storage & weight gain***.

How well do you know the exercises you are doing?

This is a **competition** between each **parent & their kid(s)** to see who can guess the closest to the **calories burned during 1 hour of each activity** listed below...

*1. Take **2 minutes** to write-down your guesses in the column below.*

*2. When time's up... we'll give you the **answers** to write in the **'Actual'** column.*

*3. Compare each answer **& circle the guess that was closest,** then **add up each person's circled answers** to see who won!!*

Activity		Kid's Guess	Actual	Parent's Guess
Sleeping	Calories per hour			
Watching TV	Calories per hour			
Walking 3.5 mph *(17 min/mile)*	Calories per hour			
Running 5 mph *(12 min/mile)*	Calories per hour			
Running 8 mph *(7.5 min/mile)*	Calories per hour			
Football *(touch or flag)*	Calories per hour			
Basketball Game	Calories per hour			
Baseball	Calories per hour			

HEALTH

Parents & their kid(s) role play:

How to handle difficult social situations

DANGER

Situation 1: You are with a group of kids talking in the back yard at a birthday party on a Friday night. One (played by a parent) pulls out a marijuana cigarette & lights it, then offers it to you… **What would you do?**

Important: Your level of confidence & firmness is critical here, because *if you hesitate or appear uncertain*, they will pressure you even more.

✓ The kid should simply & confidently says:
"No thanks, that's not my thing… See you guys later." *(& then walks away.)*

Situation 2: **Same as Situation 1, but this time it's a six pack of beer…**

✓ The kid simply & confidently says:
"No thanks, that's not my thing… See you guys later." *(& then walks away.)*

Parents & Kid(s) Discussion:

When finished, discuss how frequently we find ourselves (as kids & adults) facing these situations in life (could be **alcohol, cigarettes, drugs, porn, vandalism, going to bad places,** etc)… & **an answer like this works for all of them!** *If our kids encounter situations like these, they need to know they can call their parents for a ride anytime, anywhere,* ***no questions asked***

Once you've completed your discussion, press **"PLAY"** to continue the session video.

Life Plan

Instructions:

(this could be a SHORT-TERM GOAL or something you want to do during your LIFETIME):

_____

_____

_____

_____

When finished, parents get together with your kid(s) to discuss your answers, then continue on to today's last activity, the ***Life Check-Up*** *(next page).*

HEALTH

LIFE CHECK-UP

Take **4-5 minutes** to rate yourself on a scale from 1-10, with **10 = 'Doing Great'** and **1 = 'Needs Improvement':**

			Rating
YOU	Faith	**How's my relationship with God?** Am I talking with God often about what's going on in my life? Looking for his **direction** in the Bible?	
YOU	Purpose	Have I thought about how I could combine my **strengths & talents** with things I love to: 1) Make a **difference** in other's lives? 2) Earn a living?	
YOU	Character	**How's my character & attitude?** Am I honest, kind, loving? Am I grateful to God for all that I have?	
KEY RELATIONSHIPS	Dating/Marriage	**Kids/Single Parents:** Do I know what to look for when dating? **Married Parents: How's my relationship with my spouse?** Are we working together to help each other & our family to be healthier?	
KEY RELATIONSHIPS	Family	**How's my relationship with my family?** Are we making **healthy food choices**? Is everyone in my family **exercising** at least 4-5 days/week? **Parents:** Ask my child: *"How I am doing as a parent?* *Where am I doing great? What could I do better?"*	
KEY RELATIONSHIPS	Friends	Do I have at least 1-2 close **friends** whom I can **exercise** with at least 1-2 times/week? Am I being a good **friend** to others?	
KEY RELATIONSHIPS	Community	Am I actively involved with other Christians (church, small groups, mentorship)? Do I have a **mentor**?	
CORE LIFE TOPICS	Money	**How am I managing my money?** Am I thoughtfully considering everything I buy to make sure it's a wise purchase? Am I cooking at home often enough (saving money & eating healthier)? **Parents: Is work negatively affecting my health?**	
CORE LIFE TOPICS	Health	How's my **overall health?** Am I making **healthy** food choices? **Exercising** at least 4-5 days each week *(doing very active things for 30 minutes or more each time)*? Is **weight** an issue that needs attention in my family?	
CORE LIFE TOPICS	Time	**Am I managing my time wisely?** Am I able to integrate other important things into my workouts *(e.g. integrating time with family or friends? Reading? Work, etc.)*? Am I doing things to help me **relax** & **recharge**?	

SESSION 5:

Before beginning today's session video, parent(s) & their kid(s) will take 3-5 minutes to share their Top 10 Award with each other.

TOP 10 AWARDS

Today's TOP 10 AWARDS will be a little different!

Parents: Take 3-5 minutes to share with your kids:
- The changes you've seen in them over the past year.
- How those changes will benefit them in the future.

Kids: Take 2-3 minutes to thank your parent(s) for everything they do for you & for spending time to teach you about what's important in life.

Parents to complete:

My **Top 10 award** to my **Child** is:

Kids to complete:

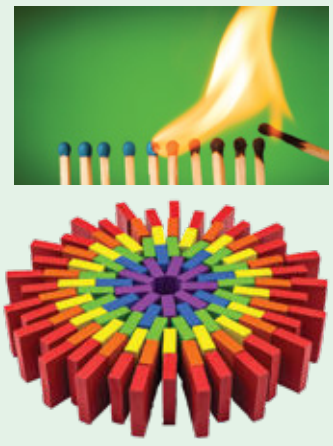
My **Top 10 award** to my **Parent(s)** is:

TIME

Key Theme: Time is our most precious asset - spend it wisely.

All of life's critical topics are connected...

- **Problems in one area *affect the others*** *(just like a lit match ignites the others next to it).*
- **Likewise, *improvements* in one area *benefit the others*...**

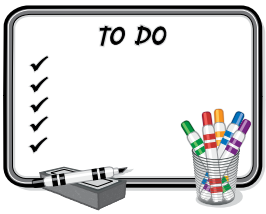


Time management
Key principles

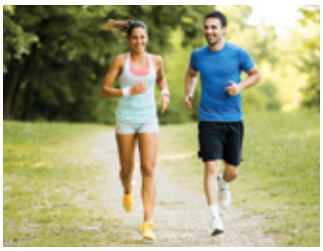
1. Identify your priorities.

- Use the *prioritization* of life's 10 **most important topics** as shown in the **Life Check-Up** at the end of each session as a great framework to *manage day-to-day life*.
- Identifying Goals you'd like to accomplish helps you identify specific priorities for your life *(we'll set goals later today)*.

2. Make "To Do" lists.

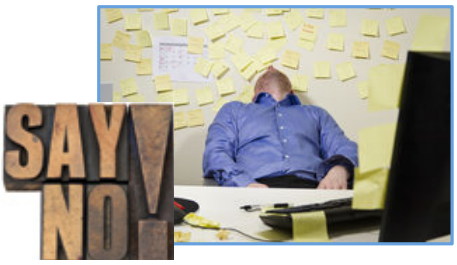


3. Combine activities.



- Do you have calls/homework that you could do while in the car?
- Do your family members or friends like to do the same types of exercise/workouts as you? Do them together!

4. Learn to say 'no'.



- Don't allow yourself to be overly-busy & overly-scheduled...say 'no' to non-priorities.

5. Maintain healthy habits.

- **Eat right, exercise,** & get plenty of **sleep**.

6. Don't procrastinate!

- When it comes to **work, chores, & things** that you **must do**... don't procrastinate, just do them!
- Give yourself **small rewards** *(snack break, workout, etc)*.

7. Be attentive to time wasters.

- *Social media, TV, gaming, surfing internet, etc.*
- Use the activities you really enjoy as a **reward** for completing significant tasks.

ACTIVITY: How are you spending your time?

TIME

1. Estimate & write-down the number of **HOURS EACH WEEK** you spend doing each activity below – simply multiply the approximate number ***hours each day x 7*** to get the number of hours each week. *(6 minutes to complete)*.
2. Identify any areas where you'd like to make changes & capture those in that column *(5 minutes to complete)*.
3. When finished, parents get together with your kid(s) to discuss your answers; then discuss it as a group (for those participating with others)...

	Estimate the approximate # of HOURS EACH WEEK (spent doing each activity) *Multiply the # hours each day x 7 days = hours each week.*	AREAS TO CHANGE We each have 168 hours a week- after accounting for things *we have to do*, there aren't many left over. After filling in your answers, evaluate how you are using your time to identify areas where you'd like to make a change.
Prayer		
Reading Bible		
Spending time with spouse		
Spending time with kids		
Spending time with spouse & kids (as a family)		
Spending time with my siblings &/or parents		
Spending time with friends		
Church		
Small Group		
Accountability partner		
Spending time with mentor/mentee		
Working; school/homework		
Managing finances		
Paying bills		
Sleeping		
Eating		
Exercising &/or playing sports		
Housework, yardwork, cleaning, fixing things		
Bathing/dressing		
Shopping/errands		
Driving (commuting to/from work, store, school)		
Cooking		
Watching TV, pleasue reading, etc.		
Social media, gaming, surfing web		
Hobbies or other:		
Total =		

*When finished with the activity & your discussion, press **"PLAY"** to continue the rest of the session.*

Best practices

✓ **Be careful** about making **commitments outside the home** *(that don't involve your family)*, *especially if you're already stretched with work or school*. Your family needs to be a priority & you should not invest time outside of the home if you're not spending enough time with them already.

✓ Try to plan one **special activity** with your kids every weekend; every month or two, pick an afternoon & go on a 'destination bike ride' with your family or spouse.

✓ Our **faith** is the one item that we need to **keep in focus**, even when life gets busy. Our relationship with **God** is what's **critical** for our *life to work well*, because *all of the other topics are connected to it*.

✓ If our relationship with God is **strong**, *all of the other areas work well*; if our relationship is weak, *the other areas will unravel*.

✓ Try working out first thing in the morning - it 'gets it out of the way' for the rest of the day plus you won't have to take a second shower.

✓ I was watching a lot of **TV** & not getting anything out of it - I now use those hours with my **family, friends** or doing **activities** I enjoy or things that will **help other people**... *Try cutting TV for 2 weeks & see what you do with your time!*

✓ We took our first family missions trip this year. It was a great investment that *changed how we see everything*.

✓ Develop hobbies the *whole family can enjoy*.

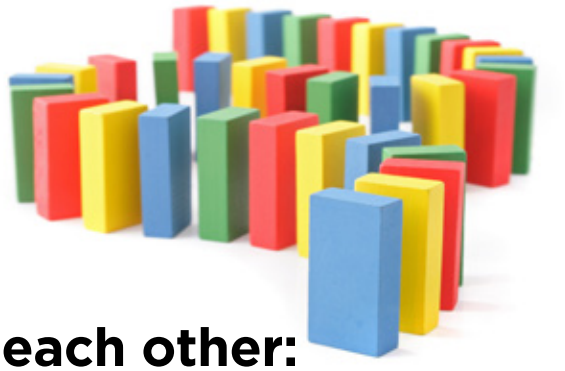
✓ A friend had a wristband made that says "TAKE TIME"... he wears it to serve as a reminder to 'take time' for what's important in his life: God, his family, spouse, friends, exercise, fun, etc.

Here's where it all comes together!

We only have 24 hours each day...

So we have to make wise choices with our time.

✓ *How we choose to spend those hours is a reflection of the core priorities in our life...*



Our choices have consequences...

✓ *These can be good or bad...*

All of life's topics are connected to each other:

✓ *Problems in one area affect the others.*

✓ *We'll have trouble if we focus too much in some areas & not enough in others.*

If we don't have a PLAN to focus on what's important, we'll never reach our GOALS.

Start developing your LIFE PLAN!

TIME

Here's how to do it:

1. Review & think about your answers to the Life Plan Boxes at the end of each session:

Life Plan Boxes

2. **Write-down at least 3 SHORT-TERM GOALS** — **Write-down at least 3 LIFETIME GOALS**

	SHORT-TERM GOALS (next 3-5 years): What do I want to accomplish in each area?	LIFETIME GOALS: At the end of my life, what do I want to have accomplished in each area?
Faith		
Purpose		
Character		
Dating/Marriage		
Family		
Friends		
Community		
Money		
Health		
Time		


TRAILMAP
for life™
10 Key Topics To Get Right