

# CAREGIVER RESOURCES

## FINDING PURPOSE



Scan me!

### YOUR CHILD IS LEARNING

- Changing unhelpful thoughts
- Independent thinking
- Investigating community supports
- Seeking out positive mentors
- Analysing leadership skills
- Making purpose-driven decisions

### DID YOU KNOW?

Your child is learning about finding their purpose.

When someone has a true sense of purpose, they experience more hope and increased resilience. One of the most effective strategies for finding a sense of purpose is for your child to reflect on their personal values in times of uncertainty. Discussing and defining what matters most to them can lead them to make thoughtful choices in the future.

### FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
<p>Journal Entry:</p> <p>How can you make sure to find the balance between your own needs and the needs of others?</p>	<p>Journal Entry:</p> <p>What expectations do you have for yourself? Make a list of at least five personal expectations.</p>	<p>Self Reflection:</p> <p>Why is it important to have mentors? Who are your mentors who can help you achieve your goals?</p>	<p>Brainstorm a list of three <u>short-term goals</u> you have for yourself. Share this list with your family and ask them to hold you accountable.</p>	<p>Brainstorm a list of three <u>long-term goals</u> you have for yourself. Share this list with your family and ask them to hold you accountable.</p>