

Individuality OCTOBER 2021



SAY IT:

Individuality means discovering who you are meant to be.

KNOW IT:

ASK A KID:

- Think of all of the things you enjoy doing. Do you like to draw, hike, swim, put puzzles together, make slime, bake, etc.? Think of how these interests and talents can help you make a difference in the lives of others.
- Are there activities that you are interested in, would like to learn more about or would like to give a try? Talk with your parents and see if you can explore and discover these options. Trying new things can help you find out what you are good at and what you are meant to do.

ASK A GROWN UP:

- How old were you when you discovered what you wanted to be as an adult?
- What experiences helped you discover who you are and who you are meant to be?
- What does it mean to you to make a difference?

SEE IT:

The Disney movie *Moana* is a great story about a girl who is in search of who she is meant to be. Watch this short clip from the movie. Discuss the words and ideas that Moana and her grandmother use to describe who Moana is truly meant to be.

<https://www.youtube.com/watch?v=HEiSF8HpyDg>

BE IT:

One night this month, sit down as a family and have everyone complete an interest inventory. An example of a good, free resource for interest profiles can be found at <https://www.mynextmove.org/explore/ip>. There are 60 items on the inventory that assess a person's likes and dislikes. Once the inventory is complete, you are asked how much education you are interested in completing. After education level has been selected, it generates a comprehensive list of jobs that are tailored specifically to the individual. This can be used as a tool to help discover who you are meant to be and how you can make a difference in the world.

PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.