

# What / Wish / Knew In High School

## CONVERSATION CARDS

WHAT / WISH / KNEW  
IN HIGH SCHOOL...

## USING THE CARDS

- Print and cut out the cards.
- Add additional ideas/thoughts to the blank cards.
- If you have stories from your own life that relate, write them on the back of the cards to share with your children.
- Ask your children what they think of the ideas. Do they agree? Do they have examples? Does it make them think of a situation they could use help with? Do they have anything they would add?

## 1 - BE GRATEFUL

This is it, if you can't remember anything else, remember this one. Be grateful.... it is the key to joy. Even when you don't feel happy with what's happening around you, there are reasons to be grateful. Find them. Name them. Hold them close to your heart. This really works!

## 2 -BAND TOGETHER

Cheer for each other. Celebrate each other's strengths and victories. There will be times when you will have to compete for teams, jobs, GPAs, etc., but that doesn't mean you can't do it together and be happy for each other's success. Together is better, always.

## 3 -TRY, FAIL, TRY AGAIN

Don't be afraid to throw yourself into your dreams. Life will not go in a straight line, there will be amazing highs and some sloppy lows, but getting back up and trying again is the key. It is all in the journey, so keep at it!

## 4 -YOU ARE NOT THE FIXER

It is not your job to "fix" people and their lives. Love them. Love them really well. But the fixing is not up to you and more often than not, you will fail at it. Instead, just show up. Be there for your people. You can listen, you can love, but the saving and fixing, that's not your department.

## 5 - NO ONE IS PERFECT

People will disappoint you; they will fall short. No one is perfect, don't expect them to be. And more to the point, you'll never be perfect either. Let that go! This doesn't mean don't try your hardest, do your best, it just means, give yourself a break. Just be you. You will have a life so much more joy-filled if you recognize now that real perfect is seeing yourself as always loved, regardless of how you think the world measures you up.

## 6 -WE ALL FEEL "WOBBLY" SOMETIMES

There will be times when fear, worry or anxiety creep into your life. Sometimes this fear and anxiety take over and you feel frozen to press on. Here's the key, it's always much harder to carry alone. So, if you find yourself here, reach out. Find the people in your life that can help, and let that love climb into those dark or lonely places and be with you. Don't suffer alone. It's nothing to be ashamed of, but if you don't name it and ask for help, it can be debilitating. Raise your hand, there is always help to be had.

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## 7 -LEARN TO SAY SORRY

When you mess up – just say sorry. Don't be too proud to admit when you are wrong. Own your mistake...say sorry...move on. When you fall short, admit it so it doesn't fester, and keep trying to do better. It is easy to dig in and ignore the fact that you were the one who screwed up, but the truth is, we all do, so just get over it, and make more time for better things.

## 8 -SEE REAL LIFE

Pick up your head and look around. You are surrounded by tiny miracles everywhere; you just have to look for them. Be open, really SEE, there's a lot of amazing stuff going on if you take the time to watch for it.

## 9 -LIVE LOVE

Be the generation that lives REAL love. Spend less time focused on the differences and search for what you have in common. Celebrate uniqueness and then recognize what makes us all the same....and lead with love!

## 10 -BREATHE

When anything gets to be too much (big or small)...take a breath. Not a quick gulp. A giant, fill every part of your body with air, breath. And then - do it again. You'll be surprised what a difference it will make in that moment!