What Parents, Principals and Teachers Are Saying About This Book:

“The concepts and methods used in the *Doorknob Life Purpose Discovery books* give youth purpose and direction, which is paramount and of *vital importance for students* in this day and age. It is the missing piece that connects the voids between obtainable information and their life….that *guides them* to know how to turn *information into true knowledge*, which is when one has information and knows what to do with it. The use of the *Doorknob* materials is important for students and teachers with all the changes that are happening in education today by providing guidance, and teaching young people *skills and strategies for a successful life and career.*”

– High School Principal, Florida, U.S.
(principal for 10 years in both Middle and High schools, leader of “Grade A” school)

“I liked your ideas for parenting, and the *clear step-by-step ways* that are presented. Writing them down in an organized way was a very good idea. It seems that it would be easy to stay on track, which means accomplishing the goal, finding and accomplishing one’s Life Purpose. In my classroom I had a large picture of a steam engine on a track. Under it the caption read “*Stay on the right track.*”

– Parent and retired principal at public high school, Maryland, U.S.

“In our fast-paced world, this book is a great reminder to slow down and be a supportive parent who is here to guide our children to know and love who they are… happily I learned a lot about myself in the process!”

– Parent, and bookstore owner
“This book is a very practical, **straightforward yet profound look into the life of your child** and will assist you in guiding them to becoming fully alive and reaching their potential, seeing themselves as unique, valued and able to have a lasting impact on their world.”
– Coach, parent and president of a physical education program for home-school schools

“The reason I believe this book will be **helpful to both parents and teachers** alike is that many of our children today have limited social and career skills and now we need to address this problem. It is sad that we have children that are not just failing in one class but several classes because the parents have allowed the children to do as they want. I feel that interaction parent/child and teacher/student needs to be improved.

“Think about it, a four-year college has now turned into a five-six year college and 75% of the students do not even go into the job field that they majored in to get their degree. Many students have changed their majors 2-3 times by the time they graduate college. **All of Teri’s books will help us to get a better understanding of our child’s Life Purpose and help us to help them succeed.**”
– John, parent of one high school and two college students, and business owner
SMALL GROUP LEADER’S GUIDE

10 EASY KEYS TO UNLOCKING KIDS’ PASSION & PURPOSE
TERI HAGGERTY

A Guide for Parents, Leaders and Teachers
Also by Teri Haggerty:

• Your Key, Your Door: 
  *Life Purpose Discovery Book For Teens*

and corresponding teaching guides:

• Instructor’s Guide for Parents and Small Groups
  (for individual students and small groups up to 6)

• Classroom Teacher’s Notes for Large Group and Classroom Youth Teaching

• 10 Easy Keys to Unlocking Kids’ Passion and Purpose
  (for parents, leaders and teachers)

• *Life Purpose Discovery Toolkit™*
  (Audio Lesson #1 and Audio Lesson #2)

To order any of these books, please contact: 
www.doorknobbooks.com or www.amazon.com
This book is dedicated to the passionate adults who have inspired me and repeatedly requested an easy parent’s and teacher’s guide to use to lead young people to a fulfilling life: Rick W, Sally V, Shalawn B, Sharon C, Laurie M, Bob G, Johnny C, Steven R and my faithful advisory team Ed, Mike, John, Taylor, Honor, Richard, Charlie, Annalee, Trudy and Denny.
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First Printing, 2014
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To order this title 10 Easy Keys To Unlocking Kids’ Passion & Purpose, Small Group Leader’s Guide, please contact: www.doorknobbooks.com or amazon.com teri@doorknobbooks.com

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How Do You Nurture LIFE in a Child?

Congratulations for taking the initiative to help a child you care about. *It might be your own child, or one that you know* through home, school, church, or elsewhere, *but for the purposes of this book, you are making this child “your child.”* Young people in our world today need adults around them who will take the time—with unconditional love—to help them discover their uniqueness and value as they grow. With the right guidance from a caring adult, children can discover that *they hold the key to creating good in their lives and futures* through understanding the personal power of vision and action. By following the guidance in this book, you will truly make a vast difference throughout “your” child’s life.

Start by really “seeing” your child:

L = **LOOK** consistently at the experiences your child enjoys, is passionate about or drawn toward. Then...

I = **INQUIRE** about what those experiences mean to your child and how it makes him or her feel. Next...

F = **FOCUS** with faith in your child’s unique value and help him or her focus on their priorities. Finally...

E = **EMPOWER** your child by encouraging his or her natural ability to succeed, and helping open doors for him or her.

Once you start to really “see” your child, you’ll discover that the “10 Keys” in this book really will be easy and fun… and at the same time, a powerful way to unlock your child’s passion and purpose.
Acknowledgements

Thanks to the 2012 request by the magazine Natural Awakenings for me to write an article on cultivating kids’ passion in life (published in Nov. 2012, Pensacola FL) the idea for the second Doorknob book—10 Easy Keys to Unlocking Kids’ Passion and Purpose—was born. Then requests for teaching materials for the 10 Keys book came pouring in.

The need for material on the subject of connecting deeply to children of all ages was clear and sought after by adults from many walks of life. My heartfelt appreciation to two beautiful people; my graphic designer advisor Kathy and my editor Trisha for their huge passion to bring this series of life changing books to all ages. Without them these messages and tools would never reach the waiting hands and hearts of the parents and educators of our world.

And again my heartfelt humble thanks goes to that inner voice that speaks and guides me of what and how to write the messages needed globally today.
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Introduction for Group Leaders
by Teri Haggerty

Congratulations for taking the time to create an encouraging and supportive environment where parents, teachers and families involved with young people ages 4-21 can experience the highest outcome of their lives!

Youth agencies, life coaches, psychologists, guidance counselors, schools, and churches have found that teaching classes using the 10 Easy Keys book to assist parents, teachers and other adults who guide young people is a profoundly valuable endeavor—supporting these dedicated adults as they learn to guide young people in a very powerful, yet natural way.

Success is easy, whether an adult chooses to:
• simply use the 10 Easy Keys book and its teachings and objective, open-ended questions with their chosen child
• or if they would also benefit from a one-hour orientation class (see Agenda on page 99)
• or if they would enjoy the journey with the support and fellowship of other adults successfully using the book with their children in a 10 Keys class.

Using any or all of these methods will be very successful.
Class Scheduling Options:

• One-Hour 10 Easy Keys Orientation Class

Many leaders find it helpful to offer the one-hour orientation class, in which adults quickly gain clarity about the 10 Easy Keys philosophy and methods for connecting with their young person. An agenda and guide for the one-hour orientation class is included at the back of this book (page 99).

• Series of Ten 10 Easy Keys Classes

Upon finishing the one-hour orientation class, the adults will be able to decide if they desire to participate in a series of ten classes offered by the agency or professional for additional support over several months, using the 10 Easy Keys book with their child or student.

To the 10 Easy Keys Class Leader:

As you lead your group through the 10 Easy Keys in this book, your group members will be encouraged to discover a deeper relationship with their child, young adult or student and to give the gift they may have always wanted to give—the gift that no one else can give this child: a better parent or teacher than they were before. As parents and teachers this wish is often lost to the winds of time due to the ambiguity of the intention. Think about this—just how does a parent or teacher do that? It might be easier to keep the “Lose five pounds” resolution that is promised again and again than it would be to truly figure out how to be a better parent or teacher.
With *10 Easy Keys to Unlocking Kids’ Passion & Purpose*, you and your group members will be able to keep that resolution naturally and reap the result of a closer and deeper connection with your young person. **These techniques will become the foundation for your connection to the child** you love so much—which may be your child or one you know at school or church. Each moment of time we share and are focused fully in the “present” moment with children, the more they will realize the beautiful person they are inside. The reason I wrote the *10 Easy Keys To Unlocking Kids’ Passion & Purpose* book is to help young people of all ages, through genuine interaction with a caring adult, to understand their own unique preferences and interests—and become the person they want to be. By using the *10 Easy Keys* book, parents and teachers will help children learn to appreciate who they are and trust their own intuition. This will encourage and allow children to attain their highest good.

Parents and teachers in your group may increase their success using the *10 Easy Keys* because of the encouragement and accountability of doing this important work with the support of others. By using specific powerful questions (**Keys**) and then writing down (journaling) the child’s or student’s answers, adults will learn to understand and support children and teens to be all they can be every day and in every way. For teachers, it is suggested that they choose one of their most challenging students as the specific target young person to journal about for this class experience.
The 10 Easy Keys Life Purpose discovery book and this Leader’s Guide will help you, your friends and group members with a fun and natural process to:

- Understand your child’s/student’s Life Purpose and how they can live it more consistently
- Help young people take clear steps to follow their interests, passions, visions and goals
- Guide both you and your young people in learning to use your/their natural and learned skills, and develop genuine listening techniques
- Encourage habits of perseverance, self-leadership and success for both you and your child
- Learn techniques to guide young people for life and career readiness, and smart use of spare time
- Communicate love in a way that truly reaches children’s hearts
- Realize and nurture your child’s important relationship with nature

The 10 Easy Keys book and the additional ideas in this leader’s guide are important companions for parents, teachers and anyone who cares about young people’s happiness and lifetime success. Class by class, enjoy the unfolding of the enthusiasm and success each parent or teacher will experience because you shared your time, environment and heart to support their enhanced parenting or teaching. This class may be successfully taught in a home, garden, school, youth agency, church or any other place that provides a relaxing, supportive place for learning these important Keys.
Leadership Strategies and Concepts:

1. Class Scheduling Suggestions:
Scheduling class meetings for once a week or twice a month is ideal. Allowing three weeks or less between classes is important for successful implementation of the 10 Easy Keys concepts as this is the natural rhythm for “Life Success coaching.” This class is for adults that are seriously dedicated to spending the time to learn and apply these “coaching” success strategies with children they care about. Choose a schedule that best fits your group.

   Set the “culture” of respect in your group by starting and ending on time with whomever is there, even if only one member has shown up on time. As the leader, setting this example through time management will demonstrate the importance of the Keys and will “trickle” down to the interactions between the group members and the children.

2. Leader’s Chosen Key Thought for each class: (Optional one-minute)

Doorknob Books embraces the many different spiritual venues of the world. To support a variety of perspectives, an optional one-minute time and space is designed at the beginning of each of the ten classes for the leader or assigned group member to share a Key Thought for the class that fits the context of that specific Key and the group members. This may be an inspiring appropriate quote, scriptural text or writing,
favorite famous saying. This is a short one minute space and not designed for a spiritual discussion, but rather is to set a foundation for the teaching of that specific key.

3. Recorder and Time Keeper:
(Optional rotated group member roles)

The Recorder: As the leader, taking notes of your group members’ answers during class is important. If you want someone in the group to take notes, you might designate a specific notebook for this note taking. Or you may choose to be the “recorder” and write the group’s comments in this (your) Leader’s Guide.

At the beginning of each class quickly ask a different person to do this recording each meeting if that is your chosen method and email the notes to your group promptly after each class (2 days or less). This will allow the members are able to relax, listen, participate and absorb the ideas discussed. Members may also take notes in their personal notebooks, if they desire. Your emails during the week will help them maintain commitment to the 10 Easy Keys methods and enjoy more success class to class. As the leader you may choose to use the questions in these class outlines that best fit your group by using all or just some of the questions.

The Time Keeper: Select a “time keeper” each week whose role is to gently keep the member’s discussions on track and within suggested times or your (the leader) parameters. This class is designed for brief highlight discussions and “Key” success techniques for
application of each Key and not intended for in-depth discussions or deep topic studies.

4. “Partnering:” If desired, group members may “pair up” as partners for the duration of this class to allow for more in-depth discussions between classes and for additional interaction on the application and success they experience with the 10 Keys.

5. “Tell me more!” As the leader, one of your main roles is to help your group members learn the skill of powerful open-ended questioning and the art of being a mirror—not allowing opinions or personal fears to distort the meaning of what the young person expressed, as the adult reflects it back to the young person.

This “mirroring” is done by being thoughtful when asking questions by simply not putting in your own ideas when you reflect back what was shared by the child. Take the answers that you hear from the child and go one level deeper by asking: Would you like to tell me more? Can you tell me more about this idea, issue, dream, desire (whatever subject the child was describing)? When they have no more to say, stop questioning—as you have gone deep enough for now. They may or may not tell you more later. You simply want to take time to ask and allow them to share what they feel comfortable sharing in the moment. Make sharing fun and safe for them.

When you hear their answer DO NOT add your own judgements or words from what you assume they
are trying to say. Rather than say “You sound unhappy, happy, hurt, excited,” use the word your child used.

Here’s an example: The child said, “I felt left out when everyone was in a group and I was not chosen for a team.” The adult can then say using the child’s words, “Would you like to tell me more about your feeling left out?” instead of adding their own words like: “That must have felt terrible!” which is the adult’s judgement of the situation.

Another example: A child said, “I am so excited my friends are coming over for my birthday party!” A listening adult might say, “Tell me more about why you are excited?” and then listen quietly to the answer. It is okay to wait in silence for a little bit while they get their ideas together about why they were excited. Don’t assume you know what is going on inside the child. Assuming that you know, and describing it in your own words, can shut them down and make them feel that it is not safe to share, or that the adult is putting their own ideas into the story and changing the meaning of it. Remember that it is about the child and more deeply understanding them and not about the adult at this moment of sharing. Asking powerful open-ended questions and deeply listening is very easy but requires a choice to take time to do it.

The adult’s role is to initiate curiosity about life, to be a sounding board and a reflecting mirror. Children often are relieved to have someone who truly listens—in an objective, safe way—to their experiences, future dreams and feelings. Simply, the
adult’s opportunity here is to ask, then listen objectively and journal what they hear the child share.

“Open-ended” questions—sometimes called “powerful questions”—are used to encourage another person to be all they truly are. “Closed-ended” questions are those that can be answered with a simple yes, no, fine or other one-word answers which are appropriate in some situations. But to more deeply connect with others, especially young people, asking open-ended questions—which draw out more specifics and broader deeper answers—is what 10 Easy Keys methodology encourages adults to do. Questions such as “tell me more,” “how does that feel?” and “what do you think or value about this experience?” help children to dig a little deeper into more of the truth about who they are and the life they want to live.

Life is full of wonderful options and the author of the Doorknob Books designs all the books and support materials to be natural and easily used by all ages and in many different venues and cultures. Enjoy using any or all the books and materials available through the website: www.doorknobbooks.com or amazon.com.
Class 1:
Introduction and Key #1
(60-minute class)

Date: ____________________________

Pre-Class Leader’s Overview:

Leading your group members through the Introduction and Key #1 will help them to understand how this book can support and enhance their relationship with their child or student. The results will be their child’s deep appreciation that you all are taking a little time to learn how to:

• reach their hearts
• help them feel loved and valued
• help them gain a deeper understanding of themselves
• help them learn how to make decisions that match the wonderful person they are.

You and your group members will use your books daily so you will have the powerful questions and a handy place to write down (journal) the insights your child reveals about who they are as you begin this life-changing experience. You are going to start a journey to more intentionally “pay attention” and record what you learn about this child. Your child’s heart’s desires will be hidden no longer, not the surface desires you hear about all the time, but the ones they long to reveal but may not have known how or felt safe to share.
This begins your important role as a group leader to help yourself and your group members in Unlocking Kids’ Passion and Purpose. You are invited to either:

- use all the questions in each class format described in this book, as they are designed to move along in a thoughtful organized way and time frame
- or you can choose the most important questions that apply to your specific group and do only those in each class.

You are the leader, so remember to relax, have fun on this journey and do what works for you—the goal is to be in a space of joy and discovery!

Class Begins

Attendees: (name and contact information—confidential)
GROUP DISCUSSION
25 minutes total

Leader’s Chosen Key Thought for Class 1:
(optional, 1 minute, see page xv, #2 for description)

1. Setting ground rules for success in your group
Use this method if you think “ground rules” will enhance
the experience of your class, recommended by the
author. (10 minutes)

Ask the group members what “ground rules” for
success they would like to adopt for the success of this
class. They may be ones like: respect each other, listen
when others are talking, respect others privacy and
keep confidences, come to class and be on time, be as
open and honest as possible, etc.

Write the group’s final agreed ground rules, then
type them up and distribute the list in Class 2:

Ground Rules for Success of our
10 Easy Keys Group:

__________________________________________________
__________________________________________________
__________________________________________________
Ask if any of your group members want to “pair up” with a partner from the group for the duration of this *10 Easy Keys* class. If yes, ask them to think about it before the next class and come ready to establish partnerships in Class 2 and any additional Ground Rules for success they might add to establish this group dynamic.

Suggest that they might want to have a notebook to take notes throughout these classes and to record their personal experiences and ideas gleaned from the other parents or teachers. Mention that you will also be making arrangements for taking and emailing notes after each class.

As the leader, make sure you have all group members take turns sharing their experiences over the months of classes so that all get a chance to share from their hearts as desired, so the more outspoken people don’t monopolize the discussions from class to class.
2. Nurturing LIFE in a Child (5 minutes)

Turn to page vii and as a group, review the page “How Do You Nurture LIFE in a Child?” (Look, Inquire, Focus and Empower)

Then ask group members: “What is it like when someone takes the time to ‘see’ you deeply? It may be a friend or family member. What feelings does it bring up in you? How is it valuable to you?”

Write some of the group’s answers here:

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

3. Put yourself in a child’s shoes (5 minutes)

Instruct the group: “Close your eyes and imagine you are a child or young person, possibly you are feeling ‘small’ in a big world—and someone stops and takes time from the fast pace of their life to listen and try to understand you. Take a moment with your eyes closed and feel what it is like as a little child or teenager to have someone listen to you without judgement or prejudice—someone that simply listens with no agenda, simply because you are valuable just ‘being’ you.”
Let your group sit quietly for a minute with their eyes closed to imagine this within their minds. Then ask a few group members to share what that was like from their imagined “child” or “teen” perspective. Write some of their answers here.

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

4. The impact on a child’s life and future (5 minutes)

Take time to discuss what it would be like as a child to know that someone was trying to be that one person who truly cares to listen and understand them for who they really are. **How could that impact that child's life and future, by helping them be aware of themselves and personal value?**

Write a summary of the group’s answers here. Some may not have answers or want to share and that is okay.

__________________________________________________

__________________________________________________

__________________________________________________
TEACHING TECHNIQUES
35 minutes total

1. Read pages 1-11 (10 minutes)
   Read out loud the parts of pages 1-11 that you feel are important to your group. Encourage them to read more in-depth at home to anchor these important concepts for their success with this book and class.

2. Review Dream Life List exercise (5 minutes)
   Read together the Key #1 exercise instructions on pages 11-12 and answer any questions or comments.

3. Parent’s Dream Life List exercise (5 minutes)
   Turn to page 14 and read the instructions for their personal experience. Have them fill in honest answers of up to four of the lines on page 14 now in class. Encourage them to write as many answers as they wish on this page at home before the next class. If they need more space have them use the blank pages at the back of their 10 Easy Keys book.
4. Review “Make It Visual” exercise (5 min)

Ask the group if they want to do the fun and enlightening exercise found on page 15 with their child during the next week or two. It is an activity that young people often enjoy and doing it with a listening adult makes it very encouraging for child and adult alike. It is a project that can be going on all throughout the use of 10 Easy Keys book as young people find more pictures to paste on their boards.

5. Review Spare Key #1 (10 minutes)

Ask group members to turn to pages 85 through 92 and notice Spare Key #1. This Key’s concepts are important and enhance the success of all Keys 1-10. Encourage them to read this Spare Key #1 as soon as possible. They might even order the appropriate “Languages” book for the age of their child to assist them with this important information. **Strongly suggest that they do the various assignments in Spare Key #1 as suggested with each Key, and note how these concepts will support their success** in the weeks to come. The Spare Key #1 exercise for Key #1 (page 92) is the page to use and journal their observations before the next class. Remind group members that their observations of their child’s Love Languages is for their information only—not to share with the child—to help the adult show love in ways that their child understands best.

**Closing:** Always celebrate the participants’ decision to be such a supportive influence on a child they care about. Announce time and location of the next class.
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More Resources from Doorknob Books:

YOUR KEY, YOUR DOOR
Life Purpose Discovery Book for Teens
(YKYD) for Middle and High School and University Students

120 pages of exercises and activities in an 8-1/2” x 11” format, ideal for individual youth ages 10-21, or can be used in a classroom setting. Written to conform with most curriculum standards.

Designed to be completed in 18 weeks, with optional 5-week or 9-week schedules, this book will help young people with a step-by-step process to:

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• Learn from real-life stories of successful people who are following their passion
• Explore and learn about career options and experience job shadowing
• Explore, plan and achieve daily action steps to reach desired future goals while learning personal Keys to Success
• Develop communication, time & money management skills

Youth who used this book have enhanced the critical success factors of hope, engagement, well-being and personal responsibility.

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For Large Group and Classroom Youth Teaching

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INSTRUCTOR’S GUIDE
For Parents and Small Groups

This helpful 55-page guide is designed specifically to be used by parents, instructors of groups of up to six youth, and in home-school settings. With specific, step-by-step guidance about What You Need, How To Prepare, Activity Instruction, and “On The Wall” display ideas, this guide enables parents and instructors of small groups to successfully facilitate the child’s exciting journey of self-discovery using the YKYD book. This book is available as a free download on www.doorknobbooks.com.
By using specific, powerful open-ended questions, then journaling their answers, parents, teachers and youth leaders learn to understand and support children and teens in a day-to-day process of self-discovery. Use this easy-to-carry book (5” x 8”, 136 pages) and make the choice to walk with your child through the door to discover their passion and ideal life path.

This Life Purpose discovery book will help YOU with a fun and natural process—that fits into your busy life—to:

- Understand your child’s/student’s Life Purpose and how they can live it.
- Help young people take clear steps to follow their visions and goals.
- Guide young people in learning to use their natural and learned skills, and develop genuine listening techniques.
- Encourage habits of perseverance and success in a natural way.
- Learn techniques to guide young people for life and career readiness, and smart use of spare time.
- Communicate love that reaches their hearts at all ages.
- Nurture your child’s important relationship with nature.

This book is a must-have companion for parents, teachers and anyone who cares about young people’s happiness and lifetime success.

ISBN 978-0-9856235-1-7
Available at www.doorknobbooks.com and amazon.com
10 EASY KEYS TO UNLOCKING KIDS’ PASSION & PURPOSE

SMALL GROUP LEADER’S GUIDE

Dynamic Steps You Can Take to Guide Children and Teens in Self-Discovery

Congratulations! YOU have chosen to lead adults in guiding their children or students (ages 4 through teens) in discovering their passion and life path! This Leader’s Guide will help YOU with a fun and natural process to:

1. Step-by-step successfully lead a group in ten one-hour classes using the 10 Easy Keys book
2. Provide a supportive environment using discussions and teaching techniques to encourage one another while enhancing their parenting strategies and teaching methods
3. Share additional exercises not included in the 10 Easy Keys book to increase learning, application and expansive enjoyment of the 10 Keys
4. Optional one-hour “one class” agenda for a kick-off meeting for adults to use the 10 Easy Keys book to enhance the lives of young people

THIS LEADER’S GUIDE AND “10 EASY KEYS” CLASSES ARE VALUABLE RESOURCES FOR PARENTS, TEACHERS, YOUTH LEADERS AND ANYONE WHO CARES ABOUT YOUNG PEOPLE’S HAPPINESS AND LIFETIME SUCCESS

TERI HAGGERTY
MBA, PCC, ODL

Teri Haggerty is an in-demand professional certified coach, (PCC, International Coach Federation), strategic planning expert and motivational speaker. She is a former Organization Development consultant (ODL) for Walt Disney World, Magic Kingdom. Corporate business owner (MBA, University of West Florida), public and private school educator, Teri brings a fresh, inspirational and fun experience to exploring SELF with your child. One of Teri’s life passions is to provide an environment that helps adults guide young people along a fun journey to clarify their individual essence and true path.

Understanding and honoring one’s unique individual value as a human being is of critical importance and also an essential ingredient in each young person’s life of healthy growth, success and transition onto his or her life path and career choices.

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