Results from Pilot Program with Teens

In a pilot program, student evaluation scores increased on all questions, with an average increase mean score of 41.5% and median score of 35%.

Specific evaluation questions taken pre- and post-Life Purpose Discovery class were:

1. I understand my life purpose and calling increase of 40%
2. I know I can make a difference in the world increase of 29%
3. I know how I impact others and others impact me increase of 30%
4. I know my strong points and how to use them increase of 30%
5. I understand how my life purpose and goals are not the same increase of 40%
6. I have been able to talk to people that are successful in careers increase of 47%
   I am interested in
7. I have a clear understanding of what I want to do with my life increase of 20%
8. I know what I need to do to reach my goals increase of 30%
9. I have specific steps that I intend to take to reach my goals increase of 62.5%
10. I do weekly reading about my interests and my lifetime dreams and goals increase of 82.5%

What Teachers Are Saying About This Book:

“Your Key Your Door is an amazing course. I have taught math for 14 years and have never been able to see the kids engaged the way they are in this course. Teri is amazing in the classroom, and I am looking forward to an amazing year teaching using the YKYD book! We have already seen some great transformations in some of our students in just 2 weeks time.”

- Shane C, Math Teacher, Baseball Coach and Computer Technology Teacher

“Dear Ms. Haggerty: I want to thank you for providing my students with a wonderful tool to help guide them into learning about their life purpose and how to truly understand themselves and their life goals. Your Key, Your Door guides students to dig deeper into their thoughts and helps them to realize how important the decisions they make are and how they affect their future. The skills the students obtain from this book not only help out during their teenage years, but will follow them through adulthood. I have enjoyed the journey and I hope others will take the opportunity to experience it for themselves no matter what language it is taught in.”

- Capri Z, Vocational Ed Teacher

“Teaching in today’s society presents many challenges, both for the students and teacher. Many students are confronted with life events and challenges that in many cases are overwhelmed with ways to find answers to see them through and find resources to guide them. What I have found is that Your Key, Your Door fills the void for both the teacher and the student. In my experiences with this book, students are able to discover who they are and what they want to become. By establishing a purpose and goal in life,

Teachers’ comments continued on next page
students are able to understand their unique individual purpose. Having been in fields other than education, such as professional sports, and law enforcement, I have yet to see a program that focused on students understanding their life purpose and future success as that of Ms. Haggerty’s book. All students would definitely benefit from this experience.”

– Matt T, Math Teacher, Baseball Coach

“This year, our school adopted Your Key, Your Door by Teri Haggerty. I would recommend this book to high-school students. This book allows students to organize positive and realistic thoughts about their lives, themselves, and their plans for future careers. Many students in my class found the book to be very helpful to them. It has inspired them to begin thinking positively about their future, when their environment would not allow them to.

“I would love to use another one of Teri Haggerty’s books! I have not read a book that gives students effective tools for today's future as Your Key, Your Door has.”

– Diara M, Teacher, Choral Director

What Youth Are Saying About This Book:

“I really enjoyed working with the Your Key, Your Door book. It was a very fun and interesting way to learn more about myself. Now I see I have a wide range of options—even for people like me who don't have any experience—this makes me happy and excited!”

– Amanda S.

“Using the Your Key, Your Door book has truly made me happy and helps me see how I can relate my life decisions to my Life Purpose and stay true to who I really am.”

– Katy B.

“Ever since I got in 9th grade I had no idea what my Life Purpose was and I had no idea what job I would like. But since I was given that little book I know my Life Purpose and found out I like engineering type jobs. I am thankful for this book.”

– Austin L.

“This book inspired me to push through hard days and hard subjects because I know it will pay off later in my life. I wish every student could use this book!”

– Laura A.

“This book helped me grow as a person and learn about myself and for that I am truly thankful. Without this I would never have discovered my Life Purpose at such a young age. I now know how to stay true to myself and what to look for in a career. We all learned many valuable lessons from this book.”

– McKinzie D.

“This book showed me how to meet my goals and have an idea of life after high school. This has been a great year thanks to this book. I learned many new things like my Life Purpose and how to set my dreams big.”

– Katelyn B.

“Your Key, Your Door helped me find my way and accomplish high school this year. I never gave up on what I wanted and now I’m going to pursue my dream because now I know I can do it.”

– Makayla Z.
“Perhaps one of the best aspects of this book is the way it taught me to be positive and continually take steps in a positive direction. It taught me how to set goals to follow and stick to. Most importantly it’s helped me on my way to figure out my own path in life and discover the person I want to be. I’m sure when other students get this book they will soon be on their way to discover their path in life too.”

– Alex S.

“With this book I had opportunities to listen to guest speakers and even do some job shadowing of my own! I thought this was really interesting because I get to pick a career I wanted to learn about and study along side someone in that field of work.

– A. S.

“I liked this book because it was interesting. The stories were very interesting and the instructions were easy to understand. It made me more confident in myself and made me realize I have a real purpose in life. It helped me realize what path I want to follow in life and taught me how to pursue it.”

– Michael C.

What A High School Principal is Saying About This Book:

“The Your Key, Your Door book is a great product. It uses concepts and methods that give youth purpose and direction, which is paramount and of vital importance for students in this day and age. It gives them purpose and direction and is the missing piece that connects the voids between obtainable information and their life.... and guides them to know what to do with their life. Using this book students turn information into true knowledge, which is when one has information and knows what to do with it. The use of these 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.”

– Principal, Florida High School

Florida U.S. Principal for 10 years in both Middle and High Schools, and uses YKYD as a required class for all Freshmen (approx. 180 students per school year.

This principal, led his first school to the grade of “A” for the first time ever in its history. His second school now is currently almost to that level by end of this school year 2014.
This book is dedicated to Taylor and Robert, two young men who have amazing lives ahead of them and have deeply inspired my life and the development of this book.

– Teri Haggerty
YOUR KEY TO YOUR DOOR
TERI HAGGERTY

LIFE PURPOSE DISCOVERY BOOK FOR TEENS

Open The Door To The Real YOU!
ACKNOWLEDGEMENTS

My heart is very grateful first to the young people that have encouraged me and have been the first users of this material. Their stories and feedback have brought this project to life and given it so many interesting stories and exercises.

Specifically, to Mr. T., Ms. B., Annie, Sarah, Emma, Robert, Tristan, Shane, Cory and other youth who so cheerfully worked with these concepts and gave important feedback. These are truly inspiring young adults with amazing lives ahead. And to their parents, who assisted these teens through this experience.

The success of getting this book into your hands is due largely to the untiring efforts of my writer's advisory team. Thanks to Ed, Kathy, Mike, Chris, Denny, Barry, Bob, Honor, Robert, Trisha, Wayne, Sharon, Cynthia, Steve, Kent and Peggy-Joyce. Without your encouragement and supporting efforts this project would still be on my desk.

My largest and most humble thanks goes to that inner voice that spoke loud and clear in early 2010 that said, “Stop doing what you are doing and write the (youth) coaching book.” I am so glad I did, for I wish that every child will be blessed by its presence for generations to come.
What You Will Be Doing: Four Basic Components of this Book

Practical down-to-earth exercises, which are like the experience of piloting and landing an airplane.

1. Sections One through Three

30,000 feet in the air:
   The Life Purpose Exercise is a broad view of the life essence of who you really are in a large perspective. Simply, what you need to be healthy and happy, plus how you naturally give back to the world.
   Several other exercises in this section such as the room drawing and poster board activity also give more clarity to this broad “self-portrait.”

2. Section Four

20,000 feet in the air:
   The Three-Year Vision and Career Exercises provide more clarity to what “living your life purpose” actually looks like for you ...what you want to experience or do during the next three years.

3. Section Four (continued)

10,000 feet in the air:
   The Six-Month Goal Setting Exercise brings clearer focus to the specific, measurable choices that are within the important life areas of interest to you.

4. Section Four (continued)

On the ground:
   Next Steps Charts. You are now moving from “big picture” ideas to living your dreams day-to-day. You are designing and living a life that fits the real you. This section guides you in making choices that really fit the overall essence (or life purpose) which brings you joy, happiness and life-long success.
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HELLO, and THANK YOU for making the decision to use the Your Key Your Door: Life Purpose Discovery Book for Teens. During the last 30 years, the first ten as a home and public school teacher, and for the last twenty years as a business consultant and certified Life Coach, I have enjoyed many hours working with teens and adults.

When I was Organization Development Consultant for Walt Disney World, Magic Kingdom, I would walk downstairs from my office onto Main Street to watch the children and their parents enjoy the 3 o’clock parade. The wonder and excitement I saw on their faces was why I was working at Disney. Some little ones were raised high on their dad’s shoulders, others standing with their family just to get a better view of the magical parade that passed before them. I also knew that following the life we are each created to live would bring that kind of happiness and satisfaction every day.

The trick was taking the wonder and fun of exploring this magical world of “being ourselves” into the big world of life. That is what this book is all about!

For the past 10 years as a Certified Life Coach I have led people of all ages to discover and live the life they want to live and get into the habit of the “magical life of being YOURSELF.”

This book is a step-by-step discovery guide for teens age 12-18. It asks powerful questions that aid in self-discovery and building the habits that puts youth on the path that is right for them, both in their personal lives and in the area of career.

In the past years I have been gaining experience necessary to write this first book of several that I will be writing for audiences of all ages, i.e. collegiate and young adults and then adults.

Some of the experiences I have had that have been the foundation for this book are being a home school mom for over ten years and later working as an Organization Development Consultant (MBA, ODL University of West Florida) with Walt Disney World Magic Kingdom, Tulane University, Westinghouse-Hanford, Whirlpool Corporation, and as a Professional Certified Coach (PCC International Coach Federation) with the public and private school systems in several states, Juvenile Justice system in Florida, and many personal youth and adult coaching clients.

I welcome you to join me in the magical exploration of helping our teens discover and live the life they were born to live.

Sincerely,

Teri Haggerty

Important Notes:

In addition to the basic Instructor’s Guide in the Appendix, there is a much more detailed 30-page version which provides step-by-step instruction to help you be successful with this book. It is available as a free download from the website, www.doorknobbooks.com

The Your Key, Your Door book is designed to be completed in one semester. When shorter time frames are needed, optional Core “Fast Track” outlines are available in Appendix C.
Introduction

To the student using this book: You are about to begin an exciting and fun journey of self-discovery in which you will learn more about yourself, your dreams and goals. You will learn actions to take to make those dreams come true. You will read about how other people just like you learned to follow their desires and decided what they wanted to do as they were growing up. You will be asked to answer questions, some that will really make you think. The good news is, there are no wrong answers! You are an important person with talents and skills that are all your own. No one else is like you. This book will help you discover what you want to do with your life and help you find your dreams and achieve them. The world is waiting for the contribution that only you can provide. The best way to provide that contribution is to do what brings you joy, to do what makes your heart sing.

To parents and instructors: The purpose of this book is to assist young people in finding their unique life path. It will help your students find what motivates them, what gives them passion, what puts them in the exciting flow of living a life that is uniquely theirs.

We all have such a calling and a few of us were lucky enough to find it as we grew up. To find that calling is to experience the joy and happiness in doing what we were meant to do. Discovering their own unique talents, ambitions and desires will put our youth on the right path to a fulfilling life. Not only will this book help your young person to be themselves, but to be their best self.

To support you and your student in this process, a basic Instructor’s Guide is available in Appendix D. Following the instructions in this Guide is important to the success of this experience. Plus, an easy-to-use, much more detailed version is available for you as a free download at www.doorknobbooks.com along with other resources.

This book’s teachings will be facilitated by a set of questions and exercises that will lead your young person on an exciting and rewarding journey of self-discovery. Using these exercises your teen will learn how to articulate their thoughts and heartfelt desires, and set goals, with plenty of examples of others who are following their life path and how they did it. Once completed, some of these exercises should be posted for easy viewing by the student. Refer to the Instructor’s Guide for help in creating a specific area designated for posting their work.

As a parent, teacher or facilitator, you will play a pivotal role in helping the young person on this journey, but it is important to remember that the responses to the exercises must be their answers (not yours); there are no right or wrong answers here, only honest ones.

People who do what they feel they were meant or called to do are some of the happiest people on earth. Every heart’s calling is different and this book will help your teen to discover his or her calling or purpose.

This author has heard many parents say they wish they had been asked questions like this and received this kind of training while they were growing up. This is all the more reason to appreciate the importance of this unique process as you help your teen on this remarkable and rewarding journey. Although this book is designed for teens it may also be used for students as young as eight or nine depending on the maturity of the student. Some exercises or ideas may be introduced at this younger age while others can be taught later as the child reaches their teen years.

For this adventure you will need these supplies: pen, pencil, colored pencils and/or markers, several poster boards, 3 x 5 index cards, variety of magazines, highlighter, glue stick and scissors. A blank journal may be useful so that your child can capture their experience.

Additional resources to help you may be found at www.doorknobbooks.com.

So, let the journey begin…
SECTION ONE: EXPLORING THE REAL YOU
Chapter 1
One Rainy Day…

World Explorer: Living a Life of Survival and Adventure

JOHN GODDARD

One day a 15-year-old boy, John Goddard, sat at the kitchen table. It was raining outside. Bored, John sat down with paper and pencil in hand. Looking toward the window deep in thought, he didn’t see the landscape that was on the other side of the glass…because instead, he was thinking far into his future. His mind wandered over images of the life that he wanted to live—a life filled with adventure! Risk! Danger! An explorer’s life! His thoughts wandered and wondered over the years yet to come, as far as his imagination could take him.

Inspired by these images, he wrote down many of the adventures which his young heart dreamed. Climbing mountains! Countries to explore! Underwater discoveries! Pictures to take! Goals to be accomplished! Imagining his life unfold before him, he wrote furiously. 125, 126, 127…things that only a brave, young and unchained heart could see. 127 wonderful dreams unfolded on page after page. There it was. Done! A courageous list that some would never have dared to dream.

Time moved on for John. The kitchen table was left far behind. It had served as a launching pad for a life to be lived filled with adventures. By middle-age, he had celebrated the achievement of goal after goal…109, 110, 111 and counting. Dreams were lived and fulfilled as the boy became the man.

60 years had passed, and the list had grown from 127 to over 500. The stories of accomplishment were recorded far and wide…stories of the young brave-hearted boy who had followed his dreams. The stories fascinated many people; people who longed to see someone who had the courage to step out, no matter the circumstances, to live the dreams that were within his soul!

Young people dream as naturally as a river flows when encouraged to let their heart take the lead. They only need to learn to believe that everything is possible if they take a little time to write it down, and then follow the steps toward their dreams.

To read John’s amazing autobiography (including over 20 near-death experiences!), order his book, The Survivor, from www.hci.online.com. You can watch a fascinating video interview of John by searching (by his name) on YouTube.

WHAT IS ONE THING YOU LEARNED FROM JOHN’S STORY?

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

Your Key, Your Door – www.doorknobbooks.com
Are YOU Ready to Begin YOUR Adventure?

If so, then use this page and begin to live such a life! Your life! Pick up your pencil and begin to imagine your path, your adventures, the ones that you really want to live.

This book is going to be your guide as you look down the paths you would love to travel. You may be thinking about only the next few years, or you may be thinking all the way down the years of your life. It doesn’t matter how far you imagine into the future, just start by writing down the dreams that come to you. These dreams are unique to you. Remember, everything you need to live that life will be provided for you. You will be inspired and given the courage to live your dream from day to day, until one day you are telling your own stories—and writing your own book—about all the wonderful adventures you had.

Just like John did on his paper, write on this page things you want to do in your life. Think of as many as you can. Just dream knowing that there really are no limits to what you can have or accomplish. There is no scarcity for you even though you may not understand that right now. So dream big. Let your dreams fill this page. You can come back to this page later and add more things as you think of them.

My Dream Life List:

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What patterns do you see in your Dream Life List?

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CAPTAIN’S LOG

This chapter was important because...

You did a great job starting a list that is alive and will keep growing all your life.

In the next chapter...

You will create a fun self-discovery poster and learn even more about yourself!
Supplies you’ll need: A poster board, scissors, glue and magazines that you can cut up
My Story...

Blue Angel Slot 4 Pilot Who Never Gave Up
Until His Dream Became a Reality

LT. ROB KURRLE

Blue Angels: A Symbol of Passion in Motion

When I talk to kids in school I tell them to find what they are passionate about in life and it will guide them to their ideal life and career. Here is how it came about for me:

My Early Years and Passions

My mother was a flight attendant and my dad was a civilian Cessna pilot so my exposure at an early age planted a passion for aviation in my heart.

As a young teenager my goals were decidedly to be involved with aviation. Yet, I did not know how to make it a career. I find that many youth today seem to have the same confusion!

When I was in middle and high school people asked me what I wanted to do when I grew up and I found I knew what a teacher, athlete, lawyer or doctor did, but could not figure out the pathway to be a pilot, except as a hobby!

I could do any of these careers and earn a good living, even though my passion was for aviation with nothing else as a backup I decided I would be a doctor.

Connecting the Dots

What connected the dots for me happened as a senior in high school. I had played tennis competitively at an early age and as I progressed through high school, I started receiving letters from colleges and universities recruiting me to play tennis. One of those letters was from the coach at the Naval Academy inviting me for a visit to the Naval Academy. During that visit I saw the jets fly over the football game and I made the connection that my dream of being an aviator could become a reality by attending the Academy. I did not exactly know how, but I knew my passion could be my career. Now, I had a vision and set my goals toward that passion which kept me motivated through the tough times ahead.

Excitedly I applied, but sadly my SAT scores were not high enough. I did not give up and with a leap of faith I applied to a junior college that was a military prep college and boosted up my grades. I had jet pictures in my room and kept my goals visible in front of me. Sure enough, the second time I applied, I was accepted.

I worked really hard, got good grades and made it happen. I wanted to fly jets off an Aircraft Carrier. I knew if I finished at the top of my class I could be stationed anywhere I wanted to be as a pilot. Because I really had a passion for flying, it helped me to discipline myself to stay at the top 10% of my class and graduate with a degree in mechanical engineering.

It took passion, not just a wish, to create the discipline to keep me focused all the time.
When students are following their passion they can work hard and be successful, even when time to time the walls seem to be tumbling down.

**Getting Paid To Do What I Love Is Backward Economics!**

Currently, I have been flying for the Navy almost ten years and I wake up with a smile on my face everyday and get paid to do something that I would pay to do. It turns things around in the money aspect. When you are doing something you absolutely love then life is not how much money you have or what kind of car you drive or how big a house you own. There is so much more to life than that. I love my job, my life is exciting and I have a great family. All that is from this positive aura of enjoying my life. Everything falls into place almost like things work backwards because when you are in a happy space everything else all works out too.

**When We Fly**

When we fly we are 18” apart moving at 350 mph. So that 45-minute flight is 100% pure concentration. Each pilot trusts that the others are in their position. Each flight is exciting and an adrenaline rush and the 45 minutes goes by in a flash.

In each flight we try to do better than last time which is important for me. Everything we do is built on a foundation of trust by putting our lives into each other’s hands. We build up to that trust over time.

We come back and watch a video of the flight and call ourselves out on it. This is unique to this organization. I talk about everything I did wrong. We don’t point a finger at someone else. We own up to our mistakes and that helps build trust. We talk about our discrepancies and are hard on ourselves. Everyone is making some mistakes. There is a huge difference when someone owns up to their mistakes and says what they will do to fix it and make it better. You won’t keep making a mistake if you own up to it.

**My Future**

A few years ago I would have told you it couldn’t get better, but it has as I continue in my passion, hard work, honesty and having a positive outlook in life and trusting that everything will continue working out for the best, it will. Years ago my dad told me that life was just going to keep getting better and that stuck in my head.

I love this adventure. This is my last season with the Blue Angels. I am excited to see the new places I will go and explore new areas and goals as a pilot for the Navy. My job will progress in the Navy and in the coming years I will return to fly off the aircraft carriers. If there came a time I could not fly anymore, I would go out and find my passion again and focus on what I have in the other areas in my life. Sometimes events happen and you have to make a change but always follow your passion.

**A Word To Parents**

As I was growing up there were people I idolized and now I want to turn around and give to my family. So parents, bring the best aspects of what you know and expose your youth to many different things. Don’t push what you dreamed for yourself on your child. Let them choose their path with guidance and give them opportunities to explore. Let them be successful and fail on their own.
A Fun Activity: Make A Self-Discovery Poster

*Ready to plant seeds for an adventure?*

It is fun to make a vision board of the *fun experiences that you want to enjoy in your future!*

Who would you want to come along with you? What places would you want to visit?
In what places do you want to live? What activities do you want to experience?
What do you want to have or own in your life? Get some ideas from your *Dream Life List* in the previous chapter.

**SUPPLY LIST:**

- Poster Board from office supply store
- Glue stick
- Scissors
- Lots of different magazines
- Your biggest imagination!!!

**ASSIGNMENT:**

Look through the magazines, travel or other brochures, advertisements, extra prints of your personal or family photos that you’ve gathered...cut and glue or tape your pictures to your poster board. This activity helps you to understand more of your desires and helps bring these things into your life and make these things happen.

Be as detailed as you can. For example, if you want a certain kind of car, go and get a picture of that specific car for your board. This exercise is very powerful and specific. If you are not sure about all the specifics of a certain desire, just put a picture on your board similar to what you generally think you want.

When you are done, put your board on the wall where you can see it often. (If you haven’t quite filled the poster board, you can add more pictures over the next few weeks.) Then watch as these things begin to show up in your life!

If you can envision it, you can naturally bring it into your life. Be happy where you are now, believe that your desired experiences will come, and they WILL!
It's All About Being Me!
What did you learn about yourself while you were making your poster?

Write Your Thoughts Here:

1. ________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

2. ________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

3. ________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

4. ________________________________________________________________________________
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5. ________________________________________________________________________________
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__________________________________________________________________________________

6. ________________________________________________________________________________
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CAPTAIN’S LOG
This chapter was important because...
Now you have some important information about who you are and what you want to experience in life.

In the next chapter...
You will discover your Life Purpose and how it is an important tool to guide you through the rest of this book and your whole life.

Supplies you’ll need: Highlighter, index cards
Chapter 3

Discover Your True Self or “Life Purpose”: The Door to Your True Path

17-Year-Old Leader in Website Design and Development, Who By Following His Passion Has Already Achieved Outstanding Success

ROBERT KLUBENSPIES

I Was Passionate About Computers When I Was Four

As I look back, I realized I had a passion for building things even when I was very young. For example, at age three, I was using my creative and logical brain to build complex designs with Legos. By age eight, I began taking college web design classes for young kids. Home schooling has greatly accelerated my learning. I still made a point of socializing while a homeschooled student so that I could relate to people as well as computers. I recently ranked within the Top 15 web designers in the nation at the Future Business Leaders Association National Leadership Conference in 2011. You can see my project in my portfolio that is on my website, which is listed below.

I always have been creative on the computer and have a passion for web design and development. I remember at age ten I reverse-engineered website templates just to learn how they were developed.

My enjoyment lies in continually learning something challenging and new. This ability has allowed me to become a leader in my field. I’ve chosen Website Design and Development as my career field because I am passionate about it and it is always evolving.

My Plans for the Future

From a very young age I knew I would work in the computer field. After much effort and soul searching, I’ve chosen to build a career in User Experience Design and Development, a niche web development field that helps companies build better user interfaces.

Follow my journey and read more about me at www.robertklubenspies.com.

My Life Purpose: “Enjoying life to its fullest through feeling inspired, energized, enjoying firsts, cherishing times communicating and inspiring others.”
Discovering Your Life Purpose

One good way to discover your core “inner-self” and thus the overall ideal direction of your life is to tell stories of what you love to do and favorite experiences you have had.

To be clear, Life Purpose does not mean you have a “purpose” to fulfill, like a pencil, car or your socks and shoes. Rather, it is a term that has come to be used as a description of who you really are naturally. Like the basic elements on earth, they simply are. Gold is just gold. Silver is silver. They are just what they are. You are unique and valuable for there is only one of you! No one else has the same characteristics or personality. You play a very important role here on earth just “being you.” Trying to be anything else creates a disaster. Just “being you” brings you great joy.

Facts about Life Purpose:
1. It reveals the essence of the permanent nature of your “inner-self.”
2. It tells the essence of who you are in words, so that you can understand how to more fully live your life in joy and harmony with the wonderful, unique “inner” you!
3. It is not something you have to DO—it is who you ARE!
4. Knowing your “purpose” will help you easily make choices that really fit you!
5. Everyone’s life purpose is different—you are unique…and so is everyone around you.
6. This very important exercise will help you explore and discover what you are like and how to stay in a space that fits who you are. Just like a plant has to be placed where it is the happiest, so do you!

OK, before you get started, let’s first look at one teen’s example of how he followed four simple steps to write his Life Purpose statement:

Step 1. He wrote about:
- Something he enjoys or loves to do
- A wonderful experience that he would always remember
- A wonderful time when he enjoyed helping someone else:
   * Then he wrote how he felt when he was doing the above, and his reasons why these experiences were important to him.
   * NOTICE: That some of his experiences took place over a few hours while others were an entire day.

Step 2. After he wrote the experiences, he chose, circled and highlighted his favorite words.

Step 3. Then he wrote his favorite words on index cards and arranged them in the order he liked. Notice he changed some of the words from past to present tense i.e., “I took a risk” in his first story became “take a risk” and “I made a difference for others” in his last story became “make a difference for others.”

Step 4. Finally, he wrote his first draft of his Life Purpose statement.

On the next page are three examples of how this 15-year-old teen wrote his experiences:
STEP 1:

**Example Story.** Describe something you enjoy or love to do.

Brief description: Tubing behind the boat at summer camp

Feeling words: Why did you love doing this?
- adrenaline rush
- excited

**Example Story.** Describe a wonderful experience that you will always remember:

Brief description: Selling my first horse

Feeling words: Why was this experience important to you?
- good
- excited

**Example Story.** Tell of a wonderful time when you enjoyed helping someone else:

Brief description: Helping with the birth of baby horse. The mother horse was having trouble having the baby. I helped the baby horse to stand up and learn to walk while the mom was too weak to help her. It was a late and cold night in the corral in early spring.

Feeling words: Why was this experience important to you?
- excited
- good

STEP 2: After writing his experiences, this teen chose, circled and highlighted his favorite words from his experiences and things he loves to do.

Notice in the teen’s example how some of the words were feeling words, some were different types of actions and some were about helping others.

So, this teen looked for words that were alike and picked one favorite word from each of the same types of words or actions. He decided he had four different types of word groups. He then picked the best word from each group. So, he had four words, plus his feeling word, which made five total words or phrases. See his words below.

STEP 3: These are the words he chose from his favorite experiences and things he loves to do and wrote them on separate index cards.

1. (a feeling word) Excited
2. take a risk
3. learning about my life
4. seeing things through from beginning to end
5. make a difference for others
STEP 4: It was now easy to write his **LIFE PURPOSE** statement.

He first put the index cards in the order that he liked best.

He put the words about **HIMSELF** (including his feeling words) **first** in his sentence, and the words that told how he enjoys helping **SOMEONE ELSE last**. (Why? People can only help others after they have made sure that their own needs have been met). He used commas between the words when he wrote his Life Purpose statement.

Here is the Life Purpose statement he wrote:

**My LIFE PURPOSE is:** To feel excited taking a risk, learning about my life, seeing things through from beginning to end and making a difference for others.

---

**Note to Parents and Instructors:** Avoid guiding or correcting, just capture the positive words (i.e. “excited”, rather than “not bored”). Make this a fun and safe experience. They don’t need to think ahead, just capture their quick responses. Be patient while they take a moment to reflect on their answers. Remember, this is THEIR life they are thinking about!

**Step 1:**

Please write or talk about:

- Two brief stories of things **you enjoy or love to do**.
- Two brief stories of **wonderful experiences that you will always remember**.
- One story of a **wonderful time when you enjoyed helping someone else**.
- Then write two words that describe **how you felt**, and two or more reasons **this experience was important to you**, for each story. (**This is the most important part**!) **Remember:** These might be stories that took place over an entire day or in just one quick minute. You may pick a recent happening, or something that happened a long time ago.

**Story 1. Describe something **you enjoy or love to do**:**

**Brief description:**

___________________________________________________________________________________
___________________________________________________________________________________

**Feeling words:**

<table>
<thead>
<tr>
<th>Feeling words:</th>
<th>Why is doing/experiencing this important to you?</th>
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Appendix C:
Optional Core “Fast Tracks”

The *Your Key, Your Door* book is designed to be completed in one semester of an academic school year. When shorter time frames are needed use these specifically designed options.

**CAREER EXPLORATION CORE TRACK**

6 weeks—each lesson requires only 1 to 1.5 hours

*Week One:* Complete Chapter 3: *Discover Your True Self or “Life Purpose”: The Foundation of Your True Path*—Writing the Life Purpose statement, which is the basic foundation tool for career exploration exercises.

*Week Two:* Complete Chapter 6: *Exploring Careers Through Reading*—Weekly 15-minute reading assignments of the students choice to enhance exposure to variety of career options, done in conjunction with other chapters’ exercises.

*Week Three:* Complete Chapter 7: *Career: It’s Only an Expression of Your Passion and Purpose*—building the foundation of career as an expression of student’s unique skills, values and qualities.

*Week Four:* Complete Chapter 8: *Career Triangles*—designing Four Career Triangles which point to ideal careers that fit the student.

*Week Five:* Complete Chapter 9: *Exploring Careers through Job Shadowing*—student assigned a Job Shadow and completing a Job Shadow report.

*Week Six:* Complete Chapter 19: *Continuing on Your Path*—planning for successful long-term application of learning (designing ideal next steps toward a best fit career based on who the student really is.)

**Optional Week:** Complete Chapter 10: *Your Spare Time—A Valuable Career Tool*—strategies to use Weekly Planning Chart to enhance student’s best use of after school hours to enhance action step follow through.

**Note:** This track automatically includes six inspiring personal interviews of successful people who are following their passion to serve as role models to students.

**Another Optional Week:** Complete Chapter 5: *Systems Check: All Systems Go?*—Use six Flight Charts to measure “Inner-being” of student through the six-week Career Exploration Track. Uses “Flight Chart” measurement to teach importance of monitoring internal “well-being” with external activities to teach Work/Life balance.
GOAL SETTING SKILL BUILDING TRACK
5 weeks—each lesson requires only 1 to 1.5 hours

**Week One:** Complete Chapter 3: *Discover Your True Self or “Life Purpose”: The Foundation of Your True Path*—writing the Life Purpose statement the basic foundation tool for all goal setting.

**Week Two:** Complete Chapter 14: *Three-Year Visioning—A Look into Your Future*—creative exercises for visioning student’s best and preferred future.

**Week Three:** Complete Chapter 15: *Six-Month Goal Setting—Really Living Your Dreams*—three Practical Goal setting charts for step-by-step completion of six-month goals and Keys to Success awareness chart.

**Week Four:** Complete Chapter 16: *Action Step Charts*—planning Small Do-able Action Steps & Learning Personal Keys to Success.

**Week Five:** Complete Chapter 19: *Continuing on Your Path*—planning for successful long-term application of learning.

**Optional Week:** Complete Chapter 10: *Your Spare Time—A Valuable Tool*—strategies to use Weekly Planning Chart to enhance student’s best use of after school hours to enhance action step follow through.

**Note:** This track automatically includes five inspiring personal interviews of successful people who are following their passion to serve as role models to students.

**Another Optional Week:** Complete Chapter 5: *Systems Check: All Systems Go?*—Use six Flight Charts to measure “Inner-being” of student through the five-week Goal Setting Skill Building Track. Uses “Flight Chart” measurement to teach importance of monitoring internal “well-being” with external activities to teach Work/Life balance.
Appendix D:
Instructor’s Guide

This amazing journey for you and your teen of learning to live a life pattern of self-discovery may be one of the most important activities you do together in the life of each child. It will help them discover who they are at their core and show them ways to be comfortable with learning to be aware of themselves and how to be true to what they discover. This can lead them to many years of happiness and success.

Relax into this shared journey, for you can’t mess it up. This experience is simply about holding a sacred space for them to try life “on for size” and then reflect on how different experiences feel and what they learn about themselves. They never fail unless they fail to learn from their experiences. Youth is a safe time for them to discover who they are, for the stakes get much higher as they move into adulthood in their 20’s.

Honor what they learn no matter how small, and allow them to discover how different they are from you and others, and how their calling is unique and just their own. Teaching them to honor their calling is a special privilege you are embracing. Let love guide you and ease the bumps along the way. Trust in the process as it unfolds. Add your own ideas to this material or omit any areas that don’t fit the journey of discovery.

This book is a tool to be used in whatever way seems best to you and the young person. In some assignments the student is best left alone to reflect and write. Try as best as you can to not lead their thinking, but some prompting might be needed to get their creative thinking going. Some assignments like the Life Purpose writing in section one and the goal setting exercises in section four will need direct adult guidance especially for younger teens. Always remember to draw out their thinking and try to not lead with your thoughts and opinions. Be comfortable with some silence as they process the questions.

Tell your teen: There are many different paths that a student can take in life, and each individual has to seek out their best path to take. The best way to choose the path that is most true for you is to pay attention to the way you feel as you are guided on a path in life. Follow your “gut” or intuitive deep feelings to determine the best and truest path for you.

Parents and instructors want to encourage youth to make the right decisions, and they can fear that wrong decisions might be made. This fear can hold the child back from truly reaching out to independently and confidently follow his or her dreams and find the best path to take. Encourage the natural eagerness and enthusiasm in children, so they can shine and thrive and become the best person they can be.

“Seeing” young people without judgments or labels brings them life. Practice this “seeing” habit daily while each young person is using this book. “Seeing” the interesting aspects of who they are and the process of their transformation.

A suggested schedule for the material starts on the next page.

REMEMBER: There is a helpful Instructor’s Guide (56 pages), for parents and small group instructors, available as a free download from the website, www.doorknobbooks.com, as well as a comprehensive, step-by-step Classroom Teacher’s Notes (119 pages), for classroom large group teachers, loaded with practical tools, lesson plans and more, available for purchase from www.doorknobbooks.com and www.amazon.com. Contact Teri Haggerty by email at Teri@doorknobbooks.com for more information about both publications.
Suggested Schedule and Directions for Parents, Students, and Instructors:

**IMPORTANT NOTE:** Remember to read instructions for each lesson with your student and be sure they are clear about the directions for each exercise before doing it. The sequence of the exercises is important, because each exercise builds upon the previous ones.

**“On The Wall” Space for Students:** It is helpful for students to have a visual reminder and space to display the exercises they are working on. It can be as simple as a wall or bulletin board in their room on which to hang the worksheets and exercises. If desired, you can learn about other ways to create this important space called “On the Wall” (mentioned in many of this book’s exercises), see the more detailed Instructor’s Guide available as a free download from this book’s website at [www.doorknobbooks.com](http://www.doorknobbooks.com).

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**WEEK ONE:** ____________________________ (date)

- Read pages ii, vii, review Table of Contents, Welcome Letter from Teri Haggerty, Introduction, and briefly scan entire book. Do this together with your student(s).
- Parent/teacher read Chapter 21 (page 92) to discover additional ways to help your child maximize the results from this book. Visit this chapter occasionally to encourage yourself of the important role you play.
- Notes:______________________________________________________________________________

**SECTION ONE**

**WEEK TWO:** _______________________________ (date)  Chapter 1 (pg. 2 )

- Student reads My Story – John Goddard, the Famous Explorer and answer story question.
- Read instructions and have the student fill in their Dream Life List throughout the week. They may need several opportunities during the week to write on this page.
- Remember to have poster board and magazines for week three.
- Notes:______________________________________________________________________________

**WEEK THREE:** _______________________________ (date)  Chapter 2 (pg. 5 )

- Student reads My Story – Blue Angel Pilot Lt. Rob Kurrle.
- Have fun making the Self-Discovery Poster.
- Fill in the self reflection page (do only as many lines as student needs).
- Have small paper or index cards for next week’s assignment.
- Notes:______________________________________________________________________________

**WEEK FOUR:** _______________________________ (date)  Chapter 3 (pg. 9)

(Your student will need your assistance throughout this chapter to ensure success)

- Student reads My Story – Robert Klubenspies, 17-Year-Old Website Designer.
- Read together the instructions for the Life Purpose (LP) discovery.
- Enjoy exploring and answering questions of LP stories.
- Group LP chosen words and write in LP frame.
- Read LP instructions beneath LP frame and follow as directed.
- During this week student repeats their Life Purpose statement ten times a day, begins using their LP to plan actions/make decisions, and becomes aware of when they are in alignment with it. You may also choose to print or write the Life Purpose Statement, then decorate and frame it to put on the wall in their room.
- Colored pencils or thin colored markers may be desired for next week’s assignment.
- Notes:______________________________________________________________________________
WEEK FIVE: ______________________________ (date)  Chapter 4 (pg. 17)

- Student reads *My Story – Jackiem Joyner, World Renowned Saxophonist*.
- Read instructions for room drawing.
- Student draws room on two pages provided in book. Use the two pages combined as one whole room. If they would prefer, provide a large single sheet of paper or poster board for their drawing, especially if your student would like to use colored markers that might “bleed” through the pages in the book.
- Student journals reflections of self-discovery.
- During this week student repeats Life Purpose (LP) statement ten times a day, begins using their LP to plan actions/make decisions and becomes aware of when they are in alignment with it.

- Notes: ________________________________________________________________

WEEK SIX: ______________________________ (date)  Chapter 5 (pg. 23)

- Student reads *My Story – Mike Evers, Owner of MAACO Auto Body Repair*.
- Read instructions and write “inner-being” measurements.
- Label six Flight Charts.
- Student records their scores on the Flight Charts for this week. These measurements will continue each week, for six total weeks.
- Student repeats Life Purpose five times a day, uses their LP to plan actions/make decisions and becomes aware of when they are in alignment with it.

- Notes: ________________________________________________________________

SECTION TWO

WEEK SEVEN: ______________________________ (date)  Chapter 6 (pg. 28)

- Student reads *My Story – Tec Clark, Undersea Educator*
- Student (may need help) chooses a story/article/computer information on career of interest. This series of assignments will continue each week for eight weeks. Choose a different career and a different story/article for each 15-minute weekly reading.
- Student reads on career of their choice (15 minutes).
- During this week student repeats Life Purpose statement five times a day, begins using their LP to plan actions/make decisions and becomes aware of when they are in alignment with it.
- Student records their inner-being scores on the Flight Charts for this week. These measurements will continue each week, for six total weeks.

- Notes: ________________________________________________________________

WEEK EIGHT: ______________________________ (date)  Chapter 7 (pg. 32)

- Student reads *My Story – Quint Studer, CEO and How He Helps Hospitals*
- Read career discovery instructions.
- Student fills in favorite skills, chooses and marks personal values and qualities.
- Student repeats Life Purpose statement a couple of times a day, uses LP to plan actions/make decisions and becomes aware of when they are in alignment with it.
- Student records their inner-being scores on the Flight Charts for this week. These measurements will continue each week, for six total weeks.

- Notes: ________________________________________________________________
WEEK NINE: _____________________________ (date) Chapter 8 (pg. 36)

- Student reads My Story – Kenny Byrd, Ventriloquist.
- Read Career Triangle instructions.
- Student (may need assistance) completes the four career triangles and explores possible careers that match each triangle.
- Student (may need assistance) chooses four careers to explore and obtains contact information of people associated with their chosen careers. Extra copies of “Who Do You Know?” are available in Appendix B (page 99).
- Optional: Visit the online O*Net site that has valuable career information referenced in Appendix A (page 95).
- Student repeats Life Purpose a couple of times a day, uses LP to plan actions/make decisions and becomes aware of when they are in alignment with it.
- Student records their inner-being scores on the Flight Charts for this week. These measurements will continue each week, for six total weeks.

- Notes:______________________________________________________________________________

WEEK TEN: _____________________________ (date) Chapter 9 (pg. 41)

- Student reads My Story – Malcolm Thomas, Teacher and School Superintendent
- Student does at least one job shadow in person or by phone from the chosen careers on page 40.
- Student thanks you note to job shadow interviewee.
- Student fills in one job shadow report for each job shadow. Extra copies of Job Shadow and Report Sheets are in Appendix B (pages 100 and 101).
- Student repeats Life Purpose once a day, and begins to show consistency in using LP to plan actions/make decisions and be aware of when they are in alignment with it. Celebrate this movement to encourage the behavior of going from “repeating” to applying.
- Student records their inner-being scores on the Flight Charts for this week. These measurements will continue each week, for six total weeks.

- Notes:______________________________________________________________________________

WEEK ELEVEN: _____________________________ (date) Chapter 10 (pg. 44)

- Student reads My Story – Frazier Nivens, Underwater Cinematographer.
- Student writes My Story report of spare time.
- Student completes spare time Start, Stop, Continue exercise.
- Student says Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and notice when they are in or out of it. Possibly share at a meal time how this has helped this week.
- Student records their inner-being scores on the Flight Charts for this week. This is the final measurement week. Have student write a sentence or more about how they can keep their inner-being scores high. Revisit these inner-being qualities on occasion throughout the remainder of this book’s use as desired.
- Student uses Weekly Planning Chart to start planning how to spend their time. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).

- Notes:______________________________________________________________________________
SECTION THREE

WEEK TWELVE: ____________________________ (date)  Chapter 11 (pg. 50)
- Student reads My Story – Shirley Hales, Learned How Thoughts Helped a Boy Get a Bike.
- Student reflects on personal thoughts and the power of beliefs.
- Student writes most helpful thoughts on which to build their future.
- Student repeats Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and be aware of when they are in alignment with it.

WEEK THIRTEEN: __________________________ (date)  Chapter 12 (pg. 55)
- Student reads My Story – Wayne Newman, Music Teacher, Music Game Creator
- Student recognizes and writes about the support around them.
- Student repeats Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and be aware of when they are in alignment with it.
- Student continues to use Weekly Planning Chart for planning how to best spend their spare time. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).

WEEK FOURTEEN: _________________________ (date)  Chapter 13 (pg. 58)
- Student reads My Story – Dr. Terry Maple, Former Zoo Director
- Student writes exercise on how they make a difference.
- Student repeats Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and be aware of when they are in alignment with it.
- Student continues to use Weekly Planning Chart for planning how to best spend their spare time. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).

SECTION FOUR (student will need assistance with this section)

WEEK FIFTEEN: __________________________ (date)  Chapter 14 (pg. 61)
- Student reads My Story – Jack Sandborn, Outdoor Fun Experience Creator.
- Read instructions for three-year visioning.
- Student writes three-year visions.
- Student repeats Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and be aware of when they are in alignment with it.
- Student continues to use Weekly Planning Chart for planning how to best spend their spare time. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).
WEEK SIXTEEN: _____________________________ (date) Chapter 15 (pg. 65)
- Student reads My Story – Caleb Curren, Archeologist.
- Read instructions for six-month goal setting.
- Student writes six-month goal possibilities and action steps. Also write action steps on Action Step Charts on pages 72-74.
- Student repeats Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and be aware when they are in alignment with it.
- Student continues to use Weekly Planning Chart for planning how to best spend their spare time and may add action steps to their Weekly Planning Chart if desired. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).
- Need chart, white board or useful item to visibly track on-going action steps for next week’s exercise.
- Notes:_________________________________________________________________________________

WEEK SEVENTEEN: __________________________ (date) Chapter 16 (pg. 70)
- Student reads My Story – Dr. Pamela Feeser, And How She Regained Skills She Had Lost
- Read instructions for Action Step Charts.
- Student writes Action Step for three chosen six-month goals.
- Student uses Keys to Success chart for each completed action step.
- Student uses Weekly Planning Chart to complete action step goals.
- Student repeats Life Purpose statement once a day, and shows consistency in using LP to plan actions/make decisions and be aware when they are in alignment with it.
- Student continues to use Weekly Planning Chart for planning how to best spend their spare time and may add action steps to their Weekly Planning Chart if desired. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).
- Notes:_________________________________________________________________________________

WEEK EIGHTEEN: _________________________ (date) Chapter 17 (pg. 77)
- Student reads My Story – John Steele, Protector of Other Peoples’ Money.
- Student uses visioning exercise to start understanding the role of money in their life.
- Student begins to use Money Flow Worksheet to use the money that flows into their lives to align with their three-year goals and actions steps. Adapt and use the worksheet according to your personal discretion as it best supports your training for your student.
- Student repeats Life Purpose statement once a day, and shows consistency in using their LP to plan actions/make decisions and be aware of when they are in alignment with it.
- Student continues to use Weekly Planning Chart for planning how to best spend their spare time and may add action steps to their Weekly Planning Chart if desired. An extra copy of the Weekly Planning Chart is in Appendix B (pages 102 and 103).
- Student continues Action Step Charts and Keys to Success until their three six-month goal experiences are each finished.
- Notes:_________________________________________________________________________________
**WEEK NINETEEN:**  __________________________ (date)  Chapter 18 (pg. 82)

- Student reads Communication in the Zone facts.
- Student practices **Dynamic Listening Exercise.**
- Student reads about communication filters.
- Student repeats Life Purpose statement once a day, and shows consistency in using their LP to plan actions/make decisions and be aware of when they are in alignment with it.
- Student continues to use **Weekly Planning Chart** for planning how to best spend their spare time and may add action steps to their **Weekly Planning Chart** if desired. An extra copy of the **Weekly Planning Chart** is in Appendix B (pages 102 and 103).
- Student continues **Action Step charts** and **Keys to Success** until their three six-month goal experiences are each finished.
- Student continues to use **Money Flow Worksheet** to use the money that flows into their lives to align with their three-year goals and actions steps and instructors teaching goals.

**Notes:**
___________________________________________________________________________

**WEEK TWENTY:**  ____________________________ (date)  Chapter 19 (pg. 86)

- Student reads *My Story – Kathy Lyon, Jazz Vocalist, Graphic Artist*
- Student reflects and writes about their future after this book in the “Where do YOU go from here?” exercise.
- Optional: Ask student to return to their **Keys to Success** chart (pages 75-76) and highlight three of the most important words or phrases that they have discovered are the most important keys for them. Have them write and post these to use in the future to increase success in their lives as they move forward beyond this book. They can be blended into one sentence as was done in the Life Purpose exercise and labeled “**Keys to Success**” Affirmation and repeated several times a day for a few weeks to ensure these keys will be applied in their future life journey.
- Assist student with deciding how to choose and design an accountability plan and commit to an accountability partner (question #3) to continue their personal growth journey.
- Help student visualize and plan their completion celebration with family and friends to recognize how much they have personally grown through their experience with this book.
- Student repeats Life Purpose statement once a day, and shows consistency in using their LP to plan actions/make decisions and be aware of when they are in alignment with it. This should by now be a habit that will stay with them for the rest of their lives.

**Notes:**
______________________________________________________________________________

**WEEK TWENTY-ONE:**  _______________________ (date)  Chapter 20 (pg. 88)

- Student fills out celebration chart in celebration ceremony with friends and family designed to recognize who they are, the amazing journey they are on and the important steps completed in this book.

**Notes:**
______________________________________________________________________________
What We Offer: At Doorknob Books we focus on creating success in student’s, teacher’s and parent’s lives. Using our books, filled with powerful questions and exercises, students gain clarity to confidently have a career and personal life of their choosing, resulting in sustainable hope, success, and well-being. Teaching is easier as students are more engaged in their studies. Parenting outcomes are enhanced as a deeper understanding and connection with youth is easily achieved.

YOUR KEY, YOUR DOOR
Life Purpose Discovery Book for Teens (YKYD) for middle and high school students.

Includes: 120 pages of exercises and activities in an 8.5 x 11 format designed to be completed in one semester (18 weeks). YKYD provides an easy-to-use text that allows students and teachers to use these tools to enhance a young person’s life success factors, leading to career readiness and successful career transition.

The uniqueness of Your Key Your Door, Life Purpose Discovery Book for Teens is that it goes one level deeper than the usual self-discovery books for youth. It creatively guides young people in the discovery of their life’s real foundation—the individual teen’s Life Purpose. On this foundation, young people learn to live life simply being the best at who they are. Envisioning their authentic personal and career goals for the next three years, they are guided through a step-by-step process for creating and doing small goal-oriented action steps while charting their personal Keys to Success. Career exploration with job shadows, money and time management skills are also applied as important aspects of the YKYD lessons. A five-week fast track course is included in the book.

The reason this book was written is because of the urgent need for an easy-to-use book that allows teachers to increase three critical success factors reported in the recent Gallup Student Poll for student success: hope, engagement and well-being. Student’s using Your Key Your Door books have shown measured increase in many life success areas, including these three areas.

If desired, teacher training to use this textbook to enhance student and teacher success is available via phone or Skype. Training is not necessary for teaching and implementation of course work.

Available on Amazon.com ($39.95).
For education bulk order discounts of 10+ copies, contact teri@doorknobbooks.com

See resources for teachers, parents and group leaders on next page.
YOUR KEY, YOUR DOOR Teaching Guides:

CLASSROOM TEACHER’S NOTES
For Large Group and Classroom Youth Teaching

Includes: Teacher’s guide to student YKYD book, with 115 pages of exercises and activities in an 8.5 x 11 format of comprehensive instructions to easily and effectively teach a standard size classroom of students using the YKYD student book (8-25 students) and includes extra exercises, suggested syllabus and sample weekly lesson plans, student progress tracking sheets, class handouts for students not included in the main YKYD text, weekly class discussion guide for teaching basic business strategies helpful for career readiness for the workplace.

Enhancement for students through teacher use of this manual includes: real-world career exposure; work/life balance; teamwork modeling; hosting a guest speaker; interview skills practice; thank you note writing; showing appreciation in the workplace; networking strategies for career and communication skill development.

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 eight 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.
10 EASY KEYS TO UNLOCKING KID’S PASSION AND PURPOSE
A book for Parents, Teachers, Counselors and Youth Leaders

Includes: 140 pages of exercises and activities in an 5.5 x 7.5 format of Dynamic Steps you can take to journey with children and teens in self-discovery. 10 Easy Keys provides a guide and journal for parents and teachers to enjoy day-to-day discovery of a child’s Life Purpose and help them learn to live it personally. These natural parent/child interactions enhance the young person’s ability to make excellent life and career path choices.

By using the specific powerful questions (Keys) then journaling their answers, parents and teachers learn to understand and support children and young people to be all they can be every day and in every way. By using this book, parents and teachers make the choice to walk with “their” child (defined as any child that they care about) in discovering their passions and life path, and create an encouraging supportive space for their child to know, explore and experience positive connections and enhance the highest outcome for their lives. This Life Purpose discovery book will help parents, teachers and youth leaders with a fun and natural process—that fits into their busy lives—to:

• Understand their 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 truly reaches their hearts at all ages
• Nurture their 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. It can also serve as an excellent book for parenting classes where attendees find support and inspiration from other class participants using the 10 Easy Keys book each week with their young people.

Available www.doorknobbooks.com and Amazon.com ($14.95).
Open The Door To The Real YOU!

Congratulations!
YOU have made the choice to walk through the door to discovery of your life path!

This Life Purpose discovery book will help YOU with a step-by-step process to:

1. Discover and write your unique Life Purpose and how to really LIVE it
2. Learn from examples of 19 successful people who are following their passion
3. Explore and learn about career options and experience job shadowing
4. Explore, plan and achieve daily action steps to reach desired future goals while learning personal Keys to Success
5. Develop communication, time and money management skills
6. Easy-to-follow Instructor’s Guide included in this book, with expanded version available on the website

THIS BOOK IS A MUST-HAVE TOOL FOR TEENS!

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, and ten-year former home school mom, Teri brings a fresh, inspirational fun experience to exploring SELF for your child.

One of Teri’s life passions is to provide an environment that will lead youth 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 teen’s life of personal success and transition onto his or her life path and career choices.