



June 16th, 2023

Hello First name / friend,

This week we dropped off our oldest daughter at college (out of state). 😔 I'm reflecting about the 18 years she's been in our home and what are the most important lessons we tried to teach her. I came up with this list of 10 things our kids need to SEE from us, their parents:

- 1. Work:** they'll see that nothing great comes without hard work and effort.
- 2. Struggle:** they'll see that you're not perfect and that you still push through your challenges.
- 3. Apologize:** they'll see why accountability matters and that even adults make mistakes.
- 4. Read/Learn:** they'll see you pursuing improvement and they'll want to improve.
- 5. Express emotions:** they'll see it's okay to feel emotions and talk through what they're feeling.
- 6. Help others:** they'll see that being unselfish is a value trait your family cares about.
- 7. Manage money:** they'll see that smart money decisions matter in both the short run and long run.
- 8. Exercise:** they'll see why being healthy and physically strong is important.
- 9. Handle stress:** they'll see what they can do when life gets difficult.
- 10. Take care of yourself:** they'll see that you matter as a person, and you're more than just their full-time parent.

Remember, you are your children's first and most influential teachers.

I used this picture because I love that my wife (busy mother of 5) still plays in a soccer league every week, and our kids get to see her working out and playing a sport that she loves.

Your kids are always watching!

Your positive example equips them with the foundation and skills to succeed in their own future. 📈📈📈

As always, we are here when you need us **PACIFIC CAPITAL**.

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Sincerely,



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