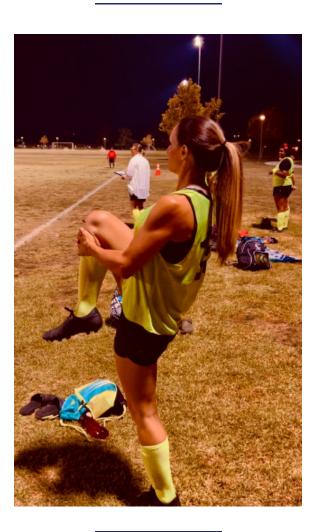
## PACIFIC CAPITAL



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.  $\swarrow$ 

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

Ps. If you haven't already, please click here and follow our podcast, "The Smart Money Parenting Show."

Sincerely,



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