

We Are Connected

The Importance of Relationships

The **We Are Connected** Mindset teaches us that everyone who comes into our lives can help us to achieve and live our dreams. Working with, for, and through others is crucial to realizing our dreams. When you understand this and constantly seek the positives from relationships with others, your performance in every area of your life improves. In the lessons for this mindset, we help students explore synergies with others, embrace diversity, and relish the competition that will allow them to maximize their potential by working with and through others.

The 4 critical components of We Are Connected:

1. **Embrace Everyone** – Every person that comes into our lives has the potential to help us, hurt us, or have no impact at all. It makes sense to figure out how someone may be able to help us because the other options mean we are not growing or getting closer to our dreams, and may even be taking steps away from them. People who live great lives embrace everyone and constantly seek ways to serve and connect with those they encounter.
2. **Maximize Positive Relationships** – Some people in our lives lift us up and make us better, while others can bring us down. We must work to spend more time with people that empower us and less with the ones who don't. We should also seek to expand ways to get more out of and put more into the great relationships of our lives.
3. **Build Your Dream Team** – Building a Dream Team is about identifying the individuals who can help us live our dreams. Perhaps they have experience we can draw from, access to resources we will need, or can provide us with critical support as we start the path toward our dreams and face the challenges that will bring. The important step is to recognize the critical role others play our lives, and deliberately begin developing the relationships that will help us.
4. **Lead with Value** – When we find people who can help us in life, we need to start building those relationships quickly so the cycle of giving can begin. A lesson many have learned is that if we seek ways to provide help before asking for help ourselves, we will get much more out of the relationship. We should always look for ways to lead with value to supercharge these relationships.

Top 5 Dos and Don'ts at Home:

- 1) **Do** spend time talking about and modeling the We Are Connected Mindset at home by embracing everyone, finding ways to connect with others and learn from them. Every situation that a child shares with you is an opportunity to talk with them about how to seek ways to serve and be served by others.
- 2) **Don't** spend time talking about others negatively. It's better to focus on the positive things that people bring into our lives rather than on the negative experiences others may create. Keep in mind that "energy flows where attention goes" when discussing and focusing our energy on others. By directing attention to the wonderful things others do, we draw positivity inward, and teach our children how to seek the good in relationships with others.
- 3) **Do** look for ways to connect with other people. By celebrating life with friends and family and spending time going places with others and connecting, children learn the importance of these relationships. Realize that you are a role model for how to deal with others, and know that they'll continually look to you for guidance.
- 4) **Don't** discourage them from making new friends. Sometimes our children pick friends we might not be excited about, but it's important to talk with them about their relationships with others and find value in these connections. Talk through values and what's most important when building relationships with others.
- 5) **Do** find ways to give back and lead with value in the community. Serving others teaches us a lot about ourselves and the importance of cooperation. You never know who might be the next person to help you through something, help you get a new job, or assist you with something else, so it's always a good idea to put yourself out there and help others first. It is much easier to receive help when others know you're willing to do the same for them.

Activities to Do with Your Child:

- 1) Embrace Everyone – [link](#)
- 2) My Core Team – [link](#)
- 3) My Dream Team – [link](#)
- 4) Leading with Value – [link](#)