

Recession-Proofing Our Kids' Minds for Success

(Teaching Our Children Prosperity from the Inside Out)

Transitions: The gifts of change
By Gail Kauranen Jones

Wed June 3, 2009
The Tri-Town Transcript – Topsfield, MA



My 12-year-old son was admiring a finely detailed, \$1-million plus new home on Candlewood Drive the other day, as he biked beside me while I walked.

“You’ll probably live in a house like that some day,” I remarked, noting to him that he is very smart, entrepreneurial and has a great sense of money and handles it well. He has had his lawnmower business for a year, and before that, made money with lemonade stands. His briefcase is completely organized with bank statements and he learned how to use a debit card long before I did.

“No I won’t, Mom. We live in a recession,” he responded.

I stopped short, and immediately switched from mother mode to coach role. “Recessions are temporary Brendan, and they don’t mean you stop dreaming. You have all the skills, drive and intellect to be successful in whatever you decide to do,” I told him with a fierce intensity.

Having grown up with parents who lived through the Depression-- which resulted in them being fearful of spending any money and living their entire lives with “a lack consciousness”-- I am adamant about creating a different paradigm for my children. It’s one thing to save and spend wisely; it’s another to live life in a state of withholding, limiting yourself from even the most basic pleasures for fear there is “not enough.”

We now know through brain science (check out the book, *The Power of Belief*, by Bruce Lipton, Ph.D.) that we live our adult lives based on SUBCONSCIOUS beliefs created during the first six years of life. In fact, about 90 percent of adult choices are based on those subconscious beliefs, and only 10 percent directed from our more intellectual conscious thoughts. For example, we often choose romantic partners based on this early conditioning. If we are continually attracted to those who don’t suit us well, it is best to break the pattern by first looking inward at what those subconscious beliefs might be.

As a coach, I work with clients in releasing any internal negative beliefs formed in earlier years that sabotage personal, professional or financial success. I also guide parents in helping create in their children healthy beliefs for fulfilling lives.

One of the most powerful beliefs to instill in our children, for both personal and financial success, is teaching them that they are “ENOUGH.” It is even more important now, with the media barraging us with messages of despair around the recession, to continually point out to our children instances of where there is enough, or even more than enough.

Since getting laid off, for example, I have enough time to be with my children during the day in ways I couldn't before. I have enough creativity to find people to help me, sometimes bartering my skills for their services. I have enough hope and belief in me to know this financial challenge is temporary.

Equally critical is directly telling your children, “YOU ARE MORE THAN ENOUGH. You are lovable and exceptional for simply being you, not what you do or earn.” Then daily, and as often as you can, find opportunities to reinforce that message. Praise their essence, not just their achievements, noting their thoughtfulness or other key attribute that contributes to their uniqueness. Tell them frequently how much they matter, and look them lovingly in the eyes as you do so.

Secondly, teach them to talk positively to themselves about all the ways they are “enough.” I used to tuck my children into bed at night by asking them, “What was the best part of your day?” Training them to focus on the rose, not the thorns, is a great way to affect positive shifts.

For those who didn't get that early core message OF BEING ENOUGH which builds self-esteem-- maybe because you could never quite perform to someone else's expectations, your parents couldn't be emotionally available, or thoughts of scarcity were always uttered in your home-- you may be living out a false assumption of inadequacy in some of these ways:

--never having enough money.

--never feeling you are enough, so continually striving for unrealistic standards of perfection in yourself (and in others).

--never feeling satisfied, always longing for more, missing the gifts of the present moments.

You, too, can change a story of lack to prosperity by continually telling yourself you are enough, and then begin tracking evidence of that truth to instill it in your mind. Writing down the evidence helps accelerate shifts in consciousness.

Be patient as you rewire for new success. It takes time to teach the mind to think in new ways. If, for example, you are 45 years old and have lived your whole life believing you

are NOT enough, it will take some daily discipline to incorporate the new belief of intrinsically knowing you are enough and creating accordingly. A minimum of 90 days of constant awareness and attention to the new thought is critical.

The recession is an external challenge to many now, yet a perfect time to alter any thoughts or beliefs that no longer serve us or our children.

We as parents can be stronger than outside influences by continually uttering positive, encouraging messages and modeling optimism that helps form empowering beliefs in our children. Whether your child is an AAU basketball champ, National Honor Society student, or thrives in the simpler pleasures of playing in the yard discovering nature or baking cookies, he or she can attract greater success and fulfillment by integrating the belief "I AM ENOUGH."

No external source can give us the security we get when we define our worth from within, and then teach our kids how to do the same by simply loving them for who they are.

Gail Kauranen Jones is an author, life coach and workshop leader who has been guiding adults in transition for 18 years. A frequent radio guest on Common Ground (a public affairs program of WZLX, Boston, 100.7 FM), she lives in Topsfield with her two children. Her Web site is: [www. SupportMatters.com](http://www.SupportMatters.com). She can be reached at gailjones@supportmatters.com.