

CREATING A RHYTHM WITH YOUR WORDS...

in HIGH SCHOOL



Instill purpose by starting the day with encouraging words.

- Good morning!
- You look so handsome/beautiful today!
- I'm praying that you have an amazing day!
- Is there anything I can pray about for you today?
- I love you!
- I'm so proud that you are my son/daughter.



Connect regularly by scheduling time to eat together (even if it's once a week.)

- I love it when you hang out with us. Thank you!
- What do you think about _____?
- What do your friends think about _____?
- I admire the way you _____.
- What are your plans for this week?



Interpret life when they occasionally open up at the end of the day. (Stay consistently available—just in case.)

- If you don't feel like you can talk to me, who else can you talk to?
- I will always love you no matter what.
- Tell me what happened today that was upsetting/frustrating.
- What was the biggest win for you today?
- I'm listening.
- I don't know, but let's figure it out.
- How can I help?



Strengthen your relationship by adjusting your plans to show up whenever they need you.

- I will always be here for you.
- Is there anything you'd like to talk about?
- I enjoy spending time with you.
- Tell me about your day.
- What is something you would enjoy doing together?
- What's your favorite _____?
- I like you!