

What is Your Legacy?

Dr. Frank Gaskill



S O U T H E A S T
P S Y C H
PSYCHOLOGY FOR ALL

Our Goal for Tonight

- This is not the talk I usually give.
- As parents we have a far bigger job than we realize.
- What is your **LEGACY**?



Southeast Psych

Psychology for All™



Blakeney



Southpark

This is relevant! Our goal is enhancing lives. Expect more and don't focus on the problem...



Putting psychology into people's hands to enhance their lives...

A Mentor.

Who do you surround yourself with...?

- My biz partner, mentor, and Zombie
- Thinks big picture and pursues excellence in all things.
- Tonight I want to help you find ways to think about your approach to your families that will allow you to be fun.



The families I know who succeed...

- schedule fun through routines
- do not take themselves seriously
- seek social support and embrace learning
- lead simpler lives...

Have we lost our way?



- Randy Pausch stated that lack of money decreases life satisfaction. Increasing your income to 60k per year is statistically the level at which maximal life satisfaction occurs based on money. Anything more than that and satisfaction remains flat.
- The most consistent predictor of life success is spending time with people you enjoy.
- When elderly people are surveyed about life satisfaction, they do not state they wish they had made more money. They state they wished they had more time with family, took more risks with people, and spent more time with the people they enjoy.

And now 8 ways to change your lives.

Dr. Trey Ishee

Write a goal statement for your family.

- Have more direction and purpose
 - ◆ Who do you want your kids to be each day - not where they are going to college.
- Where are they headed and how can you help them?



Dr. Bilal Ghandour

Speak kindly of everyone and focus on the positive

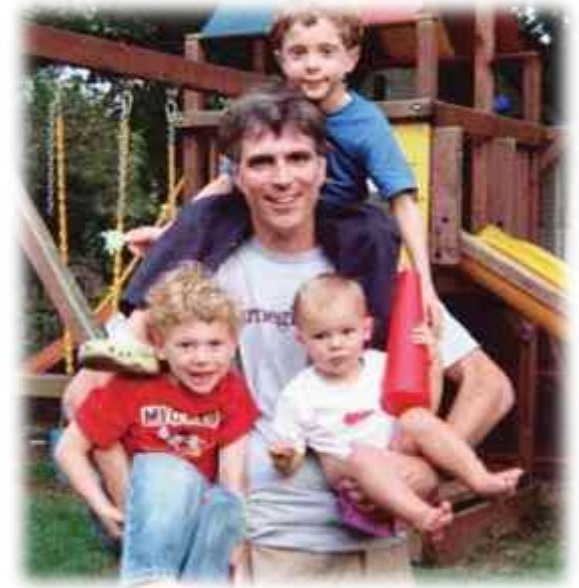
- ◆ Tell your kids and spouse what you like and love 3 times more than what you dislike.
- ◆ Don't be known for being a jerk or someone who always sees what is wrong.



Dr. Randy Pausch

Inspire others

- ◆ Allow your kids to dream. Don't squash them
- ◆ “Kid” wants to work on a star wars movie! (1993).
- ◆ Dr. Pausch stated, “I know you are smart, but everyone here is smart. Smart isn't enough. The kind of people I want on my team are those who will help everyone else feel happy to be here.”
- ◆ “Kid” became technical director for Star Wars II – Attack of the Clones.





Dr. Jonathan Feather

CARE!

- ◆ I've never heard him speak ill of anyone ever
- ◆ When he sees hurt or success, he reaches out, cares, hugs, loves.
- ◆ His saying is “he cares” and he does but he shows this daily.
- ◆ “Love on your children” as we say down south. Help them feel understood and valid. Let them know their feelings matter.

Myrle Stovall (Granny)

Be consistent

- ◆ She hugged me, she gave me fried chicken, and chocolate cake every time I saw her.
- ◆ Routines and rituals give us predictability.
 - ★ Eat dinner together
 - ★ Have pizza or movie night
 - ★ Read a story and pray every night
 - ★ Kiss your children no matter how old every day



Mariashi Groner

■ Hear all opinions

- ◆ Consulted with a young Christian psychologist (me) about teacher training and school development.
- ◆ She has always questioned and sought wisdom
- ◆ With your children, expose them to everyone. Get outside your comfort zone and serve others.
- ◆ Our kids do what they see not what you say...



Dr. Jessica Bloomfield

Enjoy each and every moment

- ◆ Be present and enjoy where you are and who you are with.
- ◆ Show each person you are there with them. Be selfless with your time.
- ◆ Take pictures, share your story and yourself.



Dr. G



And Don't forget to be a kid!

- ◆ I play Xbox 360, was a level 36 on Halo, watch Zombie movies, know that the Bugati blue and black is the coolest car ever, and that Spongebob is still cool and I've memorized all of them
- ◆ Kids know I get them because I get their lives. I'm with them and they know it. It's not fake. I can play my little pony and name them all. Ask Olivia!



Who do you want your children to be?



- Write a Goal Statement
- Be Positive
- Inspire others
- Care
- Be Consistent
- Hear others and learn
- Appreciate the moment
- Play!

Thanks!

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