

If you had an imaginary backpack to help you navigate through life, what would you put in there? Some people might say “a solid education” or “a great talent” or even “good morals.” Others may pack strong leadership skills or possibly a bright mind, full of ideas. None of these answers would be wrong. Actually, I think every person starting their life’s journey should possess characteristics such as these to set them up for success. Yet there are many other tools that we should possess that will help us make the journey a better experience.

As a young adult or teen, have you thought about how you will prepare for your journey ahead as you face life’s challenges? Have you, as a parent, ever thought about what you needed to say to your children to help prepare them for life? When we think about “the talk” and how awkward these conversations can be, parents tend to put off these important times, thinking that they have enough time to wait for the perfect opportunity. Because I never had these kinds of conversations with my father, I found it difficult to do the same with my own children. There may be something you would like to say to your children, and finding the right moment to tell them seems to be elusive. If you’re not careful, your son or daughter will be leaving for college or moving out before you get that chance to begin the meaningful talk you need to have with them. My hope is that this book will serve a twofold purpose—to help parents start those conversations and to help children remember them.