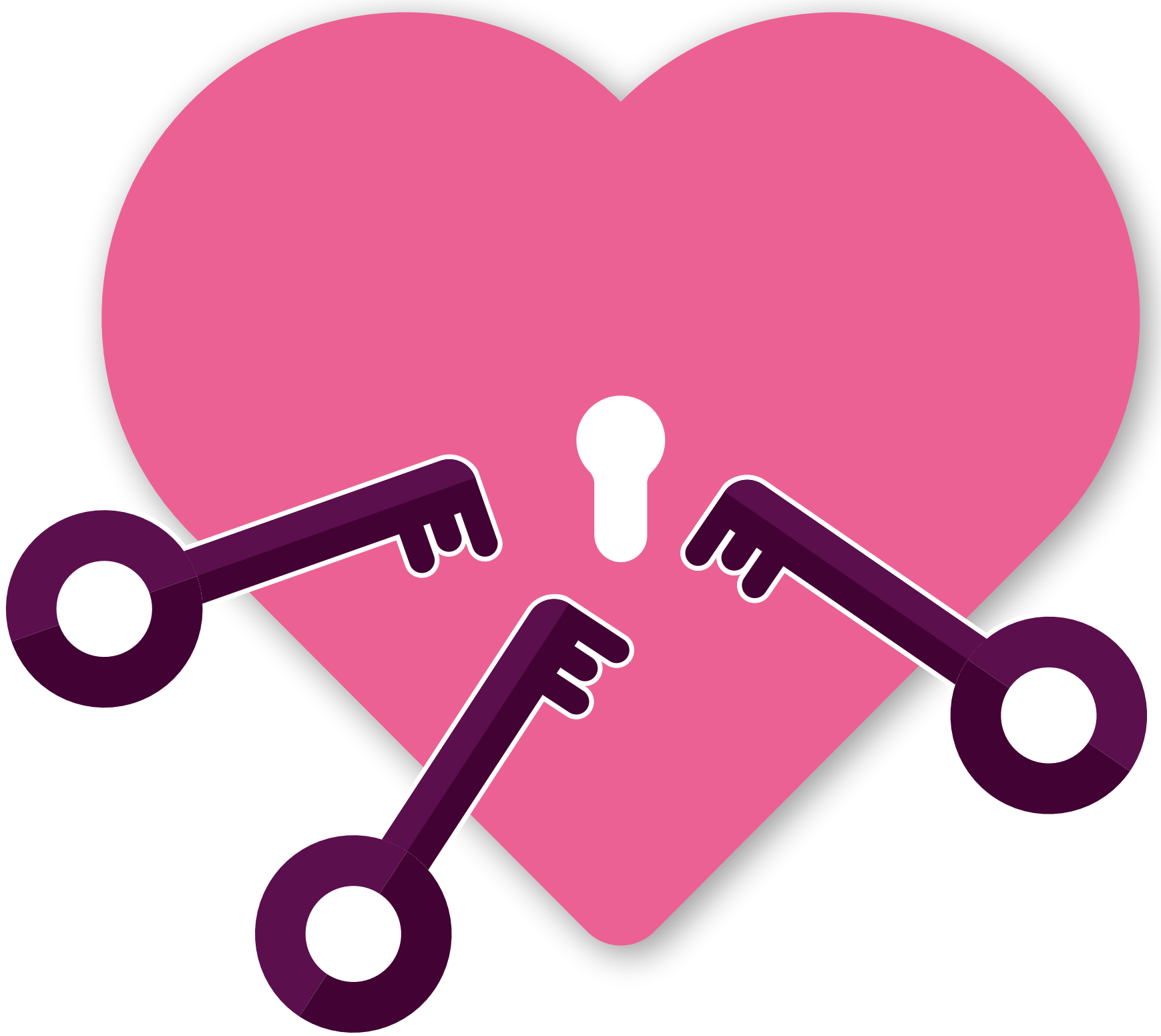


The 3 Keys To Unlocking Your Children's Happiness



Jenna Berr



Hi, I'm **Simon Benn** and welcome to The 3 Keys To Unlocking Your Children's Happiness.

So the chances are you're here because your child is unhappy and you want to do something about that. My heart goes out to you.

There's nothing more upsetting than seeing our own flesh and blood upset. I'm here with a message of good news and hope.

Because the first key to unlocking your child's happiness is seeing that happiness is already inside them. Because happiness is an inside job.

We just need to get it out.

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Key 1 Seeing That Happiness Is Inside Them

When I heard that for the first time I thought yes. I know that. I know that happiness is inside me. It doesn't come from the outside world. It's an inside job. Yes, I know that. Next. So what? But then my coach explained to me that knowledge isn't a one or a zero. It's not a yes or a no. Knowledge has depth.

 My job is to make this stuff as simple and as clear as possible. To make the truth about happiness as simple and as clear as I possibly can. The best way to help you see that knowledge isn't a one or a zero, or yes or no, is my own experience smoking. That's bit weird but bear with me. 

So I smoked for 30 years. And all that time I 'knew' that I shouldn't be smoking, I knew that smoking was bad for me. And I knew that I should give up. But I kept on smoking. Because I only knew I didn't KNOW!!!!. Once I KNEW at that deeper level.

I gave up. 

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I had some help from a nicotine puffer but it was the power of my knowledge, the power of my insight into the fact that I had to stop smoking that stopped me smoking. So knowledge isn't a yes, or a no, it's a matter of degree.



So happiness is an inside job. That's why happy memories make us feel happy. So thinking about the happy days before our child was unhappy makes us happy. And worrying about what might happen to our child in the future if this unhappiness gets worse fills us full of dread. And that's probably why you are here because you don't want the happiness to get worse. You want your happy-go-lucky child back. You want change for your child or else you wouldn't be reading this.



So happiness is an inside job. Feelings come from us, not to us from the outside world. We learn more when we're having fun. Whatever age your child is, whatever age you are, we learn more when we're having fun. So a lighter, more fun way of understanding that feelings are an inside job is the weather.

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♥ We are brought up in a world where people think that the weather determines that mood. So we have "miserable weather". If we stop to think about that for a minute, how could that even work? So we're outside and it's raining. The rain hits our head, rolls down the side of our head, goes into our ear and magically, the raindrop goes into our ear canal, it finds its way into our brain. And that water somehow makes us unhappy. But that doesn't make any sense, whatsoever. ♥


And another reason it doesn't make any sense. We can be looking out of the window like I'm doing now seeing the rain that is falling right now. We're in England and it rains a lot. And we get upset about that weather. Because we were planning to take a dog for a walk. And that still gets me sometimes as well and I know this stuff! Because it's a compelling illusion. It's so habitual, so conditioned within us that us unhappy. I sometimes fall for the compelling illusion that the outside world is creating a bad feeling within me. But I don't fall for the illusion very long and I bounce back to happiness a lot quicker.

♥



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So that's the first key to unlocking your children's happiness – seeing that that happiness is inside them. 

Key 2 Realising That We Are Not Choosing

 The second key to unlocking your children's happiness is realising that most of the time, most of us are not choosing how we feel. We wouldn't choose to let the weather determine our mood. I wouldn't choose to let a dawdling motorist in front of me when I'm on the way to the swimming pool make me impatient. But sometimes it does. Until I realise that I'm not choosing. 


What's choosing how we feel if it's not us? It's the negative voice in our head. The voice in our head that isn't us. Because we weren't born with it. 



When your child came into the world, my guess is that they were, generally speaking, happy most of the time. When they got tired they let you know. When their nappy needed changing, they let you know they were in distress. Otherwise they were ok. 


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We don't arrive on this planet with a lot on our mind. But we pick up lots of beliefs from the world around us. I believe the central thing we get wrong is that we think that we're not good enough. 

 So I didn't think I was good enough at sport, at practical stuff like woodwork, at English, at chatting up girls. Then later on, I wasn't good enough at business. I just wasn't good enough. Nowadays the voice in my head tells me I'm not a good enough husband, son, brother and children's happiness expert. But I don't believe it. 


Parents tell me that they don't think that they're good enough parents. Now, they wouldn't choose to feel that way would they? But they're bombarded by all sorts of messages and all sorts of advice about what they could do better. It's very confusing and a lot of is conflicting. 



They look at what other parents are doing. They think they've got it sorted. They get parent guilt and that really upsets them. 

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Some parents don't think like that. So I was talking to a mum yesterday, she said that when she spots parent guilt she just laughs it off. Isn't that brilliant? We all have a different take on this. 

 But a lot of the parents that come to me are worried about their children's happiness, lack of motivation, bad behaviour, lack of self-esteem and they don't know what to do about it. Not knowing what to do really, really gets to them. They find it really upsetting. They've got a problem and they can't solve it. 

But they've reached out to me for help. So they've been brave. When I don't know what to do about something, I try to find somebody to help me. But I don't always do that immediately. Because I need to pluck up the courage to do that.

So the third key to unlocking your children's happiness, is understanding you can only teach what you know.






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Key 3 Understanding You Can Only Teach What You Know

The fact that you don't know how to solve your challenge is totally okay. You might feel parent guilt about the fact that you don't know. But you wouldn't choose to feel like that. So you're off the hook. 

 You weren't trained to solve the problem that you've got. If you had been trained then you would have solved it by now. Children, as we often hear, don't come with a manual. If they did come with a manual, how to solve your child's lack of self-esteem, sadness, unhappiness would be in the manual. So it's okay. The fact that you don't know it. It's okay. 

Sometimes it's easier to see the picture when we're not in the frame. So here's an example from me. I'm learning social media. I want to do this to help me help the world's parents. And sometimes that gets me really down. That I don't have it nailed yet. Until I spot that it's getting me down. And then I can let it go. 

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I haven't been trained by an expert in this. So I don't know. I'm doing training at the moment. I'm learning on the job.

Being a parent is learning on the job. When it comes to children's happiness learning this is about learning a proven process - mine was developed working 1600 kids.

We can do it in four hours including the underpinning knowledge and learning how to apply it. Because we learn by doing. We don't learn by reading stuff in a book. We don't learn by watching a video from a children's happiness expert. We learn by taking a system and using it with our own child.

So that is the third key to unlocking your child's happiness. You've read this far so I'm guessing you've learned something. The next stage is for us to have a chat on the phone or on Zoom.

You can tell me a little bit more about the situation and I'll help you in any way that I can. And I'll tell you more about what we can solve your problem.

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So you can decide if this is right for you. Because this is your decision. I'm guessing that you're looking at different ways to solve that problem.

I'm one of them. There's no commitment, there's no obligation, So those are the three keys to unlocking your children's happiness.

Key 1: Seeing That Happiness Is Inside Them

Key 2: Realising That We Are Not Choosing

Key 3: Understanding You Can Only Teach What You Know

Thanks for reading this, I look forward to hearing from you,

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