

# How can you make a difference in the world?

Kids today get kind of a bad rep. They're labeled as "lazy" or "entitled." However, the truth is that the majority are very hardworking and ambitious. And they WANT to make a difference in the world. According to 2015 stats from the U.S. Department of Labor, teenagers (16- to 19-year-olds) have a relatively high volunteer rate, at 26.4 percent. The key is to help your kids channel their interests into the service work they're doing. And help them see the wide variety of ways they can impact someone's life. Here are a few ideas:

- Pick up the phone and call a friend instead of texting
- Believe in yourself instead of comparing yourself to the fake pictures you see on social media
- Remember you are worthy and tell yourself daily that you can make a difference in the world
- Make a new friend, today
- Make an effort to be nice to someone
- Lend a hand
- Volunteer
- Make today count



After the Parkland shooting, Adam Avin pulled together 50 experts to speak across the web in honor of the students who were lost and to promote health, wellness and happiness. That summit has reached millions of families!

How can you make a difference in the world today?



**Dinner Table MBA**  
Where Conversations Start