



Developmental Assets

There are 40... How many does your child have?

Asset #39 – Sense of Purpose

Having a sense of purpose is one of 40 Developmental Assets and enhances the values, skills and supports that help young people to grow up healthy, caring and responsible.

Children can anticipate new opportunities, experiences and milestones in growing up. A child who is given the opportunity can welcome new experiences and imagine what he or she might do or be in the future at an early age. Stories of people who have made a difference in someone's life can inspire a sense of purpose in young people.

You may want to tell your children about a time when you really messed up and what you learned from it. You can stock your bookshelves with inspiring books about heroes who have made a difference with their own lives.

Ways to promote a sense of purpose can include:

- Invite your child to help you prepare for meals. Even young children can put out placemats, distribute utensils, or add ingredients.
- Invite your child to help you prepare a meal or gift for a grandparent, relative or friend. Ask your child for input in the preparation or delivery.
- Encourage your child to write letters to the editor of your local newspaper about issues that are important to them.
- Encourage your child to volunteer or join a group, or even shovel a sidewalk for a senior next door.