

# WHY GO THROUGH THIS PROCESS?

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**n.l.e**  
NON LINEAR EDUCATION

## Module 1

***"Working hard for something we don't care about is called Stress. Working hard for something we love is called Passion." - Simon Sinek***

**HW:**

Find a sheet of paper or a notebook, a pen, and a fresh mind. You will be doing a stream of consciousness download of WHY you are here.

**You want your child to learn? WHY?**

Set a timer for 10 minutes, and write down every reason that comes to mind. If you run out of ideas, continue writing for 10 minutes, regardless until the timer goes off. If you have more to write, reset the timer and keep going.

There is no shame, no judgment, no “correct answer”. No one is going to make you feel bad about thinking in any way, so please feel free to write whatever comes to mind. It is important to introspect and analyze your feelings and come to the group - learning - connection - Q/A - call with your thoughts, your A-HA moments, your feelings, your questions - all authentic.

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*Disclaimer: The information provided in this lesson is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.*

THERE IS ONLY ONE REASON WE TEACH - **SO OUR KIDS CAN LEARN.**

We **do not** teach so our kids can

- Make us proud
- Perform in front of guests
- Validate our parenting
- Make us feel equal to our peers
- Even, get good grades at school

If it so happens that one of these goals feels like your primary WHY, feels like the reason why you are doing this course, I encourage you to think again, to reconsider the WHY. Let's talk through this and see WHY you want that goal.

### **GOALS THAT WORK:**

You CAN be teaching, so that your child:

- Feels confident
- Learns more about the world he or she lives in
- Is forming new neural connections
- Feels motivated to enter each day
- Is not bored
- Feels fulfilled
- Feels part of society and your family.

You might be thinking - why do you need permission from ME to have a WHY for your child? That is a perfectly valid question. You DO NOT need my permission. However, through my decades of experience teaching kids, I have noticed that the reasons above actually work, because they are child-centered as opposed to parent-centered or even performance-centered.

Now, let us take a few minutes to write a mission statement for your child today.

It may go something like this:

*I am committing to my child's growth by investing time in their learning process so that they can .....*

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