

SimpleJoySaralAnand

THE COMMUNITY STARTER KIT · FREE

Raise an entrepreneurial child in five minutes a week.

For parents, grandparents, foster caregivers, mentors, and neighbors. No cost. No classroom. No training. Just this booklet, a notebook, and one question a week.

#UdyamMaa_EntrepreneurialParent

“Don’t be awed. Create awe.”

No Entrepreneur Left Unsprouted.

START HERE

One steady adult is the whole secret

Forty years of watching families points to one thing above all else: the children who thrive have one steady adult who asks real questions and takes their answers seriously. Not a perfect parent. Not money. Not a special school. One person who keeps showing up. That person can be you — and it does not have to be a parent.

The whole method, in four words: **Breathe · Ask · Write · “Tell me more.”**

HOW TO USE THIS KIT — ON YOUR OWN

This booklet is built to need no trainer. Read it once (about fifteen minutes). Then start this week. You will learn the ninety-second ritual, the five questions that power the whole year, and exactly what to do on your first night. The last pages are printable — photocopy them and you have your child's first Idea Notebook.

Time needed

5 minutes, most weeks. That is genuinely enough.

What you need

This booklet, a notebook or these pages, and a pen.

The 90-second ritual: Box Breathing

Every session begins the same way — three slow, square breaths, together. It takes about ninety seconds, and it quietly tells both of you: *this time is different from the rest of the day*. Do not skip it. The signal is half the magic.

ONE CYCLE — DO IT THREE TIMES

- 1 **Breathe in** through the nose — count to four.
- 2 **Hold** — count to four.
- 3 **Breathe out** through the mouth — count to four.
- 4 **Hold** — count to four. That is one cycle. Do three.

Count out loud together the first few weeks. Soon your child will start it without being asked — and that is the moment the ritual has taken root.

THE ENGINE

The Five Questions

The whole year runs on these five. You will not use all five in one week — you use **one**. Ask it, then write the answer down exactly as your child says it. Do not tidy it. Do not improve it.

- 1 What did you notice today that you had not noticed before?
- 2 What problem did you see today that nobody seemed to be solving?
- 3 If you could change one thing about something you used today, what would it be?
- 4 What did you try this week that you had not tried before?
- 5 What is one thing you want to build or make or offer that does not exist yet?

THE ONLY THREE THINGS YOU SAY BACK

After they answer, you never grade and never fix. You say one of just three things — then write down what comes next:

- “That is interesting.” • “Tell me more.” • “What made you notice that?”

WHEREVER YOU ARE

The five-minute table has four homes

The kitchen table is not furniture — it is a practice. If you do not have a table, or a spare hour, you still have all four of these:

AT THE TABLE

Before or after a meal, notebook open.

IN THE CAR

The drive to school is a perfect table.

ON THE PHONE

A nightly call still counts, fully.

AT BEDTIME

The last five minutes of the day.

Pick one. Keep it the same each week if you can — the routine is what makes it easy.

DO THIS

Your first two weeks

Do not wait until you have read everything. Start this week. Here is exactly what to do.

WEEK 1 — THE FIRST QUESTION

- 1 **Box Breathing** — three cycles, together.
- 2 **Ask Question 1:** “What did you notice today that you had not noticed before?” Write the answer word for word.
- 3 **Say “Tell me more.”** Write that down too. You are done.

WEEK 2 — THE SAME QUESTION, AGAIN

- 1 **Box Breathing** — three cycles.
- 2 **Read last week’s answer aloud** first. Then ask the same question again. The second time is when they start to look for things to notice.

From Week 3, move through Questions 2, 3, 4, and 5 — one per session — then begin again. That is the rhythm of the whole year.

The Entrepreneurial Foster Parent

A child who has moved from home to home has often lost the one thing that builds a mind: a steady adult who keeps showing up. This practice is built to be exactly that — reliably, from the very first week, whatever the child's history.

YOUR ROLE

You are not a substitute for anything the child lost. You are the one steady seat at the table for as long as they are with you — and the practice you start can travel with them when they go.

THE WEEKLY SESSION — 15 MINUTES

Box breathing · one question · one answer written in the child's own Idea Notebook. Small, unhurried, and the same every time. Sameness is the gift.

WHEN THEY MOVE ON

The Idea Notebook belongs to the child, not to your home. It goes with them. Tell them to keep writing in it — and tell the next adult to just read the last page and ask the next question.

SEE IT IN ACTION

One foster placement, four weeks

Meet **Rosa, who fosters, and Malik, age ten**, who arrived in the spring having changed schools twice that year. The words in teal are theirs; the labels are the booklet's. There is no "right" way to do this — it is here only so you can see what it can look like.

WEEK 1 · THE FIRST NOTICING

"The bus is always late on Fridays, but nobody tells the little kids." Rosa did not fix it or explain it. She said only, "Tell me more." Malik talked for ten minutes.

WEEK 2 · THE SAME QUESTION AGAIN

Rosa read Week 1 aloud first, then asked again. *"I watched this time — it's late because the driver waits for the train."* He had gone looking, because he knew he'd be asked.

WEEK 3 · A PROBLEM WORTH SOLVING

"The little kids stand in the rain because there's no sign." That night, unprompted, he drew a paper sign and asked Rosa to help him put it up.

WEEK 4 · THE NOTEBOOK TRAVELS

Malik moved to a long-term placement. His Idea Notebook went with him. Rosa told the new caregiver just one thing: *"Read the last page, and ask the next question."*

From a late bus nobody explained — to a boy who writes down what he notices. Four weeks, two homes.

Rosa and Malik are a composite; their entries are illustrative — but every one is the kind of answer real caregivers write.

COMMON WORRIES

“But what if...”

My child just says “nothing happened.”

Wait. Say nothing for a full minute. “Nothing” is almost always followed by something. Write down whatever finally comes, however small.

I’m not creative / not an entrepreneur.

You do not need to be. Your only job is to ask and to write. The child does the thinking. Truly.

We missed two weeks.

That is fine — the rule is “more weeks than not,” never “perfectly.” Just start again this week. No guilt, no catching up.

What age does this work for?

Any age. A five-year-old notices differently than a twelve-year-old — both count. Meet them where they are.

My child gave a “wrong” or silly answer.

There are no wrong answers here. Silly is where real ideas hide. Write it exactly as said and say “Tell me more.”

PRINTABLE · PHOTOCOPY THESE PAGES

The Idea Notebook — 8 weeks

This is the whole tool. Photocopy the next four pages — or copy the three boxes into any notebook the child will keep — and make one entry a week. The notebook belongs to the child and travels with them.

Each week: 3 × Box Breathing · Ask one question · Write it word for word · “Tell me more.”

IDEA NOTEBOOK · WEEK 1

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 2

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 3

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 4

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 5

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 6

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 7

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

IDEA NOTEBOOK · WEEK 8

Date _____ Who answered _____

WHAT THEY SAID — WORD FOR WORD

“TELL ME MORE...” / ONE THING TO TRY

GROWN-UP’S ONE LINE — WHAT SURPRISED ME

WHEN YOU WANT MORE

Where to go from here

KEEP IT FREE

The YouTube episodes — free on any phone, any country. Search: **SimpleJoy SaralAnand**. One short episode per week, alongside your five minutes.

GO DEEPER FOR THE FULL YEAR

The 52-Week Family Workbook — the whole program in one guided notebook, a page of coaching and a page to write for every week. **The Kitchen Table Coach** — the audiobook companion, if you would rather listen.

“Don’t be awed. Create awe.”

Entrepreneurs are not born. They are ingrained, nurtured, and raised.

No Entrepreneur Left Unsprouted.

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