



# A Letter to Parents

*From Harvest Hulk, Sage Sol & Grace Guardian*

*Thank you for trusting us with your child. This letter is just for you.*

## WELCOME TO THE FAMILY

# Thank You, Parent.

From the three of us — **Harvest Hulk**, **Sage Sol**, and **Grace Guardian** — thank you for letting your child join the Trinity Rich Kids Club. We don't take this lightly. You are handing us a few minutes of your child's day, and we promise to use those minutes to pour into the three things that matter most: their **body**, their **mind**, and their **spirit**.

We call this **Total Health**. A child can be strong in body but anxious in mind. Sharp in mind but empty in spirit. Kind in spirit but tired in body. **All three matter. All three grow together.** That's the trinity we're teaching.



**Harvest Hulk**



**Sage Sol**



**Grace Guardian**

Your child is also receiving three personal letters — one from each of us. Here is what's inside, and how you can walk alongside them.

## Harvest Hulk: "Your body is a gift."



### What Hulk is telling your child:

- Their body is a gift from God, and caring for it is their responsibility.
- Eat foods that make them strong — real food, color on the plate.
- Move every day. Run, stretch, play. Strong bodies build big futures.
- They are beautiful exactly as God made them — no add-ons required. Confidence is not something you buy.

### How you can help at home:

- Keep one healthy snack visible on the counter.
- Walk together, even ten minutes after dinner. Kids copy what they see.
- Speak kindly about your own body in front of them. They are listening.
- Compliment effort and energy, not just appearance.

## Sage Sol: "Guard your beautiful mind."



### What Sage is telling your child:

- Protect your mind from negative thoughts and from people or content that trigger them.
- Thoughts become words. Words become actions. Actions become habits. Habits become your life.
- God calls you *friend* (John 15:15) and the *apple of His eye* (Psalm 17:8). You are fearfully and wonderfully made.
- Imagine. Dream. Create. Read. Explore. Do your best — and remember that everybody's best doesn't look the same.
- Live by Philippians 4:8 — think on whatever is true, noble, just, pure, lovely, commendable, excellent, and worthy of praise.

### How you can help at home:

- Notice what your child consumes — shows, songs, scrolling. What goes in shapes what comes out.
- Ask, "What's one good thought you had today?" at bedtime.
- Read with them. Five minutes counts. Curiosity is a muscle.
- When they say something cruel about themselves, gently correct it — their inner voice is being recorded right now.

## LETTER THREE · SPIRIT

# Grace Guardian: "Grow the fruit of the Spirit."



### What Grace is telling your child:

- Protect your spirit — God gives you strength to be kind and patient even when the world is not.
- God *is* love (1 John 4:8). His love for you is unconditional — He will never change His mind about you.
- Practice the nine Fruit of the Spirit (Galatians 5:22-23): love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
- Feed your spirit daily — pray, read the Bible, worship, surround yourself with kind people, do kind things in secret.

### How you can help at home:

- Pray with your child out loud, even just one sentence at bedtime.
- Catch them being kind, and name it: "That was patience."
- Let them see *you* apologize, forgive, and choose gentleness. Spirit is caught more than it is taught.
- Talk about God's unconditional love often. A child who feels loved by God walks differently in the world.

## A WORD JUST FOR YOU

### It is not too late. For them — or for you.

Maybe no one taught you these things as a child. Maybe you grew up without the rainbow plate, the guarded mind, or the daily prayer. Maybe you are still untangling habits you wish you'd never picked up.

**Hear us clearly:** you do not have to have it all together to give your child something better than you had. You don't need to be the expert. You just need to be *in the room* while they learn.

*“Train up a child in the way he should go: and when he is old, he will not depart from it.” —  
Proverbs 22:6*

Habits formed before age twelve become the quiet defaults of an entire life. The body your child feeds now is the body they will live in for eighty years. The thoughts they practice now become the voice in their head at forty. The spirit they grow now becomes the parent *they* will one day be.

You have the most powerful job: **you get to interrupt the cycle.** Not by being perfect — by being present. Eat one healthy meal with them. Turn off the screen ten minutes earlier. Say one kind thing about yourself out loud. Pray one short prayer. They are watching. They are learning. They are becoming.

And here's the gift: when you do these small things alongside them, **you heal too.** The trinity isn't only for children. Body, mind, spirit — it was always for the whole family.

OUR PROMISE TO YOU

## We've got your kid.

Three short missions a day. No strangers. No ads. No algorithm pulling them down a dark hole. Just three heroes who love your child back, and a daily rhythm that builds a strong body, a clear mind, and a generous spirit.

Thank you for letting us walk alongside you. We promise to honor the trust you've given us.



Harvest Hulk



Sage Sol



Grace Guardian

*With strength, wonder, and love,*

***Harvest Hulk · Sage Sol · Grace Guardian***

*Total wealth is my health. Body. Mind. Spirit.*