

EXERCISE ONE: YOUR FAMILY BEDTIME RITUAL

SUPPLIES:

- Your family
- This Playbook
- Your Family Bedtime Ritual Worksheet or a blank piece of paper
- Pen or pencil

OBJECTIVE:

The goal of this activity is to create a family bedtime checklist.

This exercise has six steps:

1. Review your current bedtime ritual
2. Ask: “What do we need to keep doing (or do more of)?”
3. Ask: “What do we need to start doing?”
4. Ask: “What do we need to stop doing?” Turn them into positive actions.
5. Reverse engineer the ideal bedtime.
6. Put it all together into your Family Bedtime Ritual Checklist.

STEP ONE: REVIEW YOUR CURRENT BEDTIME RITUAL.

Think about your family’s current bedtime ritual. Every family has a ritual, whether the members recognize it or not. The first step to making a positive change is awareness. Write out your current routine here:

STEP TWO: WHAT DO WE NEED TO KEEP DOING (OR DO MORE OF)?

Any elements of bedtime that have been working for everyone in the family should be kept. If there is something that works for one member but not everyone, try to think of a solution that would be a win-win for all involved.

STEP THREE: “WHAT DO WE NEED TO START DOING?”

Think about some of the elements of a healthy bedtime ritual listed earlier and consider adding one of them to your new family bedtime ritual.

STEP FOUR: WHAT DO WE NEED TO STOP DOING? AND TURN THEM INTO A POSITIVE ACTION.

Sometimes bad habits form when we aren’t intentional about creating them. That’s okay, and we can change them now. Anything you’ve identified as a bad habit goes here. Anything you identify here, you’ll want to turn it around to make it something you want to start doing. For example, if you said you want to “Stop watching TV before bed,” you will want to turn it into a positive action. Investigate why you’re not turning the TV off. Is it that your settings are set to automatically play the next episode? Is it because you can’t find the remote? Is it because you don’t know how to set the sleep timer? Once you know the reason, you can add that to your checklist. “Set a 30-minute sleep timer for TV at 7:30 p.m.”

STEP FIVE: REVERSE ENGINEER AN IDEAL BEDTIME.

Time to do some simple math. Whatever time you need to be up, count backward to make sure you're getting enough sleep based on the recommendations earlier in this chapter. For example, if your kids need to be up by 7:00 a.m. to get ready for school and out the door and they need ten hours of sleep, they should be asleep by 9:00 p.m., which means their bedtime ritual should start around 8:00 p.m. If you want to wake at 6:00 a.m. to have an hour for your Miracle Morning and need eight hours of sleep, your bedtime is 10:00 p.m., so your bedtime ritual should start at 9:00 p.m.

STEP SIX: PUT IT ALL TOGETHER INTO YOUR FAMILY BEDTIME RITUAL CHECKLIST.

Use this space to write out your Family Bedtime Ritual Checklist.

Time for Last Call: _____

Electronics Bedtime: _____

Kids Asleep by: _____

BEDTIME CHECKLIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

OTHER IMPORTANT STEPS OR BEDTIME RULES FOR YOUR FAMILY:

- _____
- _____
- _____
- _____
- _____
- _____

EXERCISE TWO: YOUR FAMILY MIRACLE MORNING

PARENT WORKSHEET

STEP 1: MAKE A COMMITMENT TO COMPLETE A 30-DAY MIRACLE MORNING CHALLENGE.

I, _____, commit to completing The Miracle Morning every day for the next thirty days. I will begin my 30-Day Challenge on _____ and my 30-Day Challenge will be completed on _____.

Signed: _____

Date: _____

STEP 2: CREATE A MENU OF OPTIONS AND LIST YOUR FAVORITE IDEAS FOR HOW YOU WILL COMPLETE EACH ELEMENT OF THE MIRACLE MORNING BELOW:

SILENCE IDEAS

AFFIRMATION IDEAS

VISUALIZATION IDEAS

EXERCISE IDEAS

READING IDEAS

SCRIBING IDEAS

OTHER THINGS (I HAVE TO DO TO BE READY FOR MY DAY)

STEP 3: WRITE OUT A PLAN FOR YOUR FIRST MIRACLE MORNING.

Where will you complete your Miracle
Morning: _____

Start Time: _____

- Silence Activity and # of Minutes: _____
- Affirmations Activity and # of Minutes: _____
- Visualization Activity and # of Minutes: _____
- Exercise Activity and # of Minutes: _____
- Reading Activity and # of Minutes: _____
- Scribing Activity and # of Minutes: _____

End Time: _____

OTHER THINGS (I HAVE TO DO TO BE READY FOR MY DAY)

YOUR FAMILY MIRACLE MORNING

KID'S WORKSHEET

STEP 1: MAKE A COMMITMENT TO COMPLETE A 30-DAY MIRACLE MORNING CHALLENGE.

I, _____, commit to completing The Miracle Morning every day for the next thirty days. I will begin my 30-Day Challenge on _____ and my 30-Day Challenge will be completed on _____.

Signed: _____

Date: _____

STEP 2: CREATE A MENU OF OPTIONS AND LIST YOUR FAVORITE IDEAS FOR HOW YOU WILL COMPLETE EACH ELEMENT OF THE MIRACLE MORNING BELOW:

CREATIVITY IDEAS

HEALTH IDEAS

AFFIRMATION IDEAS

READING IDEAS

MEDITATION IDEAS

SERVICE IDEAS

C.H.A.R.M.S. COMBINATIONS

OTHER THINGS I HAVE TO DO BEFORE I'M READY FOR MY DAY

STEP 3: WRITE OUT A PLAN FOR YOUR FIRST MIRACLE MORNING.

Where will you complete your Miracle
Morning: _____

Start Time: _____

• Creativity Activity and # of Minutes: _____

• Health Activity and # of Minutes: _____

• Affirmations Activity and # of Minutes: _____

• Reading Activity and # of Minutes: _____

• Meditation Activity and # of Minutes: _____

• Service Activity and # of Minutes: _____

End Time: _____

OTHER THINGS I WILL DO TO BE READY FOR MY DAY

EXERCISE THREE:

YOUR UNIQUE FAMILY VALUES

SUPPLIES:

- Your family
- Easel, whiteboard, or wall
- Sticky notes
- Family Values Worksheet or blank paper
- Pencils, Pens, or Markers

OBJECTIVE:

The objective of this exercise is to create a list of your unique family values. You will discover your family's strengths and capabilities through your personal stories and then use those stories to articulate your family's values, so you can start using them to direct your lives. You have always been teaching your children your values through your actions; now it's time to put them into words to make them even more powerful. It's never too late to do this process with your kids!

To get started, we suggest you set aside a couple of hours when your whole family can be present and won't be distracted. If you have kids under five, allow them to participate as much or as little as they want, but encourage them to be in the room so they can hear the discussions taking place. You can also break this up into multiple sessions if you have kids with a short attention span. We like to do this at a table so everyone can see each other, preferably in a semicircle with everyone facing the easel.

THIS EXERCISE HAS FIVE STEPS:

1. Remember when your family was at their best.
2. Share stories and capture strengths and values.
3. Synthesize themes.
4. Create your unique values.
5. Revisit and readjust.

STEP ONE: REMEMBER WHEN YOUR FAMILY WAS AT THEIR BEST.

Give each family member a piece of paper or use the worksheet provided; set a timer for ten minutes to think and journal or draw about the times your family was at its best. Make a list of your family's greatest moments, challenges you've overcome, the success you've achieved, and adventures you've experienced. Come up with three to five stories about when your family was thriving. The goal is to discover when your family has *already* been at its best. Maybe it's a story about an ancestor or a recent story.

STEP TWO: SHARE STORIES AND CAPTURE STRENGTHS AND VALUES.

In this step, give everyone a pad of sticky notes and a marker. Now that everyone has their stories top of mind, have one conversation around the table. Each member of the family, starting with the youngest, should share *one* of their examples and go around the table until everyone has shared *all* their ideas. If someone has more than others, it's okay. If you have no more to share, move to the next person until all ideas are shared.

This is a time for sharing ideas, and there are no "bad" or "wrong" thoughts. Everyone should feel free to share in this phase. The more stories you share, the more complete your list of values will be. However, you don't want this exercise to take all day, so you may want to limit everyone to three or four stories, maybe less if you have a big family. When it's your turn, feel free to elaborate on *why* you thought your family was at its best in that moment.

As you listen to the stories being shared, write down any words that would describe a strength, quality, or principle you heard in the story. Put one word or idea per sticky note. Think about answering these questions on the sticky notes: what family strengths does this story illustrate? What did you or our family bring to the situation? What principle helped create this moment of family excellence? Capture as many keywords as you can on sticky notes; that will be helpful for the next step.

STEP THREE: SYNTHESIZE THEMES.

Now you should have a bunch of sticky notes with words or pictures on them (or both). Identify themes within the stories and start to organize and group similar ideas together. You should start seeing patterns and main ideas emerge. Those might be the ideas you choose for the titles of your family values. Other ideas will go into creating the definition. Also, look for powerful outlier ideas that might not fit within other themes but are still important to your family.

STEP FOUR: CREATE YOUR UNIQUE FAMILY VALUES.

Take your keywords from step three and come up with distinct and unique family values. Start by creating a one-to-two-word catchy title for each theme, and then write out a sentence definition for each value. You can also add “We are” to the beginning of each title if you would like. Come up with three to six values with a title and a description for each.

STEP FIVE: REVISIT AND READJUST.

Let me remind you, this exercise is not one you will do once and be done forever. The documents you will create in this book are all living documents that will grow and change as you do. So don't feel discouraged if yours doesn't look like ours the first time through. Also, keep in mind that the process itself is what creates the magic. You're free to hang our family values on your wall, but they may not describe *your* family's unique strengths and capacities. Feel free to revisit this exercise again and again until you feel complete and the list of values totally captures your family.

That being said, there comes a point when tinkering with your values will produce diminishing results. When the time you invest in tweaking a word here or there just doesn't produce enough difference to the meaning to make it worth the time, stop. When your values feel “complete enough,” that's when you can start using them as a tool to direct your lives.

FAMILY VALUES WORKSHEET

STEP ONE: REMEMBER WHEN YOUR FAMILY WAS AT THEIR BEST.

Make a list of your family's greatest moments, challenges you've overcome, the success you've achieved, or adventures you've experienced. Then take turns sharing them as a family.

STEP TWO: SHARE STORIES AND CAPTURE STRENGTHS AND VALUES.

As you share stories and examples, listen for the strengths, qualities, or principles that helped create those moments of family excellence. (Capture *all* key words on sticky notes)

STEP THREE: SYNTHESIZE THEMES.

Identify themes within the stories and strengths, organize your sticky notes on the flip chart around the key patterns and ideas that emerge. Also, look for powerful outlier ideas that might not fit within other themes but are still important to your family.

STEP FOUR: CREATE YOUR UNIQUE FAMILY VALUES.

Create three (or more) Family Values from the themes and patterns, then for each value, create a one- or two-word catchy title, and write a short description of what it means to live that value.

Example: (We are) one- or two-word title, followed by a one to two-sentence description of what it means to live this value.

1. (We are) Title: _____ :
Description: _____

2. (We are) Title: _____ :
Description: _____

3. (We are) Title: _____ :
Description: _____

4. (We are) Title: _____ :
Description: _____

5. (We are) Title: _____ :
Description: _____

6. (We are) Title: _____ :
Description: _____

EXERCISE FOUR: THE S.T.A.R.R. SYSTEM

SUPPLIES:

- Your family
- Sticky notes
- Markers
- Easel, wall, or large whiteboard
- Volunteer to create the Google Sheet

OBJECTIVE:

By the end of this exercise, you should have your own unique S.T.A.R.R. accountability chart that lists responsibilities the kids can handle independently and rewards they can earn. It's up to the family what those responsibilities and rewards are and if each child has an individual chart with personal responsibilities and rewards or if each child has an identical chart. You can always start out with the same charts for everyone and individualize them when you revisit it after trying it for a while.

THIS EXERCISE HAS SIX STEPS:

1. Identify rewards and the S.T.A.R.R. value.
2. Identify responsibilities and the S.T.A.R.R. value.
3. Have the decisions discussion.
4. Create your chart.
5. Follow through.
6. Revisit and revise.

STEP ONE: IDENTIFY REWARDS.

Each person in the family gets a stack of sticky notes and a marker. Write or draw out the type of rewards you'd like to earn and the suggested S.T.A.R.R. value. Only include one idea per sticky note. Think about things that would motivate you to work hard. Is it money, the promise of a pizza night, special time with Mom or Dad, playdates with friends, screen time, or sweet treats? This is the time to generate as many ideas as you can. Set a timer for five to ten minutes and get as many ideas onto sticky notes as you can. As you write them out, place your sticky note up on the wall and say it out loud.

STEP TWO: IDENTIFY RESPONSIBILITIES.

Now, it's time to repeat that process with responsibilities. Take another five to ten minutes and brainstorm as many chores or "family contributions" that you can think of. What are things you currently do around the house that you'd like to get credit for? Parents, what are some jobs you'd love some help with around the house? Are there other behaviors or habits you'd like to develop that can be added here? Again, the point is to generate as many ideas as you can and suggest a S.T.A.R.R. value for each to be negotiated later. Don't edit or discuss any answers yet. After you write it down, put the sticky note up on the easel and say it out loud.

STEP THREE: DECISIONS DISCUSSIONS.

Now that all the ideas are out of our heads, down on sticky notes, and up where everyone can see them, it's time to make some decisions. Which ideas stay and which go? Negotiate how many S.T.A.R.R.s can each responsibility earn. How much should each reward cost? Can S.T.A.R.R.s be borrowed like credit? If so, do you want to charge interest? How much? Do you want to individualize the charts for each child or keep them all the same? Do older kids earn more or less S.T.A.R.R.s for the same contribution as a younger sibling? For younger children, do you want to use pictures instead of words?

STEP FOUR: CREATE YOUR CHART.

It's time to put it all together and decide how your chart is going to look. Do you have an artist in the family who would like to create it? Maybe someone in the family is tech-savvy and wants to make it into a spreadsheet. In my experience, the easier you make it, the sooner you can start using it.

Also, remember that you will probably need to update it periodically, so having a digital version you can easily change and reprint may be the way to go. We made a simple spreadsheet, printed it out, and had it laminated. That way, we could use wet-erase markers to track it on a weekly basis and wipe it clean to use it again.

STEP FIVE: FOLLOW THROUGH.

When and how will you total your family's S.T.A.R.R.s daily and review each kid's progress? This step may seem obvious, but you might be surprised how many people create a system and then don't use it! You can always tweak it if something isn't working, but you won't know that until you start and give it a try. It could easily be added to your bedtime ritual so that it is completed at the end of each day.

STEP SIX: REVISIT AND REVISE.

After a couple of weeks, you may notice that some rewards or responsibilities need to be added or removed. You may want to incentivize certain behaviors by making them worth more S.T.A.R.R.s. Maybe the kids think it's too hard to earn the rewards they want and have lost motivation, or maybe it's too easy, and they haven't been helping out like you would have wanted and need to charge more for their rewards.

When changes are made, there should be another family discussion. Top-down management is bad for motivation, so make sure the kids have a say in the decisions, so they are fully bought into them. Everyone can share their feedback about how it's going and propose any changes they'd like to make.

S.T.A.R.R. CHART WORKSHEET

STEP ONE: IDENTIFY REWARDS.

Write or draw out the type of rewards you'd like to earn and the suggested S.T.A.R.R. value for each reward.

STEP TWO: IDENTIFY RESPONSIBILITIES.

Brainstorm as many chores or "family contributions" that you can think of. What are things you currently do around the house that you'd like to get credit for? Parents, what are some jobs you'd love some help with around the house? Are there other behaviors or habits you'd like to develop that can be added here?

STEP THREE: DECISIONS DISCUSSION.

It's time to make some decisions. Which ideas stay and which go? Negotiate S.T.A.R.R.s values for each responsibility and reward?

STEP FOUR: CREATE YOUR CHART.

What format will you use for your tracker to total and balance your S.T.A.R.R.s each day? You can use a spreadsheet, a laminated and printed worksheet, a custom chart, a combination of printed and electronic trackers, or whatever approach works best for you.

STEP FIVE: FOLLOW THROUGH.

When and how will you total your family's S.T.A.R.R.s daily and review each child's progress?

EXERCISE FIVE:

YOUR FAMILY SCREEN-TIME CONTRACT

SUPPLIES:

- Your family
- Worksheet or paper—one sheet per person
- Something to write with—one per person
- Volunteer to type it up at the end
- Pen to sign it

OBJECTIVE:

The goal of this exercise is to get on the same page and create your family screen-time contract. This exercise will help you do some upfront thinking and decision-making so, in the moment, the parents can be consistent and fair when it comes to screen time violations. It's also about parents leading by example.

This exercise has six steps:

1. Reflect on current screen time rules.
2. Share reflections.
3. Negotiate the contract.
4. Sign the contract.
5. Follow through.
6. Revisit and readjust.

STEP ONE: REFLECT ON CURRENT SCREEN TIME RULES.

Set a timer for ten to fifteen minutes. Each family member should reflect on your current screen time use and rules (if you have any) and write or draw your answers to the following questions:

- What is working with our current rules?
- What is causing frustration in the family around electronic devices?
- What time should our devices go to bed? Should it be the same time for everyone in the family?
- Should the rules be the same on school days versus weekends and breaks? What about during travel?
- What are things I enjoy doing on my devices? How can it be used as a tool or to create?
- What are some things I enjoy doing off screens?
- Are there places in our home or specific family times that devices should not be allowed at all? For example, in the bedrooms or during dinner.
- Should we have a designated charging area in our home? If so, where would be a good place?
- Are there certain things I think need to be accomplished before using screens for entertainment?
- Is there an age that's too young to be on the internet, have social media accounts, a YouTube account, download certain apps, or have a cell phone?
- Who should pay for the cell phone and service?
- How will we keep passwords safe and organized?
- Are there any rules I think are unfair? Why?
- What specific actions should happen if this contract is broken?
- I would love to see Mom and Dad lead by example by...

STEP TWO: SHARE REFLECTIONS.

Now, it's time to share your answers. This is not a time to argue. It's a time to seek understanding and listen to each other. Go around the circle and let each person share their thoughts without interruption. Have one person record the ideas.

STEP THREE: NEGOTIATE THE CONTRACT.

Now, it's time to come together and agree on some boundaries. Whoever wants to be the secretary can start by writing down any rules that are mutually agreed upon. Keep going until you have a good list. Remember, this is an experiment. Agree to give the rules a try for a while and know that they can be revised later. (See Step Six.)

STEP FOUR: WRITE AND SIGN THE CONTRACT.

Once you've hashed out the details, it's time to write out and print your contract and sign it to signify that you have read the contents of the document, understand the contents, and consent to the stipulations of the contract.

STEP FIVE: FOLLOW THROUGH.

This may be the hardest step, but without it, this contract means nothing. As parents, our job is to enforce the rules. Our kids' job is to test our boundaries, and trust me; they will. You've done the hard part of hashing out the rules, so now is the time to reap the benefits and follow through with any consequences you outlined in the contract. Your kids will be mad when they break the rules, and you enforce them, but over time, they shift their anger from you to themselves. Once they understand you will enforce the rules, they aren't as mad at *you* as they are at the rules themselves, which they helped create. Eventually, they must start taking personal responsibility. They know the rules and that they will be enforced, so they can only blame themselves for any consequences.

STEP SIX: REVISIT AND REVISE.

Contracts are binding, but they can still be revised. After at least a week of using the new contract, pause to reflect on how it's going. Was there something you left out the first time? Is there a particular rule that needs to be defined more clearly? Is there a loophole that needs to be synced up? Bring up your concerns during a family meeting, and discuss win-win solutions.

SCREEN-TIME CONTRACT WORKSHEET

STEP ONE: REFLECT ON CURRENT SCREEN TIME RULES.

Set a timer for ten to fifteen minutes. Each family member should reflect on their current screen time use and rules (if they have any) and write or draw their answers to the following questions:

1. What's working with our current rules?

2. What is causing frustration in the family around electronic devices?

3. What time should our devices go to bed? Should it be the same time for everyone in the family? Should the rules be the same on school days versus weekends and breaks? What about during travel?

4. What are things I enjoy doing on my devices? How can it be used as a tool or to create?

5. What are some things I enjoy doing off screens?

6. Are there places in our home or specific family times devices should not be allowed at all? For example, in bedrooms or during dinner.

7. Should we have a designated charging area in our home? If so, where would be a good place?

8. Are there certain things I think need to be accomplished before using screens for entertainment?

9. Is there an age that's too young to be on the internet, have social media accounts, a YouTube account, download certain apps, or have a cell phone?

10. Who should pay for the cell phone and service?

11. How will we keep passwords safe and organized?

12. Are there any rules I think are unfair? Why?

13. What specific actions should happen if this contract is broken?

14. I would love to see Mom and Dad lead by example by...

STEP TWO: SHARE REFLECTIONS.

Go around the circle and let each person share their thoughts without interruption. Have one person record the ideas.

STEP THREE: NEGOTIATE THE CONTRACT.

Now it's time to come together and agree on some boundaries.

of hours per school day allowed: _____

of hours per day allowed on weekends: _____

How screen time will be tracked: _____

Penalties for not tracking screen time: _____

What must be completed before screen time can be used: _____

What times of day can screens be used: _____

of S.T.A.R.R.s for 1 hour of entertainment screen time: _____

of S.T.A.R.R.s for 1 hour of educational screen time: _____

Where are screens permitted to be used: _____

Where are screens *not* permitted to be used: _____

Additional rules: _____

STEP FOUR: WRITE AND SIGN THE CONTRACT.

Once you've hashed out the details, it's time to write out and print your contract and sign it to signify that you have read the contents of the document, understand the contents, and consent to the stipulations of the contract.

STEP FIVE: FOLLOW THROUGH.

This may be the hardest step, but without it, this contract means nothing. As parents, our job is to enforce the rules. You've done the hard part of hashing out the rules, so now is the time to reap the benefits and follow through with any consequences you outlined in the contract. How will you enforce the rules that have been agreed to in your screen time contract?

EXERCISE SIX: YOUR FAMILY GOALS

SUPPLIES:

- Your family
- Worksheet or paper—one sheet per person
- Something to write with—one per person
- Optional: computer to type up a spreadsheet

OBJECTIVE:

The objective of this exercise is to set goals as a family, modeling the process of setting individual goals for your kids.

THIS EXERCISE HAS SIX STEPS:

1. Set individual big goals.
2. Decide on categories.
3. Generate ideas.
4. Consolidate ideas and make them S.M.A.R.T.
5. Set up spreadsheet and track.
6. Evaluate and readjust.

STEP ONE: SET INDIVIDUAL BIG GOALS.

Work with each family member to come up with two big personal goals. Pick one goal that is hard and one goal that is fun. These are big goals that each person is committed to working toward over a longer period of time—six months to a year.

STEP TWO: DECIDE ON CATEGORIES.

We used the categories from GoBundance since we are familiar with them, but you can use any categories you see fit for your family. If you'd like to borrow our categories, here they are again: Healthy Habits, Authentic Relationships, Making Memories, Honoring Commitments, Genuine Contribution, and Financial Literacy. You could also use your family values as the categories for setting your goals.

STEP THREE: GENERATE IDEAS.

Go through each of the categories you've set and come up with as many goal ideas as you can for each. Remember, the idea here is to generate lots of ideas. Don't edit them now; that will come in the next step.

STEP FOUR: CONSOLIDATE IDEAS AND MAKE THEM S.M.A.R.T.

This is the time to pare the goal ideas down, decide what's most important, and make the goals specific, measurable, achievable, relevant, and time-bound. To help with this step, you can ask the following questions: What would *done* look like? How much can we realistically fit in this year, month, week? Does this goal line up with our values? For each goal category, set one to five goals.

STEP FIVE: SET UP A SPREADSHEET AND TRACK.

This step is optional, but we have found it is the easiest way for us to stay consistent with tracking. I prefer to make two Google Sheets. The first is like you saw above, which has the bottom-line goals with totals and percent complete. The other is a tracking sheet with more specifics.

For example, we have a goal to read ten books as a family this year. On the first sheet, it just lists the goal, actual, and percentage. On the second sheet, there would be a place for book title, date finished, and a place to total the number of books read. I would then copy and paste the total from the second sheet to the first sheet in the “actual” column. That way, it will auto-populate that spot when I update the tracking sheet.

STEP SIX: EVALUATE AND READJUST.

You may want to do this quarterly or mid-year. Take a look at your numbers and see if there are any goals that aren't S.M.A.R.T. There are many reasons a goal might be off track. Maybe it wasn't aligned with your values, maybe it was an ideal but not realistic in practice, maybe someone in the family got sick, and their health became the top priority in the family. This is not a time to point fingers and blame, but a time to take a hard look at the goals and readjust to make them more doable. There's no shame in taking a goal off the list or readjusting to a lower number to make it achievable.

FAMILY GOALS WORKSHEET

STEP ONE: SET INDIVIDUAL BIG GOALS.

Work with each family member to come up with two big personal goals. Pick one goal that is hard and one goal that is fun. These are big goals that each person is committed to working toward over a longer period of time—six months to one year.

My Big HARD Goal for the year is to: _____

My Big FUN Goal for the year is to: _____

STEP TWO: DECIDE ON CATEGORIES.

What are the categories that are most important for your family to set goals in?

STEP THREE: GENERATE IDEAS.

Go through each of the categories you've set and come up with as many goal ideas as you can for each.

STEP FOUR: CONSOLIDATE IDEAS AND MAKE THEM S.M.A.R.T.

This is the time to pare the goal ideas down, decide what's most important, and make the goals specific, measurable, achievable, relevant, and time-bound. For each goal category, set one to five goals.

EXERCISE SEVEN: YOUR FAMILY MEETING

SUPPLIES:

- Your family
- Easel, whiteboard, or wall
- Sticky notes
- Pencils, pens, or markers
- For future meetings, it's helpful for each person to have a dedicated "family meeting" journal

OBJECTIVE:

The objective of this exercise is to create an agenda for your regular family meeting.

THIS EXERCISE HAS FIVE STEPS:

1. Generate ideas.
2. Share ideas.
3. Discuss and pare down ideas.
4. Write up agenda and schedule next meeting.
5. Close out the meeting.

STEP ONE: GENERATE IDEAS.

Set a timer for ten minutes, and write down as many ideas as you can that answer the following questions: How often should our family meet to get on the same page? What might our family connect about on a weekly, biweekly, or monthly basis? What should we call our family meetings? What are some areas we need to all be on the same page with as a family? What would be a fun way to close each meeting? Write or draw one idea per sticky note. Here are some ideas to get you started: schedules, goals, family values, gratitude, high-point moments, etc.

STEP TWO: SHARE IDEAS.

Now, it's time to share your ideas. Go around the circle, having each person share one idea at a time, capture each idea on a sticky note, and place it on the easel. Repeat this process until all ideas are on the easel. If you had the same idea, go ahead and add it to the board when it's shared. If the same idea came from two different people, you know the idea has energy behind it. Remember, this is the step to generate ideas. All ideas should be accepted without discussion. You will pare them down in the next step.

STEP THREE: DISCUSS AND PARE DOWN IDEAS.

Now that all the ideas have been shared, it's time to talk about the ideas and make some decisions. If there was an idea that multiple family members had in common, that is probably a good indication you should keep it. By the end of this step, you should have decided how often your family is committed to meeting, what you will call your family meeting, your key agenda items, and your closing ritual. In our experience, once you get past five to seven agenda items, it is harder to manage time-wise, so keep that in mind.

If you struggle to come together in this step, you may want to start with just one agenda item and build up from there. A good focus question is: "What's the *one* thing we might discuss regularly that would help our family get on the same page?" Commit to meeting every week to talk about that one thing, and once it has become a habit, you can add more agenda items.

STEP FOUR: WRITE UP AN AGENDA AND SCHEDULE THE NEXT MEETING.

It's time to put it all together. Have one person in the family write out your agenda for your first family meeting. Make sure you schedule one on the calendar before you close this meeting.

STEP FIVE: CLOSE OUT THE MEETING.

Take a moment right now and end this exercise by practicing your closing ritual as a family. It's important to have a ritual to close the meeting, so everyone knows the meeting is over, such as a family chant, an empowering saying, a family hug, or a ritual like all putting your hands in and saying the family name with enthusiasm. Sometimes, sensitive topics come up, and emotions can run high. We've found having a closing to the meeting at least brings everyone together at the end.

FAMILY MEETING AGENDA WORKSHEET

STEP ONE: GENERATE IDEAS.

Set a timer for ten minutes, and write down as many ideas as you can to answer the following questions:

1. How often should our family meet to get on the same page?

2. What might our family connect about on a weekly, biweekly, or monthly basis?

3. What should we call our family meetings?

4. What are some areas we need to all be on the same page as a family?

5. What would be a fun way to close each meeting? Write or draw one idea per sticky note. Here are some ideas to get you started: schedules, goals, family values, gratitude, high-point moments, etc.

STEP TWO: SHARE IDEAS.

Now it's time to share your ideas. Go around the circle, having each person share one idea at a time, capture each idea on a sticky note, and place it on the easel. Repeat this process until all ideas are on the easel.

STEP THREE: DISCUSS AND PARE DOWN IDEAS.

Now that all the ideas have been shared, it's time to talk about the ideas and make some decisions. If there was an idea that multiple family members had in common, that is probably a good indication you should keep it.

How often is your family committed to meeting? _____

What will you call your family meeting? _____

What are the five to seven key agenda items you will discuss at each meeting?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What is your family's closing ritual for the end of meetings? _____
