YOUR STRONG FAMILY PATH

Here's the exact framework used to establish your strong family. Grab the free pdf at the bottom for our personal notes and questions for each element.

Regardless of your family's personal value system, you'll have the freedom to use the Strong Family Path to get your family where YOU want to go.

Here's our personal family notes along with a critical question for you to answer to decide on your path. Make sure to subscribe to the Strong Family Podcast and listen to the first 7 episodes for more details.

ELEMENT 1: FAMILY CORE VALUES

Notes: You'll use these at every family meeting and weave them into decision making with your children. For example, we want to build resilient, confident and independent children. One of our core values is "Be Adventurous." When they claim they're bored, we'll reply with, "What adventure do you want to go on or create for yourself?"

Critical question: In good times and in bad, what are the non-negotiables we'll stand for and want to use as our regular decision filters?

ELEMENT 2: MORNING ROUTINE

Notes: Set the tone for a productive and positive day. Establish this critical lifelong habit early. For example, we have our kids do a 5 minute workout routine, journal, and do 1 chore to help prep for school. If they have time left, they can select to use one tech time.

Critical question: How should my children start their day? Think "quick and effective" over "elaborate and time consuming."

ELEMENT 3: FAMILY MEETINGS

Notes: Weekly. Held at dinner or another consistent time. Start by allowing each person to share how they lived up to one of your core values. Get into discussion topics, make family decisions and handle any issues that come up. It gives your children (and you) an outlet to discuss things without acting out.

Critical question: What's the consistent time we can sit down every week and formally meet?

ELEMENT 4: INDIVIDUAL GOAL SYSTEM

Notes: Our kids draw a picture of everything they want to do or accomplish in the next year. We hang them up on the wall. Each week they choose a commitment to help move them toward their goals. Commitments can change week to week at the family meeting. We, as parents, also set 90 day goals to move our family forward.

Critical questions: What do I want to accomplish this year AND what can I do this week to move closer?

ELEMENT 5: FAMILY MEAL

Notes: Think of this as a less formal family meeting opportunity. If you can't meet for dinner, establish another time when you all can sit together for 15 minutes. We do a commitment check (Did you do it today?) and each person shares something they're thankful for from the day.

Critical Question: What are the 1-2 items you want to consistently chat about at dinner?

ELEMENT 6: EVENING DEBRIEF

Notes: Bedtime discussions. The kids tend to bring up more things on their minds once they're comfortable "in their world" at bedtime. These are "doorknob" items when you're about to leave. Stay and have the important conversations. We also include a book reading and prayer.

Critical Questions: How can I linger in the room or draw out more from the kids so I can help them while they're relaxing?

ELEMENT 7: HOME RELATIONSHIPS

Notes: The whole family is ONE relationship to manage. Don't look at everything through that one lens. There's kid to kid, kid to parent, parent to parent, parent individual and kid individual. One of these relationships can be creating friction for the whole family. Take your time to investigate and improve.

Critical Questions: Which relationship above all needs re-balancing this week?

FINAL THOUGHTS

Don't tackle these all at once. Depending on where you are currently, take 30, 60 or 90 days to focus on ONE. Get it down and make it routine. Then shift to the next.

This cheat sheet is great to get you started.

Listen to the Strong Family Podcast and submit your questions. We'll cover many of them on our live Q & A episodes!