

POWERFUL
PARENTING
ACADEMY

Module 1

Awesome Family Blueprint



Shirley Solis



AWESOME FAMILY BLUEPRINT VIDEO 1

Let's Get Excited About the Future

VISION

The faculty or state of being able to "look" into the future and "see" the possibilities of what could be a goal towards which we aspire.



OUR FAMILIES DESERVE A DESTINATION

PLAN AND A GUIDING PATH TO OUR FUTURE.

"Good families- even great families- are off track 90 percent of the time! The key is that they have a sense of destination. They know what the "track" looks like. And they keep coming back to it time and time again." Steven Covey- 7 Habits of Highly Effective Families.

HAVING A VISION OR PATH HELP US BY:

Keeps us "on track" when _____ gets in the way.

Puts all the family members on the _____ page.

Helps us make _____ choices.



TAKE ACTION

Talk to your family about what you are learning and explain to them why having a family vision is important.



AWESOME FAMILY BLUEPRINT VIDEO 2

Expanding the Vision

Let's do an exercise to expand your vision "muscle," so you can envision what your family deserves.



TAKE ACTION

Write down in as much detail what you saw, what you heard, what you felt and what you thought while experiencing your family vision.

1) What values does your family uphold in your peak state? ex. Honor, hospitality, kindness, love, etc..

2) How does each member of your family act with one another? How do they speak to each other?



3) How and when does training take place?

4) What are your family's gifts? What comes naturally to you as a family? What is your family good at? How do others see you or why are they attracted to you?

5) How many meals do you have together a day? What does dinner time look like?

6) How does your family deal with conflict? How do you deal with trials?



7) How do your children treat others? How do they treat the elderly? How do they treat younger children?

8) What are your children's work ethics like? How are they with their chores? Does your family work hard or smart or both?

9) What is the atmosphere of your home? What do you feel when you are with your family?

10) How does learning take place? Do your children love to learn? How much do they read?



11) What type of vacations do you take? Where? What do you enjoy for leisure?

12) Where do you see your family in 1 year? In 5 years? In 10 years? In 20 years? Where are you? In which ways are you helping others? In which ways are you working together?



AWESOME FAMILY BLUEPRINT VIDEO 3

Let Us Speak the Same Language

FAMILY CULTURE

The way members of the same family think, judge, feel, behave, solve problems, communicate, have fun, work and relate to each other and to the outside world.

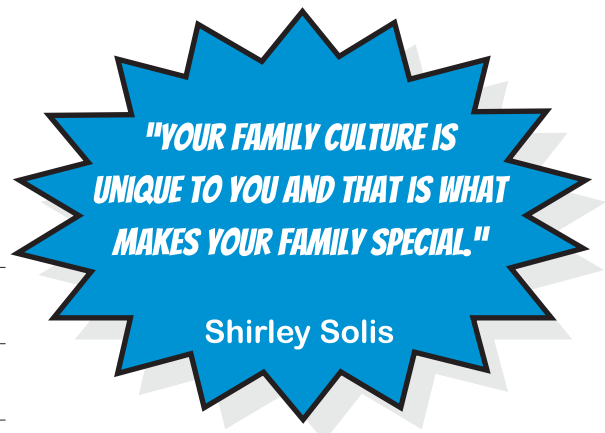
A FAMILY CULTURE PROVIDES BOUNDARIES

It helps each member of the family know what to expect, because it creates _____ and a _____ .

IDENTIFY YOUR CURRENT FAMILY CULTURE

Describe passive cultural traits in your family.

Describe proactive cultural traits in your family.





CREATE YOUR NEW FAMILY CULTURE

What values are important to you and your family?

What norms/guidelines are important to you and your family?

What customs/traditions are important to you and your family?



Compile your list of favorite core values.



TAKE ACTION

Think through what type of family culture would support your vision and your goals. With your family, come up with a list of words that explain how unique your family is.



AWESOME FAMILY BLUEPRINT VIDEO 4

Mission Accomplished

FAMILY MISSION STATEMENT

A written manifesto of what a family stands for and will live by as their life purpose.

NARROW YOUR LIST TO THE TOP 10 VALUES

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

WRITE YOUR FAMILY MISSION STATEMENT



TAKE ACTION

Write your family mission statement and put it in a visible place where the entire family can see it.





AWESOME FAMILY BLUEPRINT VIDEO 5

Let's Gather Together

FAMILY MEETING

An assigned weekly time for the family to connect, catch up, plan, communicate, and have fun.

BENEFITS OF A FAMILY MEETING

*"IT'S NOT ABOUT HAVING TIME,
IT'S ABOUT MAKING TIME."
Shirley Solis*

Makes family a _____ for everyone.

Provides _____ weekly connection & accountability.

Encourages personal and family _____ .

Creates a time to _____ and _____ life.

Creates new _____ .

CHOOSE THE BEST DATE AND TIME FOR YOUR FAMILY TO MEET

Our chosen date and time for our family meeting is _____ .





THE STRUCTURE OF A FAMILY MEETING

CONNECT

Gather in the kitchen, family room or dining table and simply "connect," enjoying your time together.

CATCH UP

Find out what everyone has been up to- wins? promotions? good grades? friends? ideas? funny stories?

PLAN

Talk about your upcoming weeks schedule and sync times you need to support one another and/or talk about family events or celebrations.

COMMUNICATE

Get deeper in your relationship by choosing to hold each other accountable, teaching, resolving conflicts and/or encouraging one another.

HAVE FUN

Watch a movie, play a board or card game, read a book out loud, eat comfort food -
HAVE FUN!





TAKE ACTION

Schedule, announce and host your first family meeting! Remember to do the best you can! Most importantly- have fun!
