

Our *Family* Mission Statement

Family Meeting Guide

Purpose

Regular family meetings help implement and maintain your family mission statement while strengthening communication and connection.

Meeting Structure

1. Opening (5-10 minutes)

- Share a positive moment from the week
- Review family mission statement
- Set meeting expectations

2. Celebration Time (5-10 minutes)

- Acknowledge accomplishments
- Share gratitude
- Celebrate progress toward goals

3. Discussion Topics (15-20 minutes)

Weekly Rotation:

- Week 1: Mission Statement Check-in
- Week 2: Individual Goals and Support
- Week 3: Family Challenges & Solutions
- Week 4: Future Planning and Activities

4. Problem-Solving (10-15 minutes)

- Address current challenges
- Brainstorm solutions
- Make action plans

5. Planning Ahead (5-10 minutes)

- Review upcoming events
- Assign responsibilities
- Set next meeting date

6. Closing Activity (5 minutes)

- Family cheer
- Group hug
- Shared commitment statement

Remember: Family meetings are a practice that improves over time. Stay patient and consistent!

Age Specific Participation

Young Children (3-6)

- Use simple rewards charts
- Keep meetings brief (15-20 minutes)
- Include movement breaks
- Use visual aids

School Age (7-12)

- Assign rotating roles
- Include decision-making opportunities
- Create action items list
- Use fun voting methods

Teens

- Give leadership opportunities
- Allow agenda input
- Respect privacy boundaries
- Include technology discussions

Tips for Success:

- Keep meetings consistent (same time/day)
- Make them enjoyable
- Ensure everyone participates
- End with positive notes
- Document decisions
- Follow through on commitments

Meeting Ground Rules:

- One person speaks at a time
- Use respectful language
- Focus on solutions
- Listen actively
- Honor time limits
- Participate fully