Intentional Family

Comprehensive five-week family management course with videos, tools and templates to reduce stress, organize the mess and yell less. What you'll get:

- Video lessons

- Templates

- Worksheets with exercises, journal prompts, reminders to post on your refrigerator, and more.

- Weekly action items: each week, you'll receive specific tangible suggestions for ideas, conversations and behaviors to implement with your family.

Module 1 - Getting Started

  a. The Magic Pill

  b. Three mindsets to master right now

  c. How this course works

  d. Specific Recommendations

Module 2 - Building Your Best Family

  a. Big Picture Planning: What type of family do we want?

    i. How to Develop a Mission Statement (family values) - steps and templates

    ii. What to Do with Your Mission Statement - How your mission statement drives decision making (examples/next steps)

    iii. Purpose as a parent, big-picture purpose for your child

  b. Family Goals

    i. Big picture planning/goal setting: we want to travel a lot, we want to serve a lot, we want to adopt, etc.

  c. Establishing Traditions That Matter (the intentional family)

    i. Planning for how to establish traditions for things like gift giving (birthdays, Christmas), tooth fairy; which holidays are special, etc.

  d. Partner/Spouse Check-in

Module 3 - Organize the mess

  a. Day-to-day schedules: laundry, chores, grocery shopping, deep cleaning

  b. Meal planning

  c. Family command center (mom's planner)

  d. Homework vs. free-play vs. organized activities vs. screen time - How to win?

  e. Thriving over surviving - family dinners, where to build in individual attention time

Module 4 - Yell less: How to redefine checklists, chores, expectations and incentives

    a.   Positive Parenting basics

    b.   Chores and contributions: getting kids to buy in

    c.   Routines: homework, going to bed, morning, coming home from school

    d.   Incentives/Rewards

    e.   Behavior in public - pregame pep talk; high fives in real time

Module 5 - The Family Meeting: Pulling it all together

    a.   Detailed explanation of each agenda item

    b.   Making it work for YOUR family

    c.   Tips & Tricks