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BUILDING A HEALTHY FAMILY CULTURE

WHAT IS FAMILY CULTURE ?

Your family culture is the operating system of the individuals in your home. It determines how others will behave in your home as well as the way they operate outside of it. Culture also determines what is possible and can happen around the individuals that reside in your home. This culture is determined by the leaders of the home (usually parents) and based upon their *core values*. These are the **one or two things that are worth suffering for**. Once we make a belief about what is important, the impact is exponential.

We take our family culture to school, the office, and our other relationships. If we desire to see our spouses and children thrive at home and in the world, **we need a healthy and strong family culture**. Especially because the culture outside of our homes is so aggressive.

WHO IS THIS FOR?

The reality is that you already have a family culture, but the question is, "Is this the family culture I actually want?" **If you answered the last questions with anything other than an enthusiastic "Heck yes!" then the following pages are for you.** The information and exercises in this PDF will give you:

- A springboard to enhance communication and end repeated conflict with your spouse,
- Enable you to be a better parent and enjoy your relationship with your children.
- Reduce your frustration and bring more peace to your home.
- Provide needed direction as we try our best to navigate dilemmas that naturally spring up around family life.

Directions:

Married Couples: Print two copies of this PDF for you and your spouse so you both can work together and separately on the exercises attached. Doing the exercises together will ensure that the culture you create is consistent and you are both on the same page. Consistency is key to ensuring that your family culture is implemented effectively, so both parties should be in this together. It is also recommended that you do the following exercises at a time and space where you are not bombarded with children or other distractions. The questions and exercises will take emotional and mental energy.

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IDENTIFY YOUR PRIORITIES

"If Everything is important, then nothing is." Patrick Lencioni

Step 1.) Separately from your spouse, identify your top 6 priorities and rank in level of importance. (where 1 is most important)

MY PRIORITIES:

- 1.
- 2.
- 3.
- 4.

Step 2.) Get back with your spouse and share your list of priorities. Rewrite them as your shared priorities. Remember: If something is a priority it needs to serve you and make you a better husband/wife and father/mother. If it does not, edit your priorities.

IMPORTANT NOTE ON PRIORITIZING YOUR MARRIAGE : To save you unwanted frustration, be sure that your marriage is always prioritized above your children (this does not mean that your children are less important, it means that your marriage is more essential in the success of parenting than the child relationship. Children need the authority and stability of their parents' marriage to function in healthy relationships in and outside the home. This may seem difficult, but without this, you will handicap your parenting and strain your marriage.

OUR PRIORITIES:

- 1.
- 2.
- 3.
- 4.

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Using the 6 priorities you outlined above, complete the following chart separately.
Once completed, share your responses with your spouse.

Priority	<i>Where are we succeeding?</i> <i>Where do we need to improve?</i>

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After reviewing with your spouse, **complete the following chart together.**

Priority	<i>What do we want it to look like in the future?</i>

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“Whatever You Focus on Gets Bigger.”

A GAME TO BUILD ON FAMILY STRENGTHS

To Begin:

Go around to each family member. For every family member other family members answer the following: What is their best quality? Every other family member gives an answer to this question except the family member being discussed. *That person doesn't talk about themselves.*

For instance, when it's mom's turn, everyone says what they think her best quality is except mom herself.

Next:

Go around to each family member again and ask the following:

When things are at their best at home, what do you see (Fill in the name) doing?

For instance, when it's mom's turn again, everyone goes around and answers the question, “When things are at their best, what is mom doing?” Every person except mom answers the question. Then mom would pick the next person, and so on until everyone shares what they see when that person is at their best.

Lastly, ask the following (make sure every family member gets a turn to answer the questions):

- Ask each other, what do you think our family does well together?
- What have we achieved together?
- What have we overcome?
- How did we do that?
- What does that say about us?