

Worksheet: Family Meeting Format



- Schedule a day and time. (example: Sunday evenings @ 6:00 PM)
- Each family member can take a turn running the meeting.
- Family meetings are sacred: everyone attends.
- Have them on a regular basis, not just when there is a problem or an issue to be addressed.

Day: _____ Time: _____

Agenda

1. Clear the decks:

- At the beginning of the meeting, ask if there are any decks to be cleared—is there something that they need to share? (This could be about themselves, or something they need to say to another family member.)
- After someone clears the decks, there should be no response. It can always be talked about later, but for now it is important to listen and think about what the person is saying.

2. Check in:

- Each family member will share something that is going well with them—something they feel proud of, or are excited about.
- Next, each family member shares a personal struggle—something they need to work on, something they are worried about, or have a concern about.

3. Principles:

- **FIRST FAMILY MEETING:** Decide on your family principles together! Come up with a list (everyone contributes ideas) and then narrow it down to 3-4 principles. For example: "Respect for myself & others." "Truth is our primary guide." "Don't lie, don't quit!" "Happy to do it!"
Or just a few simple words, such as: Respect, Honesty, Effort, and Integrity
- **SUBSEQUENT FAMILY MEETINGS:** Review the principles you have chosen at a previous family meeting—How are we each doing with these personally? As a family? Which principle are we struggling with; which one are we doing well with?

4. Plan mandatory fun! (Take turns choosing the activity!)

- Each family member must go along and *have fun!*
Examples: Family dinner - everyone helps to prepare/has a role.
Family outing (bowling, movie, dinner out).
Family game night (board game, Wii, pool or ping pong tournament).