

FAMILY MEETING

Date: _____

ATTENDEES

ROLES

Meeting Leader _____

Snack Maker _____

Notes Taker _____

DISCUSSION TOPICS

- Recognition & appreciation
- Week's schedule
- Goals
- Things we want to do or be better at this week
- Support needed (how can we help you feel loved & encouraged?)
- Family time (dates, trips, etc..)
- _____
- _____

SHARING IDEAS

- What went WELL last week? Not so well?
- What is one KIND thing each of us did last week?
- What is one new thing each of us LEARNED last week?
- What are we EXCITED about in the upcoming week?
- What is each of us GRATEFUL for?
- _____
- _____

THIS WEEK'S AFFIRMATION

FAMILY MEETING

Date: _____

A large, hand-drawn green rectangular border with decorative elements. The border is composed of several segments. The top segment has a small globe icon and two dots. The left segment has a striped circle and a solid circle. The bottom segment has a striped circle and a solid circle. The right segment has a striped circle and a solid circle. The middle segment is divided into two columns by a vertical line. The top corners of the middle section have star and circle icons. The bottom corners of the middle section have star and circle icons. The entire page is designed for a family meeting, with a large blank space for notes and a date field at the top right.

4 steps to a successful Family MEETING

Big Life Journal

1

ENCOURAGE PARTICIPATION

The ultimate point of family meetings is to **connect and listen**.

- **Pair meetings with incentives** (post-meeting dessert, board games, or other fun activities)
- **Let kids choose their roles** (recording secretary, leader, or snack maker, etc.)
- **Keep meetings short** (about 15-30 minutes).
- **Stay flexible** and never coerce kids into participating. Instead, invite them to share if they'd like to.



2

STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET

Kids do best when **guidelines are clear**. Consider ground rules, such as:

- Day, time and **meeting place** that works for everyone
- **Frequency of meetings** (once a week is recommended)
- Who fills the **roles** of “leader” and “note taker” each week
- Only one person talks at a time
- No electronics
- Everyone participates



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STEP 3: STOP CATASTROPHIC THINKING

Agenda can be **simple** and brief, with no more than 3-4 steps. Generally, it can cover:

- a brief **opening activity**
- **discussion time**
- **positive** closing activity



4

STEP 4: PRACTICE PROBLEM-SOLVING

Expect challenging moments. Each difficulty is an **opportunity to grow** your “family brain” by tackling the challenges together.

- **Resistance to participating** - Remind them this special time was created for them to influence what happens in the family.
- **Issues are not resolved** - Know that simply by talking about what's happening, you're making a difference.
- **Parents run the show** - While your kiddos are speaking, simply breathe and focus on what they have to say.

