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from www.familyteams.com

WEEK 3

INTRO FROM TEAM PRYOR & TEAM BETHKE

Hey!

Now that we are right in the middle of the challenge, let's start attacking some of the things that crush a lot of our families.

The main one we hear over and over again?

Chaos.

Overwhelmed and unorganized and chaotic homes.

We get it. We have all been there (yesterday, am I right? No? Just me? Ok, moving on).

And here's the absolute root of it--chaos comes from too much unstructured time.

And unstructured time comes from passive leadership.

And passive leadership comes from lacking a vision.

But the best part? Every family already has a vision given to them.

After Week 1 and Week 2 we know we have a vision: *we want our family to become a team.*

We have leadership: *the parents of the family.*

So now we need to deal with the problem of unstructured time.

Financial guru Dave Ramsey says getting control of your money starts with giving every dollar a name. Once all of your cash has been pre-allocated according to your vision for your money, frivolous spending becomes far less likely.

That's what we're going to do, except with time.

We need to give every minute a name (more laid back personalities don't freak out! We aren't drill sergeants over here--there's space and grace for all families to be creative under the banner of naming a minute and naming a day!). Even if that name is free time we will know after we name it the purpose and time boundary for the time we're stewarding.

"But I hate structure!" some of you might be thinking.

And to some degree we get it. In fact, if you're more spontaneous and lively and non structured, you need to let some of that gift bleed out into your family in intentional ways!

But you also have to understand that families, just like teams or any successful business or organization, thrive on structure. You can maybe find a company that's more fun than the other, but you won't find any company that is thriving that doesn't also have enormous strategic vision and structure.

There's two ways to view structure: one is as a prison, and the other is as a means to accomplish an exciting vision.

Imagine a coach who wants to win the championship but won't plan out the practices. Or a teacher who wants her students to master a subject but won't write out a curriculum.

I hated structure when I thought of it as a prison, but now I see it as a means to fulfilling our family's mission and that made a huge difference.

Creating a great daily rhythm is like putting together a puzzle.

It has three steps.

First, lay out all the pieces.

Second, organize them in a sequence.

Third, evaluate and improve. All the time. Never stop iterating.

We're going to handle step three tomorrow but right now our job is the first part.

And our job, for now, is to do it badly.

Yes, badly. There is almost no way to get this right the first time but in a few days it will begin to get a lot better and in a few weeks you'll begin to see great results. And a few months you'll begin to see it actually form your family in a different direction.

DISCUSSION & CHALLENGE

But first things first.

Let's lay out all the pieces to our puzzle.

What are all the elements that make up a healthy, productive, normal day?

The pieces and times are highly age dependent but here's a list of basic pieces with examples of time blocks and some tips:

SEE NEXT PAGE FOR AN EXAMPLE.

| Activity | Time Block | Tips |
|------------------------|----------------------|---|
| Daily Planning | 15 Minutes | Schedule during least distractible time of day |
| Prayer & Bible Reading | 30 minutes | Play worship music especially at the beginning to engage your heart |
| Breakfast | 30 minutes | Make this meal as simple and easy as possible for everyone to feed themselves |
| Learning | 3 hours | Best to break this down with little kids in 30 minute segments, older kids in 1 hour |
| Lunch | 30 minutes | Have 3-5 standard lunch plans max and repeat to keep this meal simple |
| Quiet Time/Nap Time | 30 minutes - 2 hours | If your kids don't nap it's good to train them to spend at least 30 minutes alone in their room in the afternoon. Audio books or quiet, safe activities that don't need monitoring are good for those who don't sleep. Try to separate kids during this time. |
| Work Block | 1 hour | Do your best to work together. Laundry, kitchen clean up, food prep. |
| Outdoor Activity | 1 hour | Part one may be all together like a walk, part two something they can do on their own while you watch. Try to get outside a little every day even when the weather isn't ideal. |
| Crafts and Hobbies | 1 hour | Again, littles will need 2-3 activities. Coloring, puzzles, play-dough, legos. Olders could learn something new from YouTube (drawing, painting, ship-in-a-bottle, rubix cubing, etc.) or do that craft kit that Grandma gave them for Christmas. |
| Free Time | 1 hour | Outdoor play, or doing something creative is best. Also, remember we don't have to constantly entertain our kids! Giving them time to play pretend or come up with something on their own is good! On a rainy day or a hard day, this is where screens could be used. |
| Cooking | 30 minutes | Make a dinner menu that is made up of 100% of meals that can be made in 30 minutes with 5-10 repeatable recipes. Have kids help. |
| Dinner | 1 hour | Ask kids questions to begin a family conversation. We've included a great list in the additional resources section at bottom of this email. Also reading a short passage from the Gospels is a great tradition. |
| Clean-up | 15 minutes | Put on fun music and learn to clean up together. |
| Story Time | 1 hour | Cuddle up. Alternate between books and, when you need a bigger break, family movies. |
| Play Time | 1 hour | Encourage kids to play together if they have siblings. Family board games. |
| Bed Time | 30 minutes | Create a standard routine and train your kids as young as possible to do the routine on their own. |
| Screen Time | As Needed | It's best not to plan individual screen time into your routine but instead use it as backup when something comes and you need to focus. |

Create a daily rhythm for your family team.

You can use your computer, a whiteboard or a piece of paper to create version 1 of your family's daily routine. If your kids are ages 6-18, it's best to hang it up somewhere where the kids can see the visual (and as mentioned in previous days, the older the kids are the more you should incorporate them into the decision making and ask for their ideas!). If they are younger than that, just use this as a guide for your day.

Also, post your biggest question about your routine or the part you can already anticipate will be the biggest challenge with some questions for other families in the group. Do you need creative ideas? Just ask!

PLEASE REMEMBER: just like sabbath, rhythms are made for us, not us for rhythms. Instead of religiously holding everyone to an intense routine or rhythm, see it more as an experiment in finding the best way to thrive. And best practice is to debrief at the end of the week and move the pieces around with what did and didn't work and how it can be better!

Next week we'll talk about the best tool for moving from surviving to thriving.

We're in this together.

Team Pryor & Team Bethke

Additional Resources

[Day 3 Podcast Episode](#)

[Check out this list of fun questions](#) to get your kid(s) talking.

During this time our families are working to show as much of our daily routine as we can via Instagram. The Bethke's have three young children and you can follow them here: [Jeff](#) & [Alyssa](#). The Pryor's have teens: [Team Pryor](#), [Jeremy](#), [Kelsey](#). Also make sure to follow the [Family Team's Instagram](#).

**Family
Teams**

Instagram: www.instagram.com/familyteams

Facebook: www.facebook.com/famteams

Give these guys a follow on social media!

Also, if you are in and up for this challenge then go to their website and sign up to stay connected and receive helpful emails to support you on this journey.

<https://5dayfamily.com/>