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from www.familyteams.com

WEEK 4

INTRO FROM TEAM PRYOR & TEAM BETHKE

Hey!

OK, think about what you and your team have accomplished so far.

Week 1 you shifted your mindset from individuals to team

Week 2 you rallied your team and got some buy-in via a team meeting

Week 3 you gave your team some structure through a daily routine and rhythm

Now we are going to share with you the single most effective tool in helping your family come out of chaos....make one improvement to a negative issue that repeats in your family. Do this daily. We didn't say solve it in one day, just try to make a tweak or fix proactively either daily or weekly (Team Bethke with toddlers, do this exact same rule but concentrate on one breakdown per week).

You have no idea how quickly your family will rise above the chaos if you start this one habit. And here's why--without realizing almost every family in the west is deeply reactive, but rarely proactive. We only react to problems and try to put out fires. But proactively trying to solve problems changes the family immediately! And make it fun and light and a team effort :)

And here's also why it matters more than you think--the real thing that sinks a family is all the little breakdowns throughout the day. Over and over and over and over again. You get overwhelmed and exhausted then short with your kids. There is a better way!

Everything that causes family chaos:

- Messy kitchens
- Bad attitudes
- Financial stress
- Shoes in the entryway
- Loading up the car
- Leaving the toilet seat up
- Delayed obedience
- Everything in its place and a place for everything

Whatever your list is, and if you're a normal family, that list is long, each of these problems have practical, workable, sustainable solutions.

But, we get overwhelmed, so we do nothing.

Or, worse, all the slack is picked up mostly by one member of the family (moms! Dads, this is such a great place to step in and share the burden).

Not cool!

Some problems took years to create and you can't fix everything all at once.

But you can make steady progress that compounds over time.

If you start this habit you'll notice very little improvement over a few days.

A little improvement over a week.

A lot of improvement over a month.

And a few months from now you'll wonder how things got so much better.

We want every family in this challenge to experience the power of improving one thing per day.

So here's how you do it.

Step 1: In your daily routine add a 10 minute team meeting.

This can be just you and your spouse but if your kids are 7+ years old involve them as well.

Make this at a time when everyone can be there.

Morning, after work, noon maybe through Facetime. Just make sure it works for everyone and you have some energy in the tank.

Step 2: Ask one question - what's one thing that's not working.

At first try to find things that create a lot of chaos but not too complex.

- Kids leaving dishes out.
- Something broken that needs fixed. (a faucet, a door knob, a dangling shutter)
- Shoes left where people can trip.
- Not cleaning up toys or after your activity.

We'll use this to go after bigger problems as well but we need to break them down into bite-sized pieces.

- We're not connecting well as a couple = Date Night Schedule, Date Night Ideas, Evening Routine
- Menu planning is out of control = Grocery List, Shopping Trips, Menu Ideas, Specific Meal times
- Mom feels taken for granted = Verbal Appreciation Ideas, Training Kids to Pick Up,

Hopefully you get the idea.

Keep in mind it's OK to spend a couple of working on the same problem until you gain traction. We'll cover this more in step 5.

Take time to really understand the problem.

And DO NOT indulge in heaping problems on top of each other.

STAY FOCUSED!

Isolate one clear issue.

Step 3: Brainstorm ideas to solve the problem. Try to gather 2-3 ideas before you decide.

Pick the best one.

Create a plan to implement.

Be diligent and follow through.

Step 4: Agree on the Solution

Ask everyone to agree on the solution.

We'll often write the solution on a small whiteboard or piece of paper and post it somewhere where we'll all see it.

With kids we'll often make it a game.

If they remember and do their part there will be a reward.

Step 5: At tomorrow's meeting ask how it went

Start each meeting discussing yesterday's improvement.

Will this solution help solve the problem? Is it sustainable?

If you choose to change the solution or need to refocus on yesterday's solution make that the only topic of the meeting.

Try not to move on to a new problem until you've gained traction with the old one.

That's it.

Sometimes people struggle with the brainstorming phase. They need creative input from others.

There's a super simple solution to this problem that works 99% of the time.

That's what we're going to share next week.

Until then, try your first daily team meeting.

You'll be amazed at the progress you'll make if you make this a habit.

Go team!

Team Pryor & Team Bethke

Additional Resources

[Day 4 Podcast](#) where we chat about today's topic more in depth and common breakdowns and how to solve them as a family.

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Teams**

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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/>