



*Led by Jeremy & April Pryor and Jeff & Alyssa Bethke
from www.familyteams.com*

WEEK 2

INTRO FROM TEAM PRYOR & TEAM BETHKE

Hey!

Every team I have ever been a part of started with a team meeting.

In fact, try to think about any team you've been a part of that doesn't call regular meetings.

There are team meetings at work. There are leadership meetings. There are coaches' meetings in sports. There are player meetings. There are longer strategic ones, there are short ones, there are fun ones, and there are serious ones. You can't think of one team that doesn't call meetings.

Except, for some weird reason, the family.

Families are the most important organization (more important than sports and work certainly in certain respects), and yet we treat it more like a club where we just hangout and don't do much of anything relating to strategy or planning.

Let's take one of the most basic forms of a meeting in sports.

A coach stands up in front of the new team and shares his or her goals, heart and vision for what the team can accomplish. He shares specific, lays out actionable items for each player, and then gets their buy in.

I'll never forget the way one of my coaches described the culture he wanted for our team and how he knew we had it in us to win the championship. And we did! But everything we accomplished was birthed in that first team meeting.

Every team has a coach and every coach must share his or her heart with the team.

DISCUSSION & CHALLENGE

So our challenge for you this week is to call a team meeting. In a season appropriate (and fun!) way.

If it's just you and your spouse because you're pre-kids or your kids are still young, still call a team meeting. You are a team and your team is growing. Make it just a few minutes and make it fun and more about the spirit of joy and cheerfulness. When the kids are younger it's less about delegating tasks and vision, but more about answering basic questions and getting them used to operating together and showing them that family is the most important and most joyful thing (for example on Team Bethke when they call a team meeting it's only about 10 minutes, involves a fun game, and few quick tasks and vision casting bullet points).

And if you have some older kids in your house, be gentle. No one wants to be dragged into a meeting and get 'marching orders.'

Try to reach their heart.

We've seen there are two very powerful ways to win their heart. That is incorporate and value them and let them actually speak into things and implement some of their ideas, and the other is to repent in front of them. *"I haven't been leading our family like a team, I didn't know we were a team, will you guys forgive me for this lack of leadership? I want to start new today! Would you be willing to give your heart to our team?"*

But whether it's just the two of you or you have a bunch of kids at your meeting here is a quick template that helps some family meetings go well.

- **Intro (5-10 minutes):** This is why we're meeting. We believe our family is a team. Share again what you learned from yesterday's challenge and how you want your family to change.
- **Vision (10-15 minutes):** Leaders of teams must share their heart. Take some time and talk about what you hope for your family. What would you like your family to look like in 5 years, in 10 years, maybe even in 20 if you really became a team. What do you see?
- **Discussion (30 minutes+):** How about you? Go around and ask: how do each of you feel about being a family team? And be honest! Make sure everyone has a chance to react. Is everyone excited? Hopeful? Often there's doubt or even bitterness. **DON'T GET DEFENSIVE!** Let everyone process.
- **Set a Goal (20 minutes):** Teams need to know how to score. This is what brings a team together. Discuss with your team what goal you are aiming at together. Try to get an early win for your team. Some simple starter goals for a family team might include things like:
 1. Establish a productive daily routine (we'll talk about this more tomorrow)
 2. Serve a sick or isolated family member together
 3. Plant some flowers together
 4. Cook and clean up from one meal together
 5. Exercise together
 6. Start a new hobby together
 7. Serve a neighbour or people on your street together
 8. Start playing music together
 9. Play a game or do a sporting activity that you can enjoy together
- **Call to Action (5 minutes):** Given everything you've heard is everyone willing to at least give this a try? We will start slow but we want to find ways to work together in the days and weeks ahead. If you get buy-in then you're off and running. If someone refuses, give that person time. But it's important that you and anyone willing to follow begins to function like a team while regularly and gently inviting resistant family members to come along.

So, we hope this week's challenge accomplished three things:

- You shared your heart about wanting to be a team.
- You heard back from your teammates about their interest.
- You committed to some positive action that will let you begin to work together.

And we get it, that is A LOT. So, remember, this week's challenge is about getting a rep in, not about solving the world's problems. You get healthier and stronger by going to the gym today. And the next. And the next. It's about reps. You won't look much different after going to the gym today, but you are turning your affections and heart and life towards the thing that will form you over time.

And also have lots of grace and hold it all with open hands. This is a baby step towards walking and that takes years. But you do have to take a baby step to learn to walk.

You might run into, resistant family members, confusion in your own heart, feeling so overwhelmed by the chaos that it's difficult to get started.

So I want you to do one final thing.

If today was a big win please share what happened.

Also, if this challenge was a real struggle, share that as well.

Let's encourage each other. We are not alone.

Our journey into becoming a family team is just beginning!

Next week is a new challenge and a new day.

Team Pryor & Team Bethke

Additional Resources

Day 2 Podcast: We've decided to record a special 30 minute podcast episode to go along with every single day's challenge as a space to process and come alongside you with the practicals and how this has played out in our story. Tune in today to chat about our journey with family meetings and all the different kinds of them.

Becoming a Great Coach for Your Family Team. Both Jeff and Jeremy consider the book, [The Culture Code](#), their favorite parenting book and it's not specifically about parenting it's actually a business and leadership book. This book trains you how to coach a team and create amazing 'culture' as the title says. Every lesson is 100% relevant to leading a family team. Check it out.

Need Some Inspiration? Take a few minutes and read Chapter 9 from one of Donald Miller's books called "[How Jason Saved His Family](#)".
Teens: If you're struggling with teens we'd recommend reading [Hold Onto Your Kids](#). If you specifically have issues between a mom and a son we highly recommend [Mother and Son: the Respect Effect](#).

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/>