

Habit 6: Taking it Home

1. Landscape Artwork

Resources: Blank sheets of paper (one per family member), crayons or markers, and one large poster-sized piece of paper.

Give each family member a blank piece of paper. Invite each person to draw a beautiful picture of a mountain scene. Have everyone hold up their finished pictures and show each other. Next, invite everyone to work together to draw a beautiful mountain scene on the large piece of paper. It's okay for everyone to draw at once. Discuss what happens when working together as a team. Did everyone have different ways to contribute? Did individuals build on each other's ideas? How did it feel to creatively cooperate? This is synergy!

2. Stronger Together

Materials: About 20 popsicle sticks, or other type of stick that is easily broken on its own.

Give each family member a popsicle stick. Ask them to each try to break their stick. Was it easy? Now give someone several popsicle sticks and ask them to try to break them all. Chances are they won't be able to break the bundle. Ask why that is the case and have a discussion about how the family united together is stronger than one person alone.

3. Value One Another

Preparation: Write each family member's name on a small piece of paper and put it in a jar/bowl. Write the following questions on individual pieces of paper and put them in a different jar/bowl:

- What I admire most about you is...
- One of my proudest memories of you is...
- What I have learned most from you is...

Invite each family member to draw one paper from the "name" jar and one from the "question" jar. Ask everyone to answer the question they drew about the person whose name they drew. Give everyone two minutes to think about their answer, then invite them to share their answer. Valuing one another helps create synergy in families.

4. Recognize Each Other's Strengths

Gather the family around a table. Give each person a blank piece of paper and have them write their name at the top. Ask everyone to pass their papers clockwise to the family

member next to them. Invite everyone to write an attribute they like about the person whose name is at the top of the paper. Continue to pass around and repeat until everyone gets their own paper back. Complete the lists by having everyone add an attribute they like about themselves. Read the lists together and celebrate each other's strengths!

5. Synergize as a Family

Synergy is a creative process. It unifies and unleashes the greatest powers within people and families. When you truly synergize, you create "our way," or the "3rd Alternative," which is the highest form of creative cooperation. Invite your family to think of a certain issue for which your family can come up with a 3rd Alternative that would help your family get the results you would love to get.

MY REFLECTIONS

ONE THING I WILL DO
