

The Front Foot Family?





Direction

- What subjects do you enjoy
- What do you want to excel at
- What are the important issues to get right in the family (time together, shared pleasures, common goals, etc)
- Who shapes what you do, what you think is important – parents, siblings, media, yourself, etc
- How often do you talk about where the family as a whole is heading
- How are decisions made – collective, top down, bottom up

Momentum

- Think about what you're good at – how can you use this more
- Is there more focus on what isn't achieved than what is
- How can you encourage others - Say thank you, Say well done
- Celebrate – the mundane as well as the spectacular
- Live in the moment – make the best of the opportunity you have in front of you
- How much time do you spend being disappointed (in people or events)
- How do you deal with fears and anxieties – say what you're frightened of, talk through the worst case



Coordination

- How does what I do have an effect on others
- What should I tell parents, siblings, children that would help them understand me
- Eat together, play together, chill out together
- How often speak – the trivial, the deep
- How often laugh together



Balance

- Pressure v relaxed interactions
- Do you try new things – importance of the fresh – don't take for granted
- How much is it up to you – responsible autonomy - play hard, work hard
- Don't just talk – hug, kiss, wrestle, play, watch their programmes even though it is beneath you/boreds you





www.idenk.co.uk/frontfootorganisation

