



For effective change,  
it's critical to  
**KEEP ON TRACK!**



**Suggested tips to help KEEP YOU ON TRACK:**

- Start with one criterion. Focusing on more than one at one time creates overwhelm and reduced effectiveness.
  - Start with the criterion that makes the most successful sense for your family or start with Schedule.
  - Make a concentrated effort to focus on the chosen criterion for a specific period of time i.e. two weeks to one month (specific time period is a personal choice).
  - Define your family's specific criterion to determine success. Make sure your goal is measurable.
  - Upon the completion of your designated time, take a few minutes to complete **Section 1**. It is important to be honest with the self-assessment. There is no right answer.
  - Once you feel that your family has reached your specific goal. Complete **Section 2**.
  - Choose your next criterion then repeat the process.
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## ***Schedule***

### **SECTION 1**

Put a check in front of the statement that best identifies your current status in establishing and sticking with a schedule:

- Our family\*\* has established a sensible schedule in writing, but find it difficult to maintain.
- Our family has established a sensible schedule in writing and are working to maintain the schedule.
- Our family has established a sensible schedule in writing and we are able to maintain the schedule about 75% of the time.
- Our family has established a sensible schedule in writing and we are able to regularly maintain the schedule.

### **SECTION 2**

What was the most difficult part of establishing and maintaining the sensible written schedule?

Has your family identified the need to make changes to your sensible written schedule? If so, what?

What impact has establishing a sensible schedule in writing made on your family?

# Meaningful Moments

## SECTION 1

Put a check in front of the statement that best identifies your current status in establishing meaningful moments.

- Our family is struggling to turn regular moments into meaningful moments.
- Our family has made a concerted effort to turn regular moments into meaningful moments. I can recall at least three specific events.
- Our family has established a goal of creating a meaningful moment at least once a week and are regularly meeting that goal.

## SECTION 2

What was the most difficult challenge when creating meaningful moments?

Has your family identified the need to make changes to create more meaningful moments? If so, what?

What impact has creating more meaningful moments made on your family?

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# Accountable Actions

## SECTION 1

Put a check in front of the statement that best identifies how your family is working toward creating accountable actions.

- Our family still struggles to achieve accountable actions.
- Our family can identify at least three situations where one or more family member/s have utilized techniques to increase accountability.
- Our family has seen significant improvement in family accountability.

## SECTION 2

What was the most difficult part of achieving accountability actions?

Has your family identified the need to make changes to your achieving accountability actions approach? If so, what?

What impact has establishing achieving accountability actions made on your family?

# Responsible Reactions

## SECTION 1

Put a check in front of the statement that best identifies your success in achieving responsible reactions to situations that otherwise might become “heated or irresponsible.”

- Our family still struggles to have responsible reactions.
- Our family has observed at least three situations where they have made more responsible reactions to situations that in the past were more emotional, less responsible and more reactive.
- Our family has observed consistent improvement in dealing with potentially emotional situations.

## SECTION 2

What was the most difficult challenge in refocusing situations from irresponsible reactions to more responsible reactions?

Has your family created more responsible reactions to situations that became “heated” in the past? If so, what?

What impact has modifying your approach to situations that may become emotional with the goal of more responsible reactions made on your family?

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## Try Something New

### SECTION 1

Put a check in front of the statement that best identifies your success in trying something new.

- Our family has tried to incorporate new things into our schedule, but it does not come easily.
- Our family has incorporated at least one of the suggestions. We have found it easier than we thought.
- Our family has incorporated at least five new things.
- Incorporating new things into our family is becoming the norm vs. the exception.

### SECTION 2

What was the most difficult challenge to trying something new?

Has your family created more opportunities to try something new? If so, what?

What impact has incorporating new things into your regular schedule made on your family?

NOTE: “Family” is meant to include all family structures i.e. parent(s) with children, multigenerational family, singles.