

THE JOHN MAXWELL LEADERSHIP PODCAST

EPISODES 33-34

The Portrait of a Strong Family Worksheet

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"Success is having those who are closest to me love and respect me the most."
-John Maxwell

"We are finally realizing that we have to go back to the basics in order to re-establish the type of families that give us the type of security that children can grow up in."
-Jarle Brors

6 CHARACTERISTICS OF A STRONG FAMILY

1. Strong families express _____ for each other on a regular basis.

"In every person from the cradle from the grave, there is a deep craving to be appreciated."
-William James

"Over 90% of prison inmates were told by their parents when they were growing up, they're going to put you in jail."
-Bill Glass

HOW TO DEVELOP FAMILY APPRECIATION:

i. Understand the _____ of each family member.

Application: In the space below, list the temperaments of each family member:

Name

Temperament

ii. Develop _____ to each other.

iii. Continual _____ and _____ expressions of love.

» For every negative thing you say to a child, four positive things should be shared.

2. Strong families _____ their lives so they can _____ together.

“...time is like oxygen: there’s a minimum amount necessary for survival. And it takes quantity and quality to develop warm and caring relationships.”

–Armand Nicholi, M.D.

“A child’s birthright is to spend time with his/her family.” –Frank B. Minirth, M.D.

“Kids don’t always have their problems on your ‘quality time.’” –Dan Coates

» Finding time to be a good spouse/parent means _____

How to establish time priorities:

1. Significant _____
2. Significant _____
3. Allotted time for _____
4. _____ - _____ - _____ time
5. Family _____

» Traditions give your family a shared sense of identity.

3. Strong families respond to _____ in a positive way.

Observations about family problems:

- i. _____ family has them
- ii. Not all families _____ the same way to the problems
- iii. The families response to the problems will do one of two things.
 1. _____ it together
 2. _____ it up

Principles for positive crisis action:

1. Attack the _____, not the _____
2. Get the _____
3. List all the _____
4. Choose the _____
5. Look for the _____ in the problem
6. Never withhold _____

4. Strong families demonstrate a strong _____ to each other.

Four types of bonding:

- i. _____
- ii. _____
- iii. _____
- iv. _____

5. Strong families continually _____ with one another.

Four styles of communication:

1. _____: destroys positive communication. The movement is _____ each other.
2. _____: destroys open communication. The movement is _____ each other.
3. _____: destroys the hope of communication. The movement is _____ each other.
4. _____: develops growth and appreciation. The movement is _____ each other.

Keys to effective communication:

1. Develop _____ for communication
2. Control communication _____
3. Encourage _____ and _____ in conversations

» Healthy families find differing opinions exhilarating, not threatening

6. Strong families share the same _____

Maxwell Family Values:

1. Commitment to God
2. Continual personal and family growth
3. Common experiences
4. Confidence in themselves and others
5. Contributors to life

Answers: appreciation; temperaments; sensitivity; verbal; non-verbal; structure; spend time; making choices; events; needs; fun time; one-on-one; traditions; crisis; every; respond; bond; break; problem; person; facts; options; best solution; positives; love; commitment; spiritual; emotional; physical; mental; communicate; retaliation; against; domination; over; isolation; from; cooperation; with; platforms; stealers; transparency; honesty; value systems

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