

REWIRING YOUR FAMILY'S DAY

Connection & Movement is everything

RESHAPING YOUR DAYS

How would you like your days to flow with your family? Scale back activities wherever possible to break the busy & help you focus on what is important.

WHEN DO YOU CONNECT?

Redefine how & when you want to spend time together.

WHAT DO YOU LIKE DOING TOGETHER?

Find these things & make time for them often.

INTENTIONAL MOVEMENT TOGETHER

Look at how you are going to get lots of movement into every day. Move together & apart.

FIND YOUR DEVICE STICKY POINTS

Take a look at the way your day flows & when your family likes to be on their devices. Have confidence that you can find a new way forward.

YOU ARE A ROLE MODEL

Think about what sort of role model you want to be for your family & take action. Find great role models as examples for yourself if you need some inspiration.

