

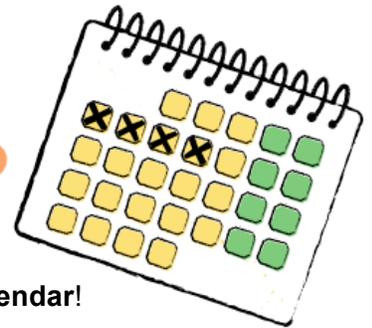
MONDAY MEETING MAGIC!



You can't *Flourish*
if you can't **FUNCTION!**



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Use this **checklist** to talk about things...to add to your **calendar!**

- Bring a calendar to the meeting—digital or paper.
- Plug in events as you talk.
- Tip: Print out your digital calendar or bring a bullet journal for notes and scheduling
- Go down the list and discuss each topic.
- Add items to your personal &/or family calendars.
- Check off each topic as you go.

BEGINNING OF MONTH:

ASSIGN A FACILITATOR

Choose someone to lead each weekly meeting.
Rotate facilitators among family members
Assign roles for the whole month in advance.

MONTHLY OVERVIEW

Note the month and year.
List important dates
Highlight two focus areas

A SWEET START

Start with Appreciations ~ Cheers ~ Inspiration - Successes - Satisfactions

MUST DO'S & MAY DO'S

EDUCATIONAL

School assignments, tests, or classes for any family member.

PROFESSIONAL

Work meetings, projects, or deadlines.
Helps sync schedules with each other.

PERSONAL

Appointments
Personal goals or outings

CREATIVE

Talk about everyone's creative projects/goals

SHARED EVENTS

FAMILY FUN

Plan something enjoyable for the whole family.
What's important in sports this week?
Keep the idea list full and fresh!

REFLECTION / SPIRITUAL PRACTICE

Plan a weekly time for reflection
Adjust to fit your family's values and traditions.

ISSUES & CONCERNS

Safe space to bring up any problems
No need to solve everything tonight.

HOUSEHOLD ROUTINES

SPECIAL PROJECTS

Anything unique in play this week?

MEALS

Plan out dinners for the week.
Assign cooking duties to each person.

CHORES

Set daily/nightly habits
Assign weekly chores and a focus room
Rotate chore roles monthly.
Everyone takes part.