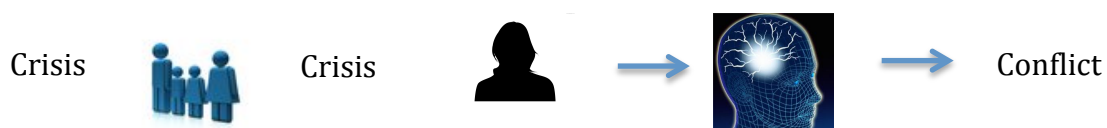


Building Family Harmony FREE Preview Webinar Worksheet

Epigenetics, what does it mean to me?

1. How far back can I go on my family tree?
2. Which family member do I resemble?
3. Family values I am proud of
4. Family value I want to do differently
5. 2 areas of family life I want to change (1 minor and 1 major)
 - a. Minor (i.e., handling chores)
 - b. Major (i.e., financial or health)
6. Epigenetics reveals how _____ influences genetic structure. Therefore our _____, _____ and stress affect our _____. (When you turn in your planning map after this session, will get an interactive link that has some interesting activities related to epigenetic. One of them shows the affect of calm vs. anxious.)

Conflict – What happens in our brain?

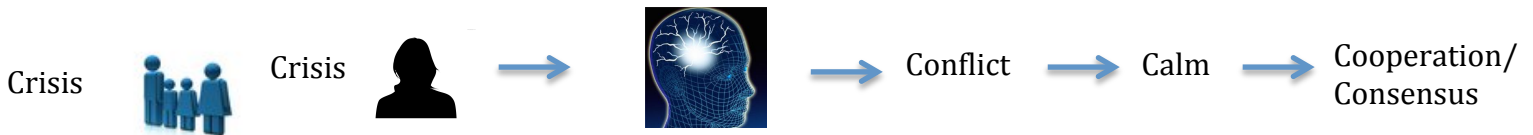


7. Managing conflict (myself)
 - a. Good way I learned was
 - b. I want to change how I

8. Managing conflict (couple)

a. Good way is how we

b. Want to change how we



How you and your family can develop consensus to build family harmony

Will Preview the Family Harmony Equation

*Understand the Past + Know Personality Types + Develop Present Values = Prepare Family Creed **

- Use the past to build a platform for the future
- Creed is the foundation for developing action plans for the future

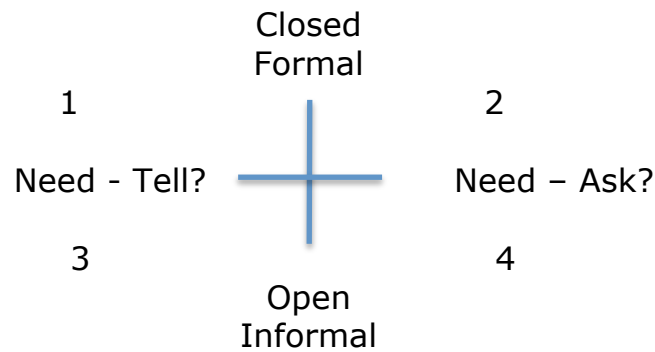
Equation helps you transform the daily rigorous demands and chaotic situations into smoother running days to create joy and pleasant family memories



Family Harmony Equation Steps

1. Understanding the past (L_____)
2. Know Personality types (end with an exercise to complete, send in the results so we can send you your communication style)
 - a. Communications style in the family
 - b. Communication – current patterns
 - 1.) Daily conversations
 - 2.) Conflict resolution
 - c. Model and practice skills that will
 - 1.) Achieve a calm approach through empathy and compassion
 - 2.) Achieve consensus
3. Present Values
4. Family Creed (Foundation for Your L_____)

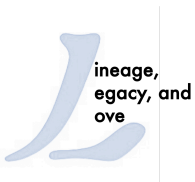
L_____ is strengthened as you enhance your family harmony.



Post Class

Send email with to the following answer or give link to give the answer or setup a survey

1. If you have started documenting your life story, what have you used? If you have not documented your life story, what are some ways you might want to do it?
2. What have you done in the past to resolve family disharmony that have worked well?
3. In unresolved differences, what are one or two actions or behaviors that often trigger a dispute or shutdown communications?
4. 2 areas you want to improve in your family, one minor and one major:
5. Number you circled in the quadrant communication activity _____.



Jean.harris@launchinglifestrategies.com