

January 2012: start/stop [date night]

A couple of days ago Mike and I suddenly realized that over the last 17 years we've created some pretty lame habits together.
(and some good stuff too, of course).

We decided that this year is the year to fess up and face the little ways we've created bad habits together that aren't helping us out.

We made a list in a little book of all of the things we'd like to stop doing. Sometimes it's easier to remember to stop doing something.

Knowing what to stop also helps you to hone in on what, exactly, you want to start doing and identify what's been tripping you up:

If you've not been having dinner together: Is it because you don't have a set dinner hour? Everyone isn't leaving work early enough? You haven't made a menu? Or you don't have a set grocery trip schedule?

Have fun!

(and no pointing fingers at who may or may not have started the bad habit...)



A YEAR AT THE

YELLOW HOUSE

an adventure in familiness

Questions:

What bad habits have we managed to pick up together?
(make a list of habits you'd like to stop on the next page)

Here are some questions to help you get the conversation started:

How late do we go to bed? Is it adding energy and helpfulness to our lives?

How many times a day do we check our phones, email, facebook, instagram, twitter, etc.? Would each of us have a better relationship with the other and/or our children if we checked them less frequently?

Are we having dinner together without technology interfering?

What is our spiritual life like? Have we developed habits that are ones we are happy with?

What bad parenting habits have we gotten into?

Have we made a plan for our vacations this year?

What parts of our house could use some attention?

What social habits would we like to change? What can we do to be on time?

The Opposite:

You've listed your bad habits on one side of your paper. Now on the other side list the opposite of your bad habits.

For example here are some opposite ideas from the questions:

We will start going to bed at 10:30 every night. This means that my husband needs to make sure he leaves his Wednesday night meeting by 9pm and I need to be off my Tuesday night call by 9:30pm (etc.)

We will start having a phone basket. From the time the kids get home from school until bedtime the phones will go in the basket

We will start creating our menu with the kids as usual and make dinner together starting at 4pm. Whichever parent is home at that time will get dinner started with the kids.

You get the idea!
For every bad habit you identify...
give yourself something you'd like to start in its place...
with specific solutions to why it became a bad habit
in the first place.



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STOP:

START:

STOP:

START:

STOP:

START:

STOP:

START:

STOP:

START:

STOP:

START:

STOP:

START:

print off this page onto cardstock as many times as you need to...place cards around your home, office, car etc. as little reminders.