

Stuff That Works Building Families

Chapter 17

“Happy Wife Happy Life”

Take Action

Stuff That Works Building Families

Chapter 17 Take Action: Content

- Each of you should score how happy you think the wife is on average. Discuss scores. Probe for what makes the wife happy.
- Co-Create a plan to improve the wife's happiness. Remember as goes the wife so goes the family. Just how it is.
- Ask the kids what makes mom happy. Have mom share what makes her happy. Communicate regularly.
- Invest time on Stuffthatworksbooks.com

Stuff That Works Building Families

Chapter 17 Take Action: Action 1

Each of you should score how happy you think the wife is on average. Discuss scores. Probe for what makes the wife happy.

ACTION

You need to sit down as a couple and have a discussion about what makes the female happy. You can discuss both sides of the equation if you want but the reality is that the wife is the one that will drive the mood of the family.

The forms to the side can help facilitate the dialogue. I am sure there are many books and other tools available online. Spend some time. Make multiple attempts if needed. Find something that works for you.

This is a discussion you should have a few times a year. Circumstances change and so do emotions. It is important that you keep in tune. Talk, listen and act as needed.

EXAMPLES

	Dad	Mom	Kids =>
How Happy is mom	10=Happy 1=Sad	10=Happy 1=Sad	10=Happy 1=Sad
How happy is Dad	10=Happy 1=Sad	10=Happy 1=Sad	10=Happy 1=Sad
How Happy are (Name children)	10=Happy 1=Sad	10=Happy 1=Sad	10=Happy 1=Sad

Questions to answer,

1. How happy are you? Why?
2. What makes you happy?
3. What one thing do I do that helps make you happy?
4. What one thing I do makes you unhappy?
5. When were you last very happy?
6. What should we do next?

Stuff That Works Building Families

Chapter 17 Take Action: Action 2

Co-Create a plan to improve the wife's happiness. Remember as goes the wife so goes the family. Just how it is.

ACTION.

I have found that you need to do this on a host of levels. Each one helps and in combination they almost always work.

First the husband has to build their own plan. This should be done on their own,

Second the husband has to lead the development of the couples plan. Husband and Wife need to do this together.

Third the husband has to lead the development of the family plan. Everyone needs to be included in building this plan. Why does the Husband have to lead. It is his responsibility. If he does not own it it will not work.

Finally the wife has to have a plan. She must be committed and engaged in being happy. Only she can make this happen at the end of the day.

EXAMPLES

Husbands Plan

1. Compliment wife each day
2. Embrace every time we meet
3. Compliment wife each time I introduce her
4. Open her door always
5. Ask how you can help her daily

Couples Plan

1. Walk together every week
2. Bath together monthly
3. Date night every week
4. Adventure bucket list
5. Family Movie night weekly

Family Plan

1. Family movie night weekly
2. Cleaning Sunday B4 Lunch
3. Church on Sundays
4. Homework done B4 TV is on
5. Kids clean rooms monthly

Wife's Plan

1. Exercise 30 minutes every day
2. Read a book each week
3. Communicate happiness score from 1-10 each day for a month
4. Start a list of happy thoughts share with husband every night
5. Date night weekly

Stuff That Works Building Families

Chapter 17 Take Action: Action 3

Ask the kids what makes mom happy. Have mom share what makes her happy. Communicate regularly.

ACTION.

It is an amazing exercise to sit as a family and ask the kids to share what they believe makes mom happy. Parents should only ask the question. They should not judge what the children say. Simply capture what they say as a list for later review.

The truth often comes from the mouths of children. They often see reality better than adults.

It is also important at some time to gather the family and have mom tell what makes her happy. Family members usually will try and deliver on the desire of the mom.

It is often difficult for a mom to share what makes her happy. Mom's do not always take time to figure it out. It is also hard for them to share so deeply their feelings. In addition mom's often feel it should be obvious and family members can't figure it out because they really do not care. The latter is almost never true.

Mom's tell people point blank what makes you happy and 9 times out of 10 they will try to deliver on it.

EXAMPLES

Kids answer to what makes mom happy:

1. Good grades
2. Help cleaning
3. Kids washing dishes
4. Being left alone
5. Baths
6. Daddy being at work
7. Daddy taking out the garbage

Mom's answer to what makes mom happy:

1. Others initiating conversation telling me about their day
2. Others asking me about my day
3. Listening and not trying to fix my problems
4. Sending me a text just because
5. Compliments and appreciation
6. Saying thanks
7. Others admitting when they are wrong
8. Doing something just for her without being asked

Stuff That Works Building Families

Chapter 17 Take Action: Action 4

Invest time on Stuffthatworksbooks.com to discover more ways to add fun to daily office life.

ACTION.

This is an easy one.

I believe that each of us can help someone else.

There is so much to know and to experience. You just can not do it on your own. So the best way forward is to share and learn from each other.

Technology makes this so easy today. That is why I built the web site Stuffthatworksbooks.com .

It only reaches its potential if you join in and add the stuff that works that you have found. Please make a contribution today. Help others find the Stuff That Works.

Others have already shared their stuff that works so be sure to check the site often as there is probably something to improve every area of your life.

The community is waiting and growing. I hope you will join in and make a positive difference.

Thank you!

EXAMPLES

CONTRIBUTE

It is easy to share your Stuff That Works.

Simply click on “Contribute” from the main menu.

Then select “Submit an Idea”.

Easy!

Learn From Others

It is easy to Learn Stuff That Works from others.

Simply click on “Contribute” from the main menu.

Then select “Search for Stuff That Works”.