

Stuff That Works Building Families

Chapter 22

“Acceptance”

Take Action

Stuff That Works Building Families

Chapter 22 Take Action: Content

- List your family members and identify who they are. What makes them special?
- List your family members and identify what annoys you what are you trying to change in them. Now ask why can't I accept them for who they are. Try accepting them for who they are. Embrace them and compliment them.
- For each family member list his or her favorite activity to do. Then go do it with them.
- Invest time on Stuffthatworksbooks.com

Stuff That Works Building Families

Chapter 22 Take Action: Action 1

List your family members and identify who they are. What makes them special?

ACTION

This is a great exercise to do both on your own and also as a couple or as a family.

Being mindful and deliberate about who you are family with and why is really a good activity.

I believe everyone has something unique to contribute. It has always amazed me how different my children are and how amazing my spouse really is.

Once you are aware of the uniqueness your family brings to your life you can begin to enjoy it and appreciate it even more. Focus on what each one brings to the family and enjoy it.

EXAMPLES

Family Member	Unique Traits	Comments
Spouse	Style sense Creative Designer Empathetic Intuitive	I need to do house projects with her decorating the house and allowing her to use her skills
Son	Kind Amiable Adventurous	We should find time to do new things like archery, hiking, or fishing
Daughter	Artistic Creative Writer Loves animals and nature	She needs art lessons and opportunities to create art.

Things that are Unique to You

1. Your beliefs and Culture
2. Your aspirations and goals
3. Your relationships
4. Your habits and hobbies
5. Your way of communicating
6. Your appearance
7. Your attitude
8. Your ethics and morals
9. Your past experiences
10. Your signature style

Stuff That Works Building Families

Chapter 22 Take Action: Action 2

List your family members and identify what annoys you what are you trying to change in them. Now ask why can't I accept them for who they are. Try accepting them for who they are. Embrace them and compliment them.

ACTION.

This is a good idea that always works for me but that I do not employ as often as I should.

I find myself annoyed with people and frustrated with the things they do. I hate the messes they make. I hate when they don't act like I want them to act.

Most of the time I find I am the problem not them. They are being who they are. They are simply doing what they love.

If I stop and think about why I am frustrated and angry it usually comes down to I am ignoring them and not helping them become who they were meant to be,

When I shift to join them in their journey. When I try to help them I find we can most often both get what we need and often what we want.

Be mindful. Take time. Join in the journey. Invest time and thought. Win together.

EXAMPLES

Family Member	Annoying Traits	Comments
Spouse	Re-paints rooms constantly	I need to work a project list with her become part of the process and help rather than complain.
Son	Plays Video games endlessly	I should play with him 30 minutes per week. If you can't beat them join them.
Daughter	Leaves drawings and paint all over house	We should create a wall where she can display her work. She and I should review it weekly

Stuff That Works Building Families

Chapter 22 Take Action: Action 3

For each family member list his or her favorite activity to do. Then go do it with them.

ACTION.

In my experience happiness comes from time invested with others.

I find that as I invest time with others doing what they love I come to love and appreciate them.

If you are spending time with others doing what they love that time becomes "Quality Time" to them. Quality Time investments reap rewards for a very long time.

Life is about choice. Where will you invest the time you have and with whom will you invest it with are important decisions. Be wise. Be Deliberate. Act.

EXAMPLES

Family Member	Favorite Activity	Comments
Spouse	Interior Design	Decorating family Room next weekend
Son	Call of Duty	Play 30 minutes every Thursday night after dinner
Daughter	Painting	We are going to paint Sunday afternoons and post what we make on the new art wall in the upstairs hall

Stuff That Works Building Families

Chapter 22 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”.