

FALL FAMILY RESET

As we begin a new school year and the fall season we think this is a perfect time to start or re-start a new habit or routine in your family. This is a great time for your family to do a reset.

SO TO HELP MAKE THIS EFFECTIVE FOR YOU WE HAVE A TWO STEP PLAN:

1. **INSPIRE & EQUIP** - Listen to our podcast episode, [MFP 396: The Great Family Reboot](#), where we walk through how to assess your family culture, choose your one focus, and build a habit that actually sticks.
2. **PLAN & TRACK** - Sit down with your spouse and work through this guide together. Choose one habit, fill in the who/what/when, and use the weekly tracker to keep each other accountable.

THE FRAMEWORK

- **MAKE IT OBVIOUS** - put the reminder in plain sight (hooks, whiteboard, chore chart)
- **MAKE IT ATTRACTIVE** - pair the habit with something your kids already enjoy
- **MAKE IT EASY** - remove friction, or stack it onto a habit you already have
- **MAKE IT SATISFYING** - build in a small reward so they want to keep going

BEFORE YOU BEGIN

Talk with your spouse first. Where's your family's connection with God? Your marriage? Your connection with your kids? Pick the one area with the most room to grow—that's your Habit A.

HABIT A

WHO

WHAT

TRACKER

WEEK	S	M	T	W	R	F	S
1	☐						
2	☐						
3	☐						
4	☐						
5	☐						
6	☐						
7	☐						
8	☐						

AREA OF DISCIPLE



SPIRITUAL
LEADERSHIP



PRIMACY OF
MARRIAGE



FORMATION OF
CHILDREN



FAMILY
CULTURE



HABIT B*

**If needed*

WHO _____

WHAT _____

WHEN + WHERE _____

AREA OF DISCIPLE

☐ SPIRITUAL
LEADERSHIP

☐ PRIMACY OF
MARRIAGE

☐ FORMATION OF
CHILDREN

☐ FAMILY
CULTURE

TRACKER

WEEK	S	M	T	W	R	F	S
1 ☐							
2 ☐							
3 ☐							
4 ☐							
5 ☐							
6 ☐							
7 ☐							
8 ☐							

HABIT C*

**If needed*

WHO _____

WHAT _____

WHEN + WHERE _____

AREA OF DISCIPLE

☐ SPIRITUAL
LEADERSHIP

☐ PRIMACY OF
MARRIAGE

☐ FORMATION OF
CHILDREN

☐ FAMILY
CULTURE

TRACKER

WEEK	S	M	T	W	R	F	S
1 ☐							
2 ☐							
3 ☐							
4 ☐							
5 ☐							
6 ☐							
7 ☐							
8 ☐							

