



# 10 Steps to True Family and Business Fulfillment Course

You can have it all, and be it all!



# FAMILY BRAND 10 STEP COURSE

Welcome to the 10 Steps to True Family and Business Fulfillment Course!

We are so grateful you are here. We have created this workbook as a guide to help you get the most out of this course.



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What is the backbone of our country?

Some would say it's small businesses.

And while those are incredibly important,

We believe there is something else that's even more vital to our way of life.  
The American Family.

When all is said and done, your family is your one constant. Your North Star.

The people you can always lean on.

The people who will be there for you no matter what.

Your family is your greatest source of love, joy and connection.

It is the tie that binds your hearts together.

Strengthening those ties is what the Family Brand is all about.

Family Brand offers you a strategic framework to help unlock what's really important. It wakes you up to the reason you were born.

It helps you embrace your purpose.

And plant your family's flag.

Because you share more than chromosomes. You share a story.

A story that's yours and yours alone.

And this is where that story gets good.



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**1.** What's one thing you could do this week to be more present?

**2.** Identify one area of your life where you are currently operating from expectation where you could start operating from a place of agreement? What might this change?



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**3.** Create a daily schedule and involve and enroll the family in the process. Have fun with it!

**4.** What's something you can do this week to create more fun and play?



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**5a.** What's something you can do to create more space for people?

**5b.** Identify someone in your life who has created space for you.



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**6.** What is one thing you could implement with your partner or children this week that could create one on one time with them?



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**7a.** Identify what meal would be easiest for you to eat together as a family.

**7b.** What are 2 or 3 questions you can ask your family at meal time to really connect with them?





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**8.** What is one area in your life where you feel you would like to improve or work on?

**9.** Identify something you could do this week that would bring you joy or replenish you.



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**10.** What's one thing you could do to be more of a team and create a greater spirit of teamwork in your home?