

S.M.A.R.T.steps To Better Health



STEP 11:

FAMILY DEVELOPMENT

WEEK 11

GPA= TOTAL/5 = _____	"D": 1 X □'S= _____	"C": 2 X □'S= _____	"B": 3 X □'S= _____	"A": 4 X □'S= _____
FAMILY TIME (OR CONTACT IF SINGLE)	<input type="checkbox"/> Family never eats together	<input type="checkbox"/> Family eats together once per week	<input type="checkbox"/> Family eats together 3 days per week	<input type="checkbox"/> Family eats together 5 days per week
ENVIRONMENTAL HAZARDS	<input type="checkbox"/> Home not assessed for either lead or radon	<input type="checkbox"/> Home assessed for either lead or radon	<input type="checkbox"/> Working smoke detector and fire extinguisher	<input type="checkbox"/> Home free of lead, and radon
FINANCIAL PLANNING	<input type="checkbox"/> Less than 90% of bills are paid on time	<input type="checkbox"/> More than 90% of bills are paid	<input type="checkbox"/> No credit card debt and 90% of bills paid on time	<input type="checkbox"/> Savings that equal six months living expenses (+no CCD)
FAMILY DIRECTION	<input type="checkbox"/> No family discussion about yearly goals	<input type="checkbox"/> Family discussion about goals	<input type="checkbox"/> Written goals that are reviewed yearly.	<input type="checkbox"/> Family Mission Statement
EMERGENCY PREPAREDNESS	<input type="checkbox"/> No emergency planning	<input type="checkbox"/> Written disaster plan for home (WDP)	<input type="checkbox"/> Written Plan and Provisions to shelter in place for 3 days	<input type="checkbox"/> Written plan and Provisions to shelter in place for 7 days or evacuate immediately

“I am grateful for taking steps to better my family”

Building a Better Family

After the individual, the family is the next building block of importance. Better families make better communities. Concerning family time, a study by Griffin and others, that looked at 226 six grade students, noted that as the frequency of family meals increased in single parent households that the the frequency of substance abuse and other problem behavior in youth decreased. Similar findings were noted by Eisenberg and others, who looked at a much larger group of adolescents (4,746) with more diverse backgrounds and found that only 26% of

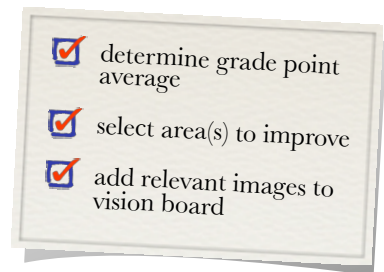


the adolescents ate 7 or more family meals in the past week. Where frequency of family meals was high, there was less alcohol and drug use, better academic performance, less depressive symptoms and lower rates of suicide.

1) Determine your grade point average (GPA): As before, start from the left and move to the right selecting the condition that best describes your current state. Regarding family time, if you are single and living alone, note the amount of contact with any family members (parent, sibling, cousin etc.) outside of your home. To determine your grade point average, add up the weighted column totals and divide by 5.

2) Select area(s) to improve: After determining your score, take 20 minutes to list out as many things that you can think of to do to better your family. What skill or behavior that if you were

better or more consistent would improve the quality of life for your family? After developing this list (should be written in your journal), star the items that would help your family the most. Star no more than three.



3) Add relevant images to vision board: Find images that represent the skill you need to develop or the behavior that you need on a more consistent basis. Add these to your image board and visualize your better family every evening and every morning.

One skill to consider developing that would likely benefit the family is financial management. For most this should probably be on the list. Success in this category will not only be determined by how much you have, but how little you need. Take the time to understand your spending habits, and try to develop enough “passive income” to support your lifestyle, for this is true financial independence. You will know you are on the right track when there is a written will for your family.

