

FAMILY BRAND



THE ONE ESSENTIAL PIECE OF AN AMAZING FAMILY CULTURE

Research shows that one of the most important feelings and motivators for people is to feel like they BELONG. People will seek belonging. If a child or person is not feeling wanted or like they belong at home, then they will seek belonging somewhere else.

Creating a feeling of belonging in your home is the foundational piece of having an amazing family culture.

No family culture is perfect, but if every family member feels like they belong, THAT makes all the difference. Sometimes one of the most important things we can do to connect with people and have them feel like they belong is to ask meaningful questions... and then LISTEN.

Here are 20 questions to ask your child or spouse to create more connection, and ultimately more belonging! Some of these questions might bring up some answers that are hard to hear. No matter what comes up though, your only job is to listen and ask questions to understand. No defensiveness or questioning their experience allowed! Try to listen with an open mind and an intention that the other person feels understood.

20 QUESTIONS

1. What are you most excited about right now?
2. If you could take any friend on a road trip who would you take? Why?
3. What is your favorite thing about yourself?
4. What is one of your favorite memories?
5. How do you think I am doing as your mother/father/parent/wife/husband?
6. What do you think I could do better as your mother/father/wife/husband?
7. If you could travel anywhere in the world right now where would you go?
8. Do you feel like you belong in our family? Why or why not?
9. Do you feel like I listen to you?
10. What is the hardest thing you have ever done?
11. Is there anything that scares you right now?
12. Have you ever failed at something? Tell me about it.
13. What's your most embarrassing moment?
14. Do you like where we live? Why or why not?
15. Have you ever felt left out?
16. Is there anything you feel we could be doing better as a family?
17. What's your favorite trip or vacation we've ever taken?
18. If you had 1 day to do whatever you wanted, what would you do? What would you eat?
19. If you could own any pet what would it be and why?
20. If you could spend the day with any family member past or present who would it be?

A FEW TIPS:

Here's some suggestions to set you up for success!

1. These questions are not meant to be answered all at once. Make sure and gauge the interest of the other person. If they're tired of answering questions after just one or two questions, then stop and revisit more questions another day.
2. You can take turns answering questions, or just have one person that answers the questions. I'd recommend each person gets a chance to answer if both parties are agreeable to it!
3. You could answer these in a group setting, but we think they are best answered in a more 1 on 1 setting. You could use these questions with your partner or with your kids!
4. Many parents find a great time to connect with their older pre teen/teenagers is as they drive them to school or to their various activities.
5. If you're married I'd highly recommend a date night this week and you can use these as part of your date night conversation!



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