

FEATURES 500 ACTIVITIES FOR FAMILY FUN

8 Fun Ways to **Happy-ize** Your Family

AN ILLUSTRATED HOW-TO GUIDE BOOK and PLANNER

**How to Strengthen Your
Family and Your Marriage**



Create more happy-times with your family
and make your family dreams come true!

David L. Olpin & Paul Larsen

8 Fun Ways to
‘Happy-ize’
Your Family

An Illustrated Guidebook and Planner

David L. Olpin
Paul Larsen

How This Book Came to You and What it Means For Your Family

Recently BYU Law professor, Lynn Wardle, made a very detailed presentation to members of the Sons of Utah Pioneers regarding the “**Erosion of Marriage**” and of the fading of family values.

Lynn had previously been in company with Henry B. Eyring, representing the Church of Jesus Christ of Latter-day Saints, and spent nearly a week in Rome with Pope Francis and numerous world church leaders.

The sole purpose of the Pope and these gathered leaders was how to strengthen marriage and the family.

They all extensively addressed and encouraged the values of marriage, **but sadly, failed to provide a viable means---a self-motivating, on-going instrument to strengthen, sustain and enhance the true joys of marriage---our most priceless legacy, that of raising a wonderful and successful family to be proud of, even an eternal family.** Those ecclesiastical encouragements were like being told to go fight a major battle, but, woefully, not being given any personal effective weapons with which to fight the battle.

It is on this premise, that I accordingly and strongly believe in the following statement made by **Galileo Galilei**, the Italian physicist, mathematician, astronomer and philosopher, who played a major role in the Scientific Revolution, and who was also responsible for the birth of modern science. He made this most **powerful statement** many centuries ago:

“You cannot teach a man anything; you can only help him discover it in himself.”

**I will add this statement:
There is no teaching,
if there is no change in behavior.**

Immediately following brother Wardle’s presentation, I briefly mentioned to him that he had posed this great, plague-like problem, but had offered **no solution**. I said, “I am here to present a viable, effective, inexpensive, simple, and sweeping solution to that problem: **A DIY family tool.** “

When I later met with him in his office to show him the material we had developed, he was so enthused about it he immediately, while I was in his office, sent copies to each of his family members and several church groups.

This new book, ***8 Fun Ways to Happy-ize Your family***, provides a most comprehensive and infinitely **valuable tool** to help people fulfill Galileo’s statement of helping them personally **discover how to develop their own successful marriage and family.**

Our book for you is not a book of comments, encouragements and theory. **It is an application guidebook to help your family develop your own personal Family Book, in a variety of formats and applications, thousands of ideas---and includes your dreams and your history over a lifetime---even to be passed on.** This then becomes your own personal **most treasured** book of your more successful family. **And like a good cookbook, it helps your family turn out right.**

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‘Happy-ize’ Your Family

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Dave and Doris Kay Olpin

With my precious wife, Doris Kay, this represents our own fifty-nine years of family. It includes many of the things we actually did, *should* have done, and many things we *would* have done if we had our lives to live over again.
We hope you like our new eBook.



Paul and Peggy Larsen

Unfortunately, we never had a great guidebook and planner like this when we were raising our family. We wish we did! Even though we had lots of fun with our family, things would have been better and easier if we had the wisdom and experience this guidebook offers. So we hope you appreciate our book. And we hope you take full advantage of it to make an even greater family.

The Urgency for Strong Families



Senator Orrin G. Hatch

Happiness in the Home

“Family is a fundamental pillar of civil society. My own father was my hero. He instilled in me a love of country and taught me the value of hard work and the importance of integrity. Through his example, I learned that material possessions and worldly rank mean nothing in the end; what matters are the sacrifices we make on behalf of our loved ones.

I am immensely grateful for my own family—for my children, grandchildren, and great-grandchildren, but above all, for my sweet wife, Elaine. Early in our marriage, she taught me a simple truth:

Of all life’s treasures, there is none greater than happiness in the home.

I wish to thank David and Paul for reminding us of this truth and for providing their invaluable insights on how we can achieve greater peace and harmony in our families. In a society that frequently devalues the role of both fathers and mothers, this book is a welcome addition to any home.”

Senator Orrin G. Hatch

President Pro Tempore of the United States Senate

Second-longest-serving Republican Senator in U.S. history

Make Families Our Absolute Priority

“In a world of tumult and uncertainty, it is more important than ever to make families our absolute priority. The success of our communities unquestionably depends upon the strength of our families.



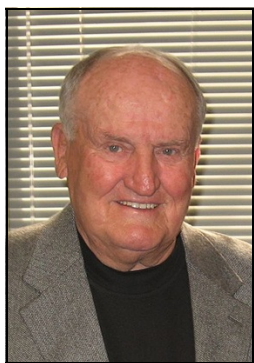
Utah Governor
Gary R. Herbert

Jeanette and I believe wholeheartedly that individuals, communities, and our nation can be sustained through difficult times if parents are actively engaged in the welfare of their children. It is essential that we provide them with the time and attention necessary to help them grow with unconditional love and support.

Every Sunday we invite all six of our children, their spouses and our 16 grandchildren for dinner. These occasions are especially meaningful as they provide us an opportunity to tell stories, laugh, and discuss the issues of the day as we enjoy a good meal – and more importantly, time together.

Thank you for putting your family first; by so doing, you have chosen to meaningfully contribute to a kinder, gentler, and more productive world.”

Gary R. Herbert
Governor of Utah



LaVell Edwards
BYU Head Coach

How Would My Father Have Done this?

“I grew up in a situation where I had a good father and mother who were the true anchors of my life. My father was a church leader and very busy, so when I would come home from school, etc., I relied heavily on my mother to help me and guide me. Later in life when I would have questions in raising my own family, I would often ask myself, “How would my father have done this?”

Also, as a coach, I dealt personally with many of our team players, and if they had problems I would again ask this same question as I responded to their personal needs. Strong families are what guide us through our lives.”

LaVell Edwards
Former American football head coach
for Brigham Young University (BYU);
One of the most successful college
football coaches of all time.

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<https://www.youtube.com/watch?v=Vrctug1Jbhg>

<https://www.youtube.com/watch?v=fKamQbyLOjI>



Fred C. Adams

What Would My Parents Think of This?

“Here is my philosophy on family: I am the product of a ‘goodly family’. My parents held us together in one of the tightest loving nets imaginable. Living hundreds of miles away they found a way to drive down for every production or moment of accomplishment any of the three of their children ever performed.

My guideline through my entire theatre career was ‘what would my parents think of this?’ If my inner answer was “Mom would be offended” I instantly rethought the moment and made it ‘Mom-proof’.

That is what family is all about; to guide and shape us in our every endeavor. To provide my children with that same ‘what would Dad do?’

My children are the reason Heavenly Father put me here, to carve a path for my family back to our Father’s presence, so that one day, lifetimes from now, my children and their children will put their arms around me and I will know the true meaning of Heaven.”



Fred C. Adams
Founder, producing director, and executive
producer of the Utah Shakespeare Festival

Free 14-Minute Video

Tribute to Fred C. Adams

<https://www.youtube.com/watch?v=Hpio4-tKBB0>



Introduction

The Purpose of this eBook

Unfortunately, families don't come with an *owner's manual*. This ebook is a comprehensive family planner and guidebook that will be significant in helping you create your very own **“happy-ized”** family. Like a well-used cook book, when closely followed, it will help your family “turn-out-right.”



While many family books are based on THEORY, the intent of this ebook is pure APPLICATION. It's the book *you* help write! **It's your family's “how-to” guide book.** It's the book your family writes together to make a great family.



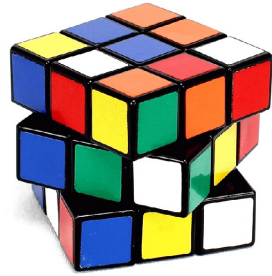
First, stir in a righteous “mission statement”, along with values and principles that you create. **Then** with lots of positive changes, joy and peace will happen in each of your family's lives...for many generations to come.

If you love your family, we believe you'll love this book. A book your family vitally needs! It fills a need, not only for young families, but for everyone who truly seeks to improve the quality of their family's lives.

You have a great family. But this book will help it become even better because everyone wants a successful family. **It becomes your family's action book.** It will become a reflection of the dynamics of your family, and one of your family's most important books.

The Greatest Challenge

The FAMILY is the most important part of humanity. And the most important part of our lives. What greater opportunity, challenge, work, or responsibility do you have than your family?



The greatest opportunity and challenge in the world is your family. But even the most conscientious parents feel that they may have made some mistakes. Have you every thought “Where did I fail?”

Much is Required



James E. Faust

“While few human challenges are greater than that of being good parents, few opportunities offer greater potential for joy. Surely no more important work is to be done in this world than preparing our children to be God-fearing, happy, honorable, and productive people.”

“The teaching, rearing, and training of children requires more intelligence, intuitive understanding, humility, strength, wisdom, spirituality, perseverance, and hard work than any other challenge we might have in life. This is especially so when moral foundations of honor and decency are eroding around us.”

“To have successful homes, values must be taught, and there must be rules, there must be standards, and there must be absolutes.”

– James E. Faust (1920-2007)
An American lawyer, politician and religious leader
Click [here](#) for his full presentation

What Happens Inside Your House



Barbara Bush

“Whatever the era, whatever the times, one thing will never change: Fathers and mothers, if you have children, they must come first. You must read to your children and you must hug your children and you must love your children. Your success as a family, our success as a society, depends ... on what happens inside your house.”

– Barbara Bush

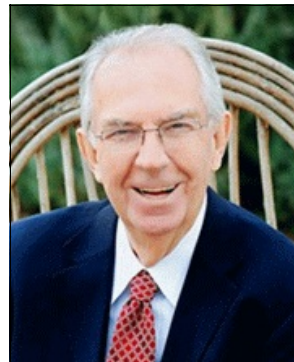
Wife of the 41st President of the United States
(Washington Post, 2 June 1990, p. 2)

An Un-Successful Parent

“An unsuccessful parent is somebody who sees or acts as though he sees other things as being more important than his family and is constantly chasing after other things at the expense of his family.”

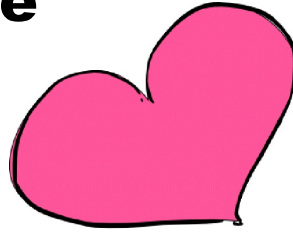
– George D. Durrant

An American author, professor, educator
www.georgedurrant.com



George D. Durrant

You Gotta have a Dream! And a Plan!



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Successful families DREAM, PLAN, ACT, and then FOLLOW-UP. All are based on strong correct principles.

“You gotta have a dream, if you don’t have a dream, How you gonna make a dream come true?”

– “Happy Talk” song lyrics
Rogers & Hammerstein musical *South Pacific*

Could You Imagine...

A **major building** that has no purpose? no architectural plans? no plans to accommodate its people and their needs? that just hopes that everything will work out? that hasn’t decided what it is going to do? that doesn’t know its people well? that doesn’t know its strengths and weaknesses? that hasn’t decided its short and long-terms plans?



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Or a **great airplane** that doesn't know where it is going? that hasn't filed an official flight plan? that hasn't made all the necessary flight preparations? that doesn't do very close maintenance regularly?


Dreams? Or only Wishes?

The problem: Important family dreams and goals are only *wishes* if they are not written down, dated, then persistently pursued to completion.

The solution: Use this wonderful 'happy-ize' family planner to help you dream. And plan. And *apply* your dreams.

If we worked as hard to plan in our families as we do in some other things, we would have more successful families. **If you don't make a plan you may end up somewhere else.**

Yearly Family Planning Retreat		
Purpose: For entire family to get away from home, review values and goals, focus plan your next year's activities, and enjoy each other.		
Date _____ To _____		
Place _____		
ITEM	BY WHOM	SUGGESTIONS
		Advance Preparations Prepare agenda, food, travel, activities
		Review Family Mission / Values
		Review All Potential Activities Decide on Actual Activities
		Calendar 12-Months Ahead 1-Month Firm Plan 2-More Months Tentative Long Range
		Activities Worksheets Set up for next years followup
		Budget Review Family Member Assistance Major Purchase Planning Other
		Family Members Responsibilities Review

Fun and Exciting Things Our Family Wants To Do	
This sheet can be something really exciting in your planning. It may reflect some long-term possibility happening, a wish list, maybe two to five or even ten years away, such as a major trip, or time together with the family that will need long-range planning and development. Assign a work sheet to develop it. Set up preliminary dates and work towards the major date. You will suddenly find your family doing things that you never considered possible otherwise.	
	Think boldly. Let imaginations soar.
No.	Wish List
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Sample planning worksheets

How to Use this Family Planner

Create Your Own Family Treasure Book

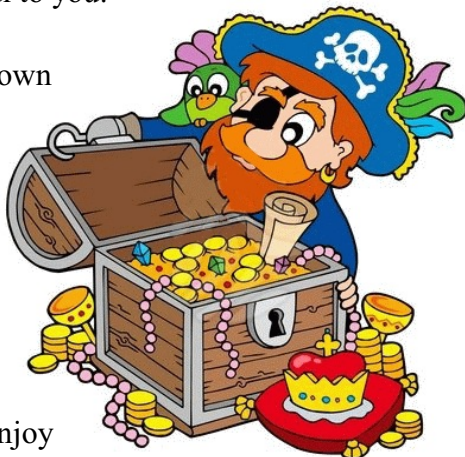


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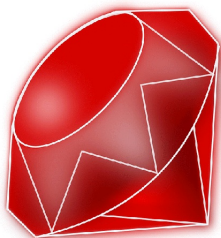
Suggestion: Develop your own special and treasured family notebook, a nice family-befitting loose-leaf in which to keep your own accumulated materials as you develop various segments. You can simply print worksheets from this book using your own

printer, and put them in your workbook to make them more useful to you.

Using this guide, you can create your own special family loose-leaf binder for compiling all of your priceless family events, goals, achievements and fun times. Then, over the years, think of what a **treasure** it will become!



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You will enjoy adding to this keepsake loose-leaf book. It will become very *precious* to you in the future, especially reminding you of the many good times and challenges you enjoyed together.

Your family loose leaf – along with this guide – becomes your own **Family Owner's Manual**, planner, and history. Nothing is more primary or precious than your family.



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Unfortunately, most people spend more time planning a weekend vacation than they do for the lives of their families.

This will be a *priceless* family record. Week-by-week it will become

an account of your family plans, activities and achievements. Later, in the years to come, it will *delight* the whole family. Because through it, they will recall the fun times together and special events in their lives – never to be forgotten.

How you Gonna Make a Dream Come True?

As a family you can pick out distant hopes, even faint dreams, tightly focus on them, and begin putting foundations under these hopes and dreams to **make them become realities for you.**



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Your family will know that they are loved, who they really are, and that they are special, unique and important. They will also learn that they can accomplish many great things in their lives – much of it through good planning and family support.



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<http://ldsetc.blogspot.com/>

The most precious essential of our lives is family. They greatly deserve to be given careful consideration in planning and development, just as we would plan and care for a beautiful garden or a splendid and majestic home, or a temple. That's why

this book was written.

Most families just happen. **Better families plan better – good detail planning.** Your dreams will come true! Plan, plan, plan. And then put those plans into action.

To truly avoid family failure: advance planning, guidance, determination and follow-up are all indispensable.

Don't just let life unfold uncontrollably.

Strengthening the Family

Failure in the home often comes from a lack of expectation. Successful families fully respond to love, encouragement and expectation.



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Societies that survive are based on families. There is no greater need in America or the world today than strong families. The solution to most social problems faced by this nation and the world lies in strengthening the family.



Therefore, the *master key* is **carefully developing and spending quality**



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time on the only thing that will outlast you – your family. Fulfilling family values with worthy goals is more important than any material successes.

The ultimate result is that **the power of the family is one of the greatest forces that can be unleashed.** As well, success in life is making your family some of your *best friends*.

8 Fun Steps

Just follow the 8-fun-steps to ‘happy-ize’ your family. And apply each chapter step-by-step to help make your family excitingly better as you help each family member achieve and fulfill their lifetime potentials.

Step 1 – **Develop a “Family Mission Statement” INCLUDING YOUR FAMILY VALUES AND GOALS**



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Personal Review Worksheet	
NAME _____	DATE _____
CONSIDERATIONS	SUGGESTIONS
Prize Positivity Main Points	
Build trust and love, share feelings	
Make the review helpful, enjoyable and informal	
Review personal goals	
School progress	
Sports achievements	
Uplifting reading	
Positive use of time	
Exercise/Physical fitness	
Financial goals	
Academic progress	
Spiritual development	
Arts development	
Personal preparedness, self-efficacy	

Step 2 – Get To “Know” Each Member of Your Family Better

Step 3 – Resolve to Work Together as a Family

Step 4 – Spend “Quality” Family-Time Together



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Step 5 –

500 Fun Things to Do with My Family

Step 6 – Pursue More Fun Family Activities



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Step 7 – Organize your Extended Family



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Step 8 – Stir-in Flavorful Spices

Rule One:

Make it FUN!

There is a huge need in today’s world for a *fun-loving* family.

A family is ... that it might have joy.



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That’s it! Now jump into it!

You’re on your way to your new family adventure.

Step 1

Develop a “Family Mission Statement”

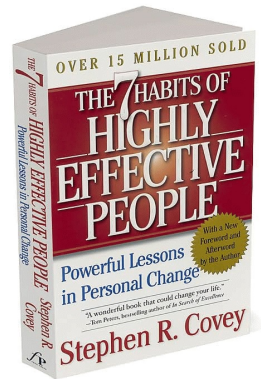
INCLUDING YOUR FAMILY
VALUES AND GOALS



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“If you were to ask me ‘What is the one thing that would have the greatest impact for good on our family?’ I would answer, ‘Work with your entire

family to develop a family mission statement.’ It will be the single most important and far-reaching leadership activity you can do.”



-Dr. Stephen R. Covey (1932 – 2012)

An American educator, businessman, keynote speaker, and Author of 13 bestseller books, including the international bestseller... [*The 7 Habits of Highly Effective People*](#)

My Family's Mission Statement

(Flight Plan)

Perhaps this is the first time you have ever seriously considered determining a mission for your family. To some it's an unusual idea.



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www.MyCuteGraphics.com



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What is our main purpose in life? Are we just here? Or can we find a very worthwhile purpose in life during these few precious years of our lives? When others hear our family name, what qualities do they think of?

The answer to “what is our mission?” may not be just a simple one-line term. It may be an entire paragraph, a page, or more. Whatever the case, this is a question that needs to be asked.

As a family you may wish to consider, weigh and discuss this for some time rather than jump to a quick conclusion.

Sample Mission Statement of our Family



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“Day by day to become better than we are, and to spread a wide influence for good.

The power is within us to change for good that part of the world over which we have some influence.”

A Brief Mission Statement of the
Dave and Doris Kay Olpin Family



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SUGGESTED ACTIVITY

WRITE YOUR OWN FAMILY MISSION STATEMENT

Our Family’s Mission Statement is...

Your Family's MOST Important Values

DECIDING WHAT'S MOST IMPORTANT IN LIFE

Your Values Are...

Your values are the things that you believe are important in the way you live, work and play. They have major influence on your behavior and attitude, and serve as broad guidelines in all situations.



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A Source of Happiness

When the things that you do and the way you behave match your values, life is usually good – you're happy, satisfied and content. But when these don't align with your personal values, that's when things feel... *wrong*. This can be a source of real unhappiness.

Discovering What's Important



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This is why making a conscious effort to identify your family values is so important. When you define your values, you discover what's truly important to you.

Your values may be somewhat different from the examples in this book. And perhaps you'll have more of them than shown here, but these may cause you to ponder as to what are the really important parts of your lives. What are the guiding principles that direct your life?

What Are We Doing?

So the main question is...

What are we doing about these values with the people who are the most important to us – *our family?*



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Tips for Creating Your Own Family's Values

The concept here is to **focus on your defined values**, and then decide...

“What are we doing about these values?”

This is an opportunity to get the whole family involved. Make some of your goals thought-provoking statements, and then follow up with **specifics** to fulfill your chosen values.

Not an easy job!

Let everyone in the whole family come up with the answers so that these goals will be representative of your entire family.



©Paul Larsen

Your Family's Values and Goals



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'We become what we think about most.'

- **Earl Nightingale** (1921 – 1989)

An American Radio personality, Writer, respected Speaker and Author, dealing mostly on the subjects of Human Character Development, Motivation, Excellence and Meaningful Existence.

No great building was ever built without first a careful set of plans.



- franksonnenbergonline.com

Consider the following family values and goals, for example.

Our Family's Most Important Values

Love

To promote and maintain the love and unity of our family members.



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Health

To develop and maintain good health.

MENTAL

To develop talents, abilities, knowledge, and wisdom.



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Financial

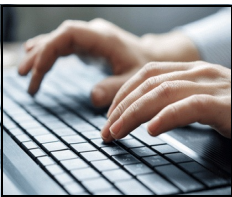
To develop financial resources, security, self-reliance, and avoid debt.

Support

To provide assistance in time of need, physically and spiritually.



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Professional

To develop and promote professional abilities.

Altruism

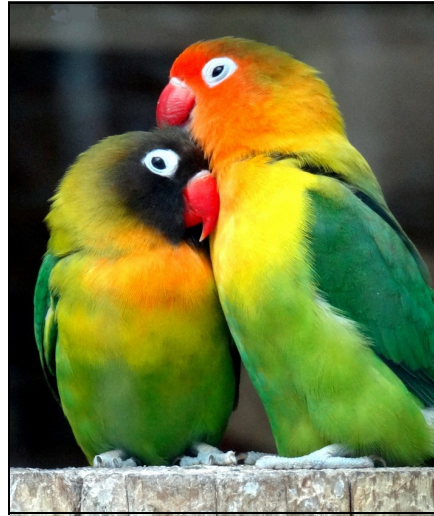
To develop spiritual and moral capabilities, and render frequent altruistic service.



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1. Love

Promote and maintain the love and unity of your family members.



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10 Specific Goals



- Use family prayer, family scripture study, family activities, family history and family councils to grow **closer**, **stronger**, and have **love** and **appreciation** for each family member. Use "*I love you*" to show family love for each other.
- Come to 'know' each family member more personally with a personal information sheet.
- Have family-time *together* and with each family member *individually*.
- Counsel with each family member, interview, and listen.



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- Create a more faith-based or spiritual family.
- Work together around your home.

- Be watchful of talents and abilities and help develop them.
- Provide a wholesome influence in your home.



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- Do things together: trips, vacations, holidays, family reunions, etc.
- Work to bring extended family together more often.

Specific Tips To Accomplish these Goals



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1. Set up working schedules for the first goal above.



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2. Conduct individual interviews with each family member, and complete Personal Info sheets.
3. Hold family-time evenings regularly each week.

4. Give home responsibilities to each family member.
5. Begin a program of intended worthwhile reading.



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6. Build self-esteem by helping boys get into city league/school sports programs, and girls into dance, drama, music, etc.

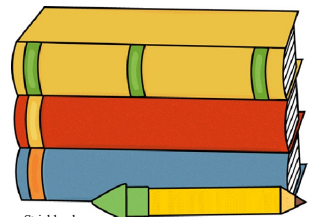


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<http://www.whimsyclips.com/>

7. Begin speed-reading pacing and record of books read.

- 8. Be present and support all family member activities.
- 9. Begin piano lessons and set up practice times.



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- 10. Plan a family reunion with immediate and extended family.

SUGGESTED ACTIVITY

WRITE YOUR FAMILY LOVE GOALS and THE SPECIFIC STEPS TO ACCOMPLISH THESE GOALS

Our Family's Love Goals and Steps are...

2. Health

Develop and maintain good health.



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10 Specific Goals



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- Eat healthy foods.
- Develop daily exercise habits
- Visit a dentist on a regular basis.

- Establish periodic doctor checkups.
- Keep good hours to get enough sleep.
- Learn to relax.
- Maintain a positive attitude.



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- Develop recreational activities.
- Think about others rather than ourselves.
- Develop good work habits.

Specific Tips To Accomplish these Goals



1. Analyze, revise, and improve our eating habits.
2. Set up and begin an effective exercise program.

3. Select dates for our dentist twice a year.

4. Set up dates to see the doctor near our birthday.

5. Set reasonable times for going to bed; get 6-8 hours.

6. Determine recreational hours available, determine activities.

7. Keep positive thoughts on family bulletin board; review often.

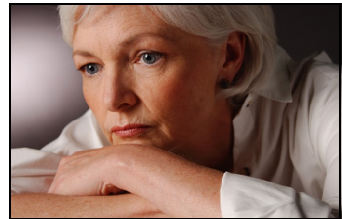
8. Take short breaks during lunch, after work to relax, rejuvenate.

9. Take time to visit neighbor widow 1-2 times a week.

10. Read materials at work to help do our jobs better.



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SUGGESTED ACTIVITY

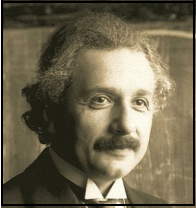
WRITE YOUR FAMILY HEALTH GOALS and THE SPECIFIC STEPS TO ACCOMPLISH THESE GOALS

3. Mental

Develop talents,
abilities, knowledge,
and wisdom.



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“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid.”

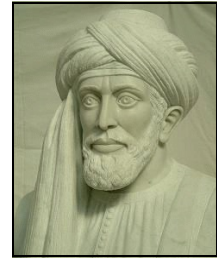
– **Albert Einstein** (1879 – 1955)

A German-born theoretical physicist
and Nobel Prize recipient

*The first step in the acquisition
of wisdom is SILENCE, the second
is LISTENING, the third is
MEMORY, the fourth is PRACTICE,
the fifth is TEACHING others.*

– **Solomon Ibn Gabriel**

An 11th-century Spanish poet
and Jewish philosopher



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10 Specific Goals

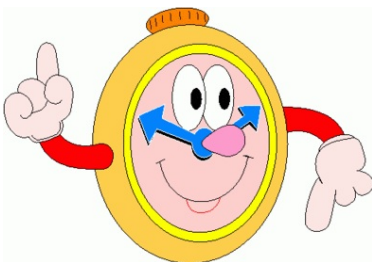
- Increase personal study and preparation time by all family members.

- List books and materials to be studied.
- Begin learning two or three foreign languages
- Select some education classes.



- Learn speed-reading.
- Find out about improving learning techniques, memory courses, etc.
- Improve study habits
- Learn to play the piano

- Learn about sculpture and painting
- Become more familiar with classical music.

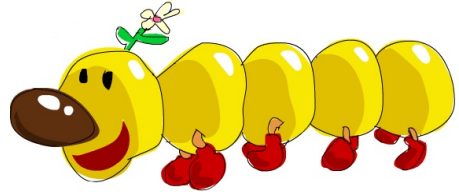


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Specific Tips To Accomplish these Goals

1. Set up daily schedule of early getup, exercise and study time.

2. Make a list of books, materials, and computer materials to study.
3. Review tapes from library on Spanish, German and French.



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4. Take education classes in summer at the university.
5. Take a class on speed reading.
6. Take a class on memory improvement techniques.
7. Have each person keep a record of books read and reading speeds.

8. Begin piano or music lessons.
9. Take scheduled classes on painting and sculpturing.
10. Make a list of classical music to become acquainted with.



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SUGGESTED ACTIVITY

WRITE YOUR FAMILY MENTAL GOALS and SPECIFICS TO ACCOMPLISH THESE GOALS

4. Financial

Develop financial resources, security, self-reliance, and avoid debt.



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10 Specific Goals



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- Have our children learn about having a job and budgeting their money.
- Have children learn about personal finances.



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- Develop family financial self-reliance program.
- Secure our home from debt.
- Develop a savings account reserve.



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- Pay off debts, short-term first, then long term.
- Put aside some money for a newer car. Buy outright with savings.

- Develop an investment program for long-term needs and retirement.
- Reduce all unnecessary expenditures. Know the difference between *wants* and *needs*.



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- Download and save a *free* family budget worksheet [here](#) to help you manage your money...so it doesn't manage you.
- Set up long-term financial assistance for your family and retirement.



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Specific Tips To Accomplish these Goals

1. Talk to and help children get jobs, other employment.
2. Help boys get personal finance merit badge.



3. Have a Family-time-evening about the family finances.
4. Make extra payments on the principle of your home mortgage.



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www.iconarchive.com/show/or-icons-by-icon-leak/savings-icon.html

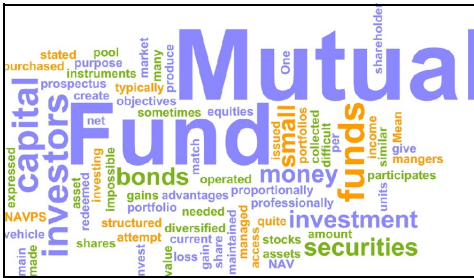
5. Have 10% of earnings automatically withdrawn into savings.

6. Buy a good used car: lower taxes and insurance.



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7. Pay off credit cards, pay all within 30 days each month



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8. Determine good mutual funds for potential investment

9. Record all expenditures and analyze available funds each month

10. Set up family trust and family organization to assist family



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SUGGESTED ACTIVITY

WRITE YOUR FAMILY FINANCIAL GOALS and SPECIFICS TO ACCOMPLISH THESE GOALS

Our Family's Financial Goals and Steps are...

5. Support

Provide assistance in times of need, physically and spiritually.



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9 Specific Goals



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- Develop good family spirit through weekly family home evenings, activities.
- Let each child know that he/she is loved and appreciated.
- Give lots of recognition and encourage talents and capabilities.

- Have special times alone with each person in the family.
- Build up a bank of “happy times” together.
- Encourage and support participation in church, scouting and sports.



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- Develop spiritual growth through scripture reading and discussion.
- Ensure to each family member that we are there and love them... regardless!
- Optimize use of children’s summer time hours by making posted schedules.

*I love you
to the moon
and back -*

Specific Tips To Accomplish these Goals

- Set up Family-time evenings four weeks in advance and delegate.
- Complete “We Love you Sheets”; put the results on the refrigerator.
- Assist in basketball development and practice with boys.
- Set up personal review time quarterly to talk personally.
- Have “family retreat” and develop ideas for family activities.
- Help boys in merit badge achievements and church advancements.



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- Set up a schedule to study the scriptures.
- Give meaningful hugs daily to all family members.
- Post “Summer Schedule” of hours and activities for summer.

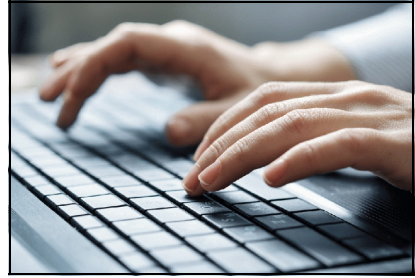
SUGGESTED ACTIVITY

WRITE YOUR FAMILY SUPPORT GOALS and SPECIFICS TO ACCOMPLISH THESE GOALS

Our Family’s Support Goals and Steps are...

6. Professional

Develop and promote professional abilities.



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11 Specific Goals



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- Complete education(s).
- Develop extra capabilities that apply to employment.
- Read and be aware of happenings in your work: magazines, periodicals, online.

- Take additional educational opportunities.
- Get a good computer, printer and copier.
- Talk with people with experience who can help with job understanding.
- Develop computer skills.



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- Develop a good resume.
- Sharpen your employable skills.
- Review on line information about employment.
- Post “Summer Schedule” of hours and activities for summer.



Specific Tips To Accomplish these Goals



- Take needed course(s) to complete degree(s).
- Take a class in business report writing.



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- Make periodic trips to library; update on industry development.
- Take extra summer or night courses to improve capabilities.
- Trade-up present computer and printer to better models.
- Seek a knowledgeable friend about possibilities in your chosen field.

- Learn Word, Excel, and other needful computer programs.
- Study and learn about writing a better resume.



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- Talk with an employment counselor on ways to improve your marketability.

SUGGESTED ACTIVITY

WRITE YOUR FAMILY PROFESSIONAL GOALS and YOUR SPECIFICS TO ACCOMPLISH THESE GOALS

Our Family's Professional Goals and Steps are...

7. Altruism

Develop spiritual & moral capabilities and render frequent altruistic service



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Altruism: Selfless concern for the well-being of others

9 Specific Goals



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- Support your community.
- Support children's schools.
- Be active in church responsibilities and activities.

- Be aware of family needs and assist growth and development.
- Be a good neighbor. Be of service.
- Volunteer regularly for civic activities.



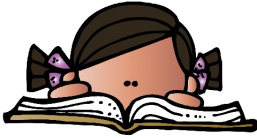
<http://melonheadzillust rating.blogspot.com>



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- Fund worthy organizations.
- Assist in community sports, little league, etc.
- Help develop youth to become outstanding leaders.

Specific Tips To Accomplish these Goals



I love to read
the Scriptures

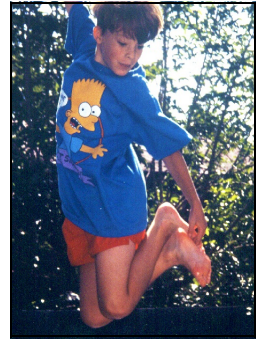
<http://melonheadzillustrating.blogspot.com>

- Read, discuss holy scriptures routinely together.
- Help neighbor widow with home needs. Monthly

- Develop Kiwanis Spiritual Aims Program for city youth.
- Work with neighborhood emergency preparedness program. Monthly
- Attend PTA meetings and support school programs. Monthly



- Donate regularly to your church and worthwhile organizations. Monthly
- Work with Little League and develop baseball season needs. Summer



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- Review church responsibilities and implement more fully. Weekly



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- Assist Varsity Scouts with their merit badges and programs. Weekly



SUGGESTED ACTIVITY

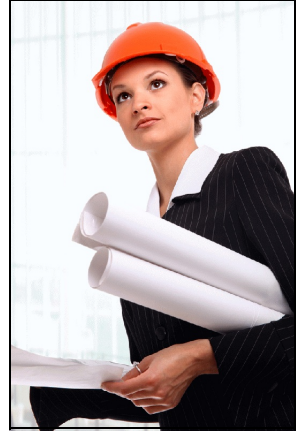
WRITE YOUR FAMILY ALTRUISM GOALS and THE SPECIFICS TO ACCOMPLISH THESE GOALS

Our Family's Altruism Goals and Steps are...

Lifetime Goals

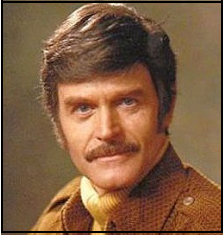
We Create Our Own Path

Unless we make a determination of what it is we are working towards, we often find it difficult to attain *anything* of significance. In other words, where is this map taking us? **We are our own architect for life.**



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One of the World's Most Famous Explorers



John Goddard 1924-2013
Dubbed the “World’s
Greatest Goal Achiever”

John Goddard is recognized as one of the world's most famous anthropologists, explorers, and adventurers. In 1940 as a young man of only fifteen, he compiled [a comprehensive list of 127 items](#) that he wanted to accomplish over his lifetime.

These were not simple

or easy goals. They included climbing the world's major mountains, exploring from source-to-mouth the longest rivers of the world, piloting the world's fastest aircraft, and running a mile in five minutes.



His goals varied from *simple challenges*, such as: typing 50 words a minute, high jumping five feet, running a mile in five

minutes, performing 200 sit-ups and 20 pull-ups, becoming an Eagle Scout, going on a Church mission, learning French, Spanish and Arabic, and reading the entire Encyclopedia Britannica.



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But his list also included much more *demanding feats*, such as: climbing the world's major mountains, exploring a significant number of places all over the world, and kayaking down the complete 4200-mile length of the world's

longest river, the Nile. He became the first man in history to do this which the Los Angeles Times called "the most amazing adventure of this generation."

His ultimate bucket list also included: writing a book, writing an article for the *National Geographic*, reading books written by a selected group of great writers of the world;



becoming acquainted with a broad range of classical musical works by specific composers; and composing music, to name only a few.

According to a recent *Life Magazine* article, he completed over ninety four percent – 120 of the 127 – lifetime goals that he set for himself.

His example is an inspiration of what a wide range of things a person can accomplish within a lifetime if he simply makes up his mind and does it.



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He wanted to be able to say at the end of his life that he had no regrets. As a result of his rare ability to plan and follow through, many who admired him have taken a much deeper look at their own lives and what significant accomplishments they might undertake.



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His success motive was to work to get a string of successes behind him, giving him confidence to achieve much greater challenges. Success begets successes.

“There’s something about the human spirit

that when you accept challenge and work on it and have deadlines and capture your potential, it’s astounding what you can do,” Goddard said in a [Dateline NBC interview](#) during the 1990s.

[Free 7-Minute Video](#)
Spotlight on John Goddard
broadcast on NBC.



“Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility.”



Oprah in Miami on her "The Life You Want" tour, October 2014.
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“If you want your life to be more rewarding, you have to change the way you think.”

– **Oprah Winfrey**

an American media proprietor, talk show host, actress, producer, and philanthropist.



“Change the way you think, and you are halfway to changing the world.”

– **Theodore Zeldin**

An American Oxford scholar, author and thinker

“For as he thinketh in his heart, so is he...”

Proverbs 23:7



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WRITE YOUR Lifetime Goals

Write five goals for each category below.

● **This Month**

- **This Year**
- **Five Years**
- **Ten Years**
- **Lifetime**

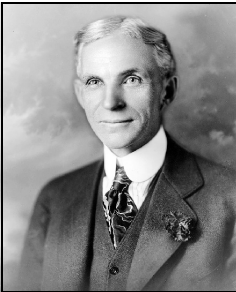
Goals

1. _____

2. _____

3. _____

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Henry Ford
age 56



Henry Ford
age 25

“Nothing is particularly hard if you divide it into small jobs.”

— **Henry Ford** (1863 – 1947)
An American industrialist, the founder of the Ford Motor Company, and the developer of the assembly line technique of mass production for autos.

Lifetime Achievements

Keep an active record of your lifetime achievements. As we go through life we tend to forget many of our simple accomplishments. Yet these are only stepping stones for more important successes in our lives.



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Recording our achievements gives us confidence for greater challenges and reminds us that we are someone of worth, since we have accomplished these things.



SUGGESTED ACTIVITY

Record all-important achievements in your life. Maybe even those that are not so important.



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Step 2

Get To Know Your Family Better



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Personal Information

SKILLS AND INTERESTS

This is a real opportunity to get to know your family. What sizes do they wear? What colors they look best in? What they like to do – skills and interests?

Develop a record of their past achievements. (This builds self-confidence.) This all provides a lot of useful and helpful background information. For example, it can be great to have this information at Christmas time or when buying gifts, for birthdays, and other special occasions because it is such an easy reference, for sizes, etc.

Even more so, it is a wonderful source for finding out things about our family that sometimes seldom get asked. And then being able to steer family activities toward those areas.

Personal Information Sheet

– Dad, Son, Grandson –

NAME _____

Social Security No.	Birth date	Blood Type
Suit Size	Shirt Size	Shoe Size
Pant Size: waist	Inseam	Sweater Size
Favorite Clothing Colors		
Dental Coverage No. _____	Medical Coverage No. _____	
Talents & Abilities		
Honors, Awards, Achievements		
School Clubs/organizations		
Personal attributes		
Education		
Work	Positions	Dates
Church/organizations	Positions	Dates

Personal Information Sheet

– Mom, Daughter, Granddaughter –

NAME _____

Social Security No.	Birth date	Blood Type
Dress Size	Skirt Size	Shoe Size
Sweater Size		
Favorite Clothing Colors		
Dental Coverage No. _____	Medical Coverage No. _____	
Talents & Abilities		
Honors, Awards, Achievements		
School Clubs/organizations		
Personal attributes		
Education		
Work	Positions	Dates
Church/organizations	Positions	Dates

Skills and Interests Worksheet

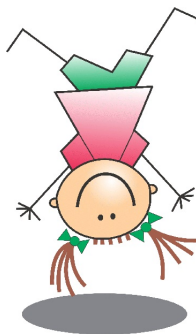
INDICATE SKILL (S) OR INTEREST (I) LEVEL 0, 1, 2, 3, 4

Person _____

Name	0	1	2	3	4
EXAMPLE					
Teaching					S
Fishing		S			I
Basketball		S			I
CRAFTS					
Candle making					
Cars/Cycles					
Ceramics/Pottery					
Collage/Decoupage					
Crochet					
Decorating					
Embroidery					
Film making					
Jewelry					
Kite flying					
Knitting					
Leatherwork					
Lettering					
Macramé					
Painting					
Photography					
Posters					
Puppetry					
Quilting					
Rug making					
Sewing					
Stuffed animals					
Terrariums					
Woodwork					
DRAMA / SPEECH					
Acting					
Directing					
Lights					
Makeup					
Master of Ceremonies					
Pantomime					

Name	0	1	2	3	4
Puppet shows					
Radio/TV					
Sets					
Sound					
Speech: Comedy					
Speech: Storytelling					
Writing: newspaper					
Writing: scripts					
TEACHING / LEADERSHIP					
Leadership: Adult					
Leadership: Children					
Leadership: Youth					
Scouting					
Teaching: Adults					
Teaching: Children					
Teaching: Youth					
MUSIC / DANCE					
Composing					
Dance: ballet					
Dance: choreography					
Dance: Modern					
Dance: Other					
Dance: Social					
Dance: Square					
Directing					
Guitar					
Organ solo					
Organ-accompany					
Other instruments					
Piano-accompany					
Piano-solo					
Sing-Choir					
Sing-Small group					
Sing-Solo					
SPORTS / PHYSICAL FITNESS					
Archery					
Baseball					
Basketball					
Biking					
Bowling					
Camping					
Checkers					

Name	0	1	2	3	4
Chess					
Coaching					
Diving					
Fishing					
Golf					
Gymnastics					
Hiking					
Horse shoes					
Horses					
Hunting					
Ice skating					
Jogging					
Karate/Judo					
Officiating					
Pickelball					
Ping Pong					
Racquetball					
Skiing: snow					
Skiing: water					
Snowmobiling					
Soccer					
Survival					
Swimming					
Tennis					
Track& Field					
Volleyball					



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Personal Reviews



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One way that you can ‘happy-ize’ your family is to hold personal parent-child interviews with your children (usually in privacy). There is great wisdom and virtue in doing this.

Your family can reap tremendous benefits, and it can build amazing relationships with them. It’s also a great opportunity for you to do some quality teaching. Kids will even look forward to the one-on-one time with Mom or Dad.

You’ve heard about the communication gap between teenagers and parents. By opening up communication lines while the children are young maybe by the time they are teenagers you will have solid communication skills established. And maybe those skills would help you eliminate some of the problems parents and teens can have as you try to understand each other.



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These personal review times with your children, above all, should be friendly, helpful, and positive in nature.

In a nutshell, here’s some ideas on how to make this work.

Prepare Beforehand



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Pray for guidance as you talk to your family and listen for promptings as to what kinds of thoughts you need to share, or what questions you need to ask. Write these promptings down somewhere so you won't forget them.

Getting Started

Sit down one-on-one with each member of the family and conduct a short interview (try to keep it around 15 minutes) with each of them. No prying, wringing, or pressuring.

You might start with some easy questions, such as:

- How are you doing in school?
- How are things with you and your friends?
- How do you feel about things in our home?
- What can I (we) do to be a better dad/mom?



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Then you can jump into some more difficult subjects like:

- Are you having any problems that I can help you with?
- Have you encountered pornography? What happened?
- Have you ever heard people swearing around you? How does it make you feel?
- What's the most important thing in your life right now?
- Are you saying your prayers? How is your relationship with Heavenly Father?



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The children can receive “facts of life” information, or talk about certain four-letter words heard at school. All questions are answered without hesitation or embarrassment. Your children will learn to talk to you about any subject, and develop a good rapport with you. They will know that you

are their friend, someone they can easily come to when in need. And they will trust you.

Discuss Solutions to Problems

After problems have been expressed and questions answered, then discuss solutions. Suggestions, not demands should be the norm. This is a joint effort.

You want your children to know that what they say and feel is important and valid.

You want them to know that you love them and respect their views



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and feelings. Let them know you are on their side and wish to give them real help in some of their major challenges and directions.

A big problem in communication is being able



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to talk about their feelings. This is not a time to discuss discipline or criticize, but a time when all subjects can be discussed in a frank, open manner. No subject is taboo. They can discuss problems they're having with boyfriends and girlfriends, family members, schoolwork, chores – and any other subject that is on their minds.

Sometimes there are no problems or questions, so the children just talk about what's happening in their lives at that time.

Another idea is instead of having a formal conversation, invite your child to drive to the ice cream parlor where you can both enjoy a root beer float. All the way to and from the store, ask questions. You can still communicate heart-to-heart and soul-to-soul with your child very informally.



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Set Some Goals

After your interview you can set some short-term goals (and challenges) with each child. Make sure you write them down somewhere. When your next interview comes up, pull these goals out and review them. Make sure to compliment the child on their efforts.



When you have interviewed everyone then it is time to have a family treat.

More Tips for Parent-Child Interviews

- Hold interviews *regularly*. It indicates good direction and lets them know that you care about them and what they are doing – and becoming. It's important to be flexible with the schedules.
- Mothers and fathers can interview children jointly or take turns giving interviews separately. Either one can hold an interview in the absence of the other.
- Be prepared to *listen* more than you speak.
- Don't *compare* one child with another.
- When behavior needs correcting, give a clear but *loving* explanation of what's wrong and what needs to change.
- *Agree* together what words best describe each problem; then write the problem on a sheet of paper. Direct any criticism to the words on the paper, not to the child.
- Use your family *values* and *goals* to guide your decisions.
- Don't discuss one child's problems with other children. Keep *confidences*.
- *Praise* each child generously, genuinely, and cheerfully.



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Personal Review Worksheet

NAME _____ DATE _____

CONSIDERATIONS	SUGGESTIONS
Praise Positively Main Points	
Build trust and love, share feelings	
Make the review helpful, enjoyable and informal	
Review personal goals	
School progress	
Sports achievements	
Uplifting reading	
Positive use of time	
Exercise/Physical fitness	
Financial goals	
Scouting progress	
Spiritual development	
Arts development	
Personal preparedness, self-reliance	

CONSIDERATIONS	SUGGESTIONS
Activities to share	
Journal	
Encourage talents, abilities	
Other	
Date of next review	
Goals to accomplish	



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Step 3

Resolve to Work Together as a Family



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A happy family works together, pulls together, and sticks together. You help one another and look out for one another throughout the rest of life. You pay attention to each individual member of the family but also to the family as a whole group. This is rarely done in the average home.



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This kind of family enables individual members to function and grow far stronger than in the usual home setting.



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Keep the entire family in mind, talk to the family as a whole, analyze how the family is developing and what it needs to do together to go further, give the family work to do, and help with a host

of other family-centered concerns. This is completely different from merely raising kids one-by-one.

For example, suppose a child needs to do better in school. Instead of talking with the problem child, talk to the family as a whole. Show the family members how much the family can accomplish by working together. Everyone agrees together to help the brother or sister who is doing poorly.



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Then you can focus on helping the family do all the things necessary. Children and parents working together pool your ideas and efforts.

The family decides how each family member can help, what actions and attitudes will be truly helpful, what consequences should follow if any family member knowingly does something harmful to the process, which family members should spend extra time with the person, and a host of other things that happen naturally. Click [here](#) for more info.

Family Member Roles

Purpose: To suggest family support roles.

FAMILY MEMBER	SUPPORT ROLE	OUR FAMILY'S APPLICATION
Father (Or other head of the household)	To give love, understanding, and guidance to family members, primarily responsible for their financial support. Provide leadership by example. Plan and direct family members in activities accomplishing the Family Mission. Develop a family desire to do what is right and promote determined Family Values.	
Mother	To give love, help, and understanding in supporting the role of the father. Teach children to be responsible, respectful, and grateful. Promote education and develop skills and talents. Seek guidance from our Heavenly Father in family affairs. Honor God and country.	
Children	To give support and generate family unity by showing love and concern. Be teachable in learning and developing necessary skills of self-reliance, preparedness, work values, and coping with environment. Develop talents and abilities. Assist family members.	

Home Responsibilities

Purpose: To designate the responsibilities of each family member and how they can help in the home.

PERSON	RESPONSIBILITIES

PERSON	RESPONSIBILITIES



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Family Advisors

NAME	CONTACT INFORMATION
Doctor(s)	name _____ address _____ phone _____ email _____ name _____ address _____ phone _____ email _____
Dentist	name _____ address _____ phone _____ email _____
Accountant	name _____ address _____ phone _____ email _____
Attorney	name _____ address _____ phone _____ email _____
Insurance: Homeowners	name _____ address _____ phone _____ email _____
Insurance: Disability	name _____ address _____ phone _____ email _____

Insurance: Automobile	name _____ address _____ phone _____ email _____
Financial Advisor	name _____ address _____ phone _____ email _____
Church Advisor	name _____ address _____ phone _____ email _____
Auto Mechanic	name _____ address _____ phone _____ email _____
Other	name _____ address _____ phone _____ email _____



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Step 4

Spend “Quality” Family-Time Together



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Quality time together is important – it helps our children feel more confident and secure, and builds stronger family bonds.



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A happy family finds that opportunities for quality time emerge from quantity time: The more time you spend together, the better chance you have of sharing quality experiences.

Eating meals together, talking about the events of the day, sharing joys and defeats, doing household chores together and spending some evenings popping corn and watching movies are examples of shared activities.



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You may even want to schedule one evening every week – a family home evening – for special family activities.

Doing things a child or spouse wants to do also sends a strong message of love. Children will not forget meaningful one-on-one time.

Plan your family time. Don't just assume it will happen. It's a lot easier to spend time together when you are all doing something you enjoy. So take the time to find out what you all like to do – or activities you can do with one of your children on their own. It's worth it!



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These ideas will help you 'happy-ize' your family and develop deeper relationships with your children, in spite of a hectic schedule.

Weekly Family-Time Agenda

This is the most commonly used chart in the entire book. It is the heart of your weekly planning and action. The column on the right is simply a prompting list of things you may wish to do. You may elect to follow these suggestions with your own entries in the left hand and center columns.

Purpose: To prepare family members to take responsible roles, help develop activities, meet family needs, and share pleasant time together.

Date _____

ITEM	BY WHOM	SUGGESTIONS
		Welcome
		Song
		Prayer
		Spiritual / Special Thought
		Announcements
		Family News
		Activities / Plans
		Reunions
		Family Business Items
		Recognitions
		Birthdays
		Anniversaries
		Achievements
		Calendar Happenings
		Talent Presentation
		Group Singing
		2-Minute Family History Update
		Family Activity / Discussion
		(See Step 5 Activity List)
		Some Options:
		1. If on Monday: Topics
		Gospel Lessons
		Family Finances
		Career Development
		Education
		Community Participation
		Cultural Improvement
		Emergency Preparedness
		Property Care & Acquisition
		Leisure Time Usage
		2. If on Sunday:
		Scripture Study
		Visiting Families
		Personal Interviews
		Family History
		3. Saturday / Special Day:
		Home Improvement
		Yard/Garden/Enjoyment
		Next Week's Activity
		Prayer
		Refreshments

Family Record of Events

Here's something you may like to try. Each time you hold a family get-together like this, assign a different person to act as the scribe or recorder. Then just go around the group and have each person tell what interesting things they have done or that happened to him or her during the last week or period, and let the scribe record it in his own way. Even years later this is really fun to read and will give you an on-going record of many of the important things your family has done.



Family member happenings since last met: Achievements, plans, thoughts, school participation, etc.

Date _____ **Scribe** _____

Family Executive Planner

This is to get Mom and Dad together once a month to initiate a planning and evaluating session on general family activities.

This is key to the success of all planning for the family.

Purpose: Mom and Dad meet monthly or bi-weekly to plan and direct general events and evaluate past family activities.

ITEM	BY WHOM	SUGGESTIONS
		Prayer
		Review Calendar
		1-Month Firm Plan
		2-Month Tentative
		Special Long-Range
		Budget Review
		Family Member Assistance
		Major Purchase Planning
		Other
		Family Responsibilities
		Review
		Activities Worksheet
		Review and Follow Up
		Home Improvement Plan
		Special Projects
		Review Year Calendar
		Review Family Mission and
		Values Development
		Family Organization Items
		Family Member Development
		Music
		Arts
		Talents
		School
		Sports
		Other
		Review Past Happenings
		Other _____
		Next Planning Date
		Preparation

Yearly Family Planning Retreat



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Make this a really important get-together for the entire family. It is **THE** family input session for the whole year.



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Too often when talking about what activities they want to do, nobody comes up with many good answers. Instead try this.

In advance Mom and Dad prepare a list of about 50-100 potentially good

activities. (See the STEP-5 activities list for more ideas). Then give everyone a sheet of paper and have them number it up to 100, or for how many you have chosen to consider.



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Have Mom or Dad briefly explain each activity. Then they write down their rating of that activity (from 1-10) of how good an activity he or she thinks it is. Ten if it is great; one if it isn't. Responses are to be kept personal so that no one will influence anyone

else. When completed, just tabulate the results and you'll know what your family likes.

Then just determine your available calendar dates for when you would like to do them. Make a good balance of your activities.



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Yearly Family Planning Retreat

Purpose: For entire family to get away from home, review values and goals, focus plan your next year's activities, and enjoy each other.

Date _____ To _____

Place _____

ITEM	BY WHOM	SUGGESTIONS
		Advance Preparations Prepare agenda, food, travel, activities
		Review Family Mission / Values
		Review All Potential Activities Decide on Actual Activities
		Calendar 12-Months Ahead 1-Month Firm Plan 2-More Months Tentative Long Range
		Activities Worksheets Set up for next years followup
		Budget Review Family Member Assistance Major Purchase Planning Other
		Family Members Responsibilities Review
		Home Improvement Plan Special Projects
		Review 1-Year Spreadsheet
		Family Organization Items
		Family Member Development Music, Arts, Talents, School, Sports, Other
		Review Past Happenings Personal 72-Hour Survival Kits Other _____
		Next Planning Date Preparations
		Family Enjoyment Activities

Step 5

500 Fun Things to Do with My Family



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The following charts are divided into three-special-days for family activities:

1. Saturday/or a Special Family Day,
2. Sunday (or another day) as a Sabbath, and
3. Monday for Literacy and Education, Financial and Career Development, Resource Development, Home Production and Storage, and Physical Health.



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You may wish to add some ideas of your own. For an interesting and easy way to apply these ideas see the suggestions for planning your family's annual retreat in Step 4.

Activity Selection Technique

Make selected copies of some of these activities for each family member.

Father or mother describes details of each activity and each person silently rates these activities from 1 to

10 to see what activities would be the most popular.



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Combine numerical totals and then you will know which activities to pursue. Then schedule events appropriately to a calendar from the highest chosen items.



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500+ Ideas for Family Activities

Saturday/Special Family Days

Acting	Boating	Croquet
Advanced planning	Bowling night	Cross-country skiing
Air base visit	Brainstorm for ideas	Dad/son overnight camping
Airplane ride	Building projects	Dairy visit
Airport visit	Cabin in canyon	Dancing, learning
Alpine slide	Cake decorating	Darts
Amusement park	Camp equipment making	Date night w/Mom/Dad
Ant farm	Campfire cooking	Decoupage
Antiques	Camping trip	Dinner rotation
Aquarium	Candy houses	Dinosaur museum
Arrowhead hunting	Canoe trip	Disneyland
Art gallery	Canyon cookout	Dog training
Auto mechanic	Capitol visit	Eagle Scouting
Autumn ride	Car show	Easter baskets
Aviary visit	Car wash	Easter egg hunting
Baby pictures	Caroling, hot chocolate	Easter eggs
Back packing	Cave visiting	Equipment proficiencies
Backyard camping	Charades	Exhibition shows
Backyard Olympics	Christmas gifts	Family Academy Awards
Backyard party	Christmas tree shopping	Family award night
Ball game	Circus	Family flag making
Balloon basketball	Class, take together	Family friend visiting
Ballroom dancing	Clay modeling	Family hike
Banana Split Party	Clue game	Family humor awards
Barbecue	Collage making	Family movies/slides
Basketball Tournament	Communications board	Family Olympics
Beach activities	Computer games	Family organizations
Bicycle riding	Convalescent visiting	Family quilt making
Bird watching	Cookie making	
Birthday party	Craft shop visit	
Boat show	Crafts	

Family reunion	Humorous awards	ways to
Family scrapbook	Hunter safety	Outdoor survival
Family Search Website	Ice cream making	Outings
Family traditions	Ice cream store visit	Overnight hike
establish	Ice-skating	Pageants
Family rules,	Indian reservation	Paint by number
establishing	Indoor Olympics	Painting, learning
Father/son dinner	Jell-O Olympics	Parade of homes
Favorite games	Jokes/funny stories	Park (national) visit
Finger painting	July Fourth Activities	Park visit
Fishing	Jump rope	Pebble people making
Fishing casting	Kayaking/building	Photograph star trails
Fly tying	Kite flying	Photography
Flying	Knots	Photos to video
Frisbee golf	Legislature visit	Piano, sing
Furniture refinishing	Lake visit	Picnic
Future mate's	Landscape yard	Pigeon raising
attributes	Lapidary	Pinewood Derby cars
Game night	Leather craft	Ping-Pong
Gardening	Lightning storm	Pizza building
Gay Nineties (1890s)	watching	Planetarium visit
night	Macramé	Pool, billiards
Genealogy library	Marbles	Popcorn making
Get-well card making	Marshmallow roast	Popular games
Golfing	Merit badges	Pumpkin contest
Grand Canyon trip	Mine tour	Puppet show
Grandparents' journals	Miniature golf	Puzzles
Guns	Model airplanes	Radio (old) night
Halloween party	Monopoly	Rafting/making
Handwriting analysis	Mother/daughter dinner	Record family evening
Hang glide	Music familiarity	Recreation (city)
Harmonica Band	Music writing	activities
Hiking	Name that Hymn game	Resolutions
Historical sites visit	Name/person remember	Resume writing
Hobby night	Nature walk	Rhythm band
Home family movies	Neighbor service	Riddles
Homemade bread	New game night	River run
Horse shoes	New move-in visit	Rocket launching
Horseback riding	Old movies	Rodeo
Humane Department	Outdoor cooking,	Roller-skating

Root beer making
Sail plane gliding
Santa visit
School activities
Scrabble
Sculpturing
Sea world
Shopping together
Silhouette making
Sing along
Sketching
Ski lifting
Skiing, snow
Skiing, water
Skin-diving
Skit night
Skydiving
Slapstick movies
Sleigh riding
Small business
learning
Snow sculpturing
Song writing
Song writing

Spooky story telling
Sports activities
Square dancing
Star gazing night
State fair visit
Suggestion box
Summer activity board
Sundae building
Surfing
Surprise party
Survival hike
Survival trip
Swim meet
Swim night
Tabernacle Choir visit
Taffy pull
Tee shirt making
Telescopes
Tennis
Tiddly winks
Time organizing
Tole painting
Town history review
Trampoline

Travel agency visit
Treasure hunt
TV scheduling / week
TV studio visit
University visit
Valentine making
Ventriloquism
Video games
Video a family sport
Video slides/movies
Video movies
Volleyball
Water slide
Watermelon bust
Weekend away
White elephants
White water rafting
Wiener roast
Wife night
Yahtzee
Yellowstone
Snowmobiling
Zoo visit
Wind surfing



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Sunday Activities Planner

Ancestor review	Family journal	learning
Autobiographies	Family organization	Musical instruments
Autumn ride	Family pictures organize	Nature walk
Band concert	Family preparedness	Neighbor appreciation
Biography reading	Family slides, movies, videos	Nursing home visiting
Book of Remembrance	Family traditions	Pen pal
Books	Family tree	Personal history
Christ, learning about	Family visiting	Personal interviews
Church books	Favorite scriptures	Principles of Gospel
Church leaders, learning	Flower sharing	Religion discussions
Church leader thank you letter	Genealogy, beginning	Resource file building
Church library films	Grandparents' stories	Scholarship planning
Church magazines	Great books review	Scripture index review
Church marriage review	Hospital visiting	Scripture race
Church newspaper	Hymns, learning, memorize	Scripture reading
Church officers review	Journal entries	Study group discussions
Conversation skills	Journal writing workshop	Talk writing
Dinner with family	Letter writing	Talk writing workshop
Family concerts	Marriage discussion	Teaching, learning effective
Family Evening preparations	Marriage relations strengthening	Time budgeting learning
	Music leading	Visit grandparents
		Visiting sick, elderly, widows



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Monday Night Activities

Literacy & Education

American life review

Ant colony

Architecture review

Art elements

Art Gallery visit

Artists, review

Atom, molecules
understand

Bird study

Book writing

Books: great, review

Church library usage

College preparation

Communism review

Constitution, family
type organize

Constitution, US
review

Conversation
development

Debate principles

Dog training

Dressing for success
review

Electrical repairs,
learning

Firearms review

Flower arranging

Goals, how to achieve

Globe night, review

Government types,
review

High school, college
drama

Historical sites visit

Household plumbing
learning

Human body, learn

Indian study

Language, customs

Library visit as family

Manners & dating

Meat cuts, learning

Music familiarity

Nature, geology

New skill, talent

Newsletter writing

Note taking effectively

Pioneer museum visit

Play reading

Poetry writing

Poetry/limerick
reading

Political issues review

Presidents review

Resource file building

Self-improvement
tapes

Speaking techniques

Telephone, correct
usage

United Nations review

Universe, learning

Voice techniques,
learning

Writing effectively

Career Development

Career Survey/Analysis

College, university
visiting

Employee

improvement

Employment

preparation

Exhibition visits

Hobby night

Job interview

preparation

Military service

review

Professional/Industrial
tour

Resume' writing

Small business
techniques

Time organizing

Vocational interests/
review

Work, value of

Financial & Resource Development

Budgeting techniques

Car cleaning

Car tune-up learning

Civil defense

Comparison-shopping

Computers

Energy savings

Family papers,
documents

Fire inspection, drill

Firewood gathering

Floral arrangements

Furniture refinishing

Home assignments

Home cleanup

Home designing

Home painting,
inside/out

Home repair
 House cleaning effectively
 Household inventory list
 Household tools
 How-To books review
 Money, financial
 Real estate
 Redecorate home
 Scholarship awareness
 Used car buying
 Vocational interests
 Welfare house cleanup

Home Production & Storage

Bake off
 Bread making
 Cannery needs
 Compost pile
 Cookbooks
 Cooking making
 Crochet, knitting
 Dehydrator
 Food fun
 Food inventory
 Fruit picking
 Garden development
 Gardening indoors
 Gourmet cooking
 Health essentials
 Home storage
 Meal making
 One-year food supply
 Painting, cleaning
 Sewing
 Storage pit
 Water storage

Physical Health

Alcohol problem discussion
 Bike hike
 Caving
 CPR training
 Drugs problem review
 Emergency preparation
 First aid review
 Gun safety
 Health activity schedule
 Jump rope
 Karate

New sport
 Scouting
 Self-image improvement
 Sex in family relations discussion
 Weight training
 Winter hike

Service

Blind person, read to
 Children's hospital visit
 Christmas basket to needy
 Church flowerbeds
 Convalescent Visit
 Dinner to a needy family
 Family evening with shut-ins
 Get-well cards
 Give blood
 Neighborhood cleanup

Quilt making
 Senior citizen assist
 Sub for Santa
 Surprise basket for new move-in
 Talent night for elderly
 Trash pickup
 Visit old friends, relatives
 Wash windows
 Widow assistance
 Winterize a widow's home

Building Family Traditions

Dinners
 Thanksgiving
 Christmas
 Gift exchange
 Caroling
 Birthdays
 Anniversaries
 Mothers Day
 Fathers Day
 Holidays
 Picnics
 Vacations
 Mountains
 Beach
 Resort
 Family Reunions
 Dinners
 Ball games
 Games
 Singing
 Skits
 Talent

Crafts	Family talent	Easter
Review family history	Family sports	Egg hunts
Getting To know relations	Family get-together	Egg decorating
Sports	Family pictures, slides, movies, videos, albums	Halloween
Ball games	Miscellaneous	Trick or treating
Little League	Boat shows	Christmas tree
High school	Auto shows, etc.	Decorating/home
College	Hobby shows	Our Choice
Professional	Theater	Spontaneous
Attending	Special	_____
Family religious	Entertainment	_____
Graduations	Travel	_____
Weddings	National Parks	_____
Funerals	State Parks	_____
Scouting awards	Special Family Times	_____



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Fun and Exciting Things Our Family Wants To Do

This sheet can be something really exciting in your planning. It may reflect some long-term possibility happening, a wish list, maybe two to five or even ten years away, such as a major trip, or time together with the family that will need long-range planning and development. Assign a work sheet to develop it. Set up preliminary dates and work towards the major date. You will suddenly find your family doing things that you never considered possible otherwise.



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**Think boldly.
Let imaginations soar.**

No.	Wish List
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Family Activity Planner

This sheet is made up in advance for each activity you are planning. Assign and rotate those who will be responsible for that activity. It is structured to give you ideas and follow through. Let everyone participate. This builds individual capabilities, self-reliance, and self-confidence on a level where children can come to realize their individual abilities to carry something through and see it actually happen.

Purpose: To develop details for a family activity to help fulfill one of our family values or family goals.

Date _____ To _____

Destination(s) _____

Stops _____

ITEM	PERSON	SUGGESTION CHECKLIST
		Advanced Thinking
		Advanced Preparations
		Transportation
		Preparations Food
		Emergency Needs
		Maps, GPS
		Musical Instruments
		Other

Index of Our Family Activities

This is a quick reference sheet that provides a master record of all of your family activities.

Planning Sheet # _____

Date	Activity

Special Family Events

Record here special happenings in the family not covered by the regular notes made by the scribe each week. This may include feelings about special happenings, or recaps of circumstances over a period of time; maybe a particular development of the family which otherwise may go unrecorded and is a part of your family.

Date	Event

SUGGESTED ACTIVITY

Apply Your Activities To The Family Calendar

Add your family calendar activities to your family calendar – up to a year or more in advance. Keep these pages also as a history of your family activities.



A Family That
Plans Together...
Stays Together

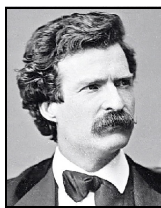


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WE DO FUN, FAMILY-BUILDING THINGS!



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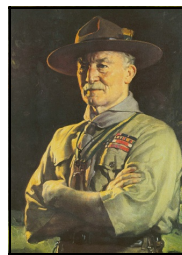


“We are always too busy for our children; we never give them the time or interest they deserve. We lavish gifts upon them; but the most precious gift, our personal association, which means so much to them, we give grudgingly.” – **Mark Twain** (Samuel Clemens)

(1835 - 1910) American author and humorist

“The most worth-while thing is to try to put happiness into the lives of others.”

– **Robert Baden-Powell** (1857-1941)
Founder of Scouting



Scouting Helps Develop Stronger Families



The Boy Scouts of America (BSA) is one of the largest youth organizations in the United States, with more than 2.4 million youth members and nearly one million adult volunteers. Since its founding in 1910 more than 110 million Americans have been at some point members of the BSA.



Boy Scout uniform

The BSA's goal is to **train youth in responsible citizenship, character development, and self-reliance** through participation in a wide range of outdoor activities, educational programs, and, at older age levels,

career-oriented programs in partnership with community organizations.

For younger members, the Scout method is part of the program to inculcate typical Scouting values



such as **trustworthiness, good citizenship, and outdoors skills**, through a variety of activities such as camping, aquatics, and hiking.

Scout Oath - "On my honor, I will do my best, to do my duty, to God and my country, and to obey the Scout Law, to help other people at all times, to keep myself physically strong, mentally awake, and morally straight."

Scouts are urged to **"Do a Good Turn Daily"**, as it is the slogan for the Boy Scouts of America.

"I can say without hesitation, because of Scouting principles, I know I was a better athlete, I was a better naval officer, I was a better Congressman, and I was a better prepared President."



President Gerald Ford



Merit badges are awards earned by Scouts. You can learn about sports, crafts, science, trades, business, and future careers as you earn merit badges. This allows Scouts to examine subjects to determine if they would like to further pursue them as a career or vocation.



[Click here](#) and [here](#) for information about all of the 136 current Merit Badges, arranged into 14 logical fields of activity.

Step 6

Pursue More Fun Family Activities



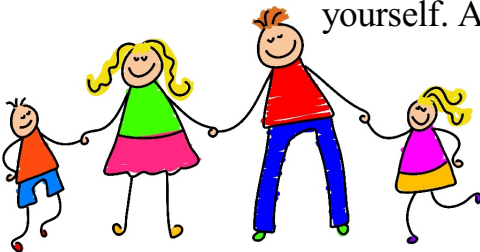
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One fun family activity is to discover and then share your family tree and stories. Discovering your family roots and the stories, values and traditions about your ancestor's lives, helps you better understand them. But it also helps you better understand

yourself. And gives you a greater appreciation of your heritage and the sacrifices your progenitors made for you.

You gain strength from learning about how they met

life's troubling challenges in their day.



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Discover Your Family Tree and Story

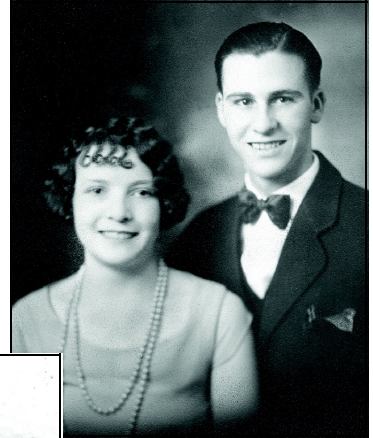
Also Discover One of the 'Secret Sauces' that Holds a Family Together



Discovering your family tree and story can be a life-changing experience. It can bring new perspective and understanding to your own

life. It can change how you see life. And help you gain a sense of identify and purpose in life.

As generations pass, people and their lives may be forgotten. But discovering your family roots and heritage gives you the opportunity to really know who your beloved ancestors are.



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As you do this, the knowledge of your forebears will increase, you will gain strength by learning how your ancestors met life's challenges, you will gain a sense of identity and purpose in your own life, you will feel a sense of belonging that ties

generations together, and your family will grow closer. Who wouldn't want this?

A Secret Sauce that Holds a Family Together

What are the ingredients that make some families effective, resilient and happy? Recent research by prominent psychologists published in the [New York Times](#) suggests that one of the single **most important** things you can do for your family may be *the simplest of all*.



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According to the research, **the more your family knows about you and your ancestors and your stories the better they do when they face life's challenges.**

The more your children know about your family's history, the stronger their sense of control over their lives, the higher their self-esteem, and the more successful they believe your family functions. *This is the best single predictor of children's emotional health and*

happiness.

If you want a happier family, discover and re-tell your family stories. The stories of your family's positive moments, and your ability to bounce back from the difficult ones. This is the critical SECRET SAUCE that holds your family together.



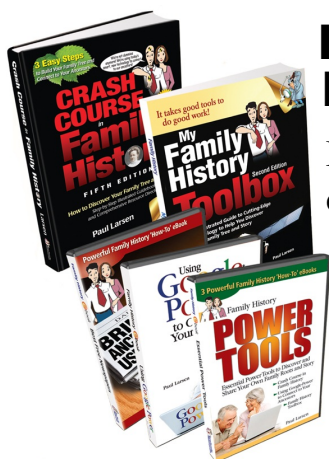
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For example, ‘Dear, let me tell you, we’ve had ups and downs in our family. We built a family business. Your grandfather was a pillar of the community. Your mother was on the board of the hospital. But we also had setbacks. You had an uncle who was once arrested. We had a house burn down. Your father lost a job. *But no matter what happened, we always stuck together as a family.*’



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That act alone may increase the odds that your family will thrive for many generations to come.



Easily Discover Your Family Tree and Story

Discovering your family tree and stories can bring new perspective and understanding to your own life. With these popular, step-by-step illustrated guidebooks by Paul Larsen, it’s easier and faster to connect to your ancestors. *And perhaps change your life forever!*

Illustrated step-by-step guidebooks to make it easier, faster, and better!

Click [here](#) for more information. When ordering, use the ‘ promo code ‘ *happy* ’ for HUGE discounts. Don’t miss out.

Order yours today!

Our Family's Personal Pursuits



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By writing down your own personal ideas of what your family is working toward, you can concentrate on them.

By focusing on the special areas we wish to have our family become, we as a family will tend to do so. Notice that these ideas are presented in the first person. To the subconscious mind, when presented in this manner, the mind assumes it to be so and thus responds.



“We become what we think about.”

– **Earl Nightingale** (1921-1989)
an American radio personality, writer, respected speaker and author

Our thoughts determine our reality. **When we stop thinking about what we *don't* want, and begin thinking about what we *do* want, our lives begin to transform.** Instead of working against our desires and intentions, we move into alignment with them.

Write down your personal pursuits.
Here are some ideas for your consideration.



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- I am happy. I smile often, build positive attributes, and free myself from negative influences.

- I appreciate my family and frequently express my love to them.
- I enjoy those around me. I take time to develop friends by being a friend. I am true to those who trust me.
- I am unique. I seek for excellence. I have been given special talents and abilities that I will develop.



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- I become better by focusing on just one positive attribute at a time and taking it into my life.
- I do things that are hard to do so that my capabilities will increase.

- I am frugal with my means, make the most of my resources, and avoid debt.
- I do the best I can each day, each hour, 24 hours a day.
- I keep my thoughts and actions positive and avoid those things that would impede my personal growth.



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- I develop and preserve my body and mind from self-abuse, wastage, weakness, and pollution.
- I am honest in my dealings with my fellowmen, and gain peace of mind by doing the right.

- I take time for myself to ponder, plan, prioritize, organize, and get things done; then I follow-through and evaluate.
- I use very wisely this brief time called "my life", and prepare and train myself for my work and for my family.
- This is my best year yet because each day “line upon line and precept upon precept” these attributes become me.



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Our Family's Personal Pursuit of
Life, Liberty and the Pursuit of Happiness

Family Birthdays, Anniversaries, and Special Events

With this information available to everyone, these special family days can be easily remembered and put into the important plans for the family, and thus you can plan centering family activities on these favorite days.

Month	Events
January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

One-Week Family Goals

This list is only to give you some ideas. You may have many more of your own. By concentrating on these various areas for a week, the family becomes mindful of these goals and over a period of a year or a number of years many worthwhile habits and character traits can be developed.

Purpose: To CONVERT goals into personal habits and character.

Idea List for One-Week Family Goals

1. Be friendly, smile
2. Becoming more dependable
3. Being honest
4. Being more loving, helpful
5. Better listener
6. Better use of financial abilities
7. Book reading plan begin
8. Clean speech, stories
9. Clean thoughts
10. Clean up our lives
11. Clothes repairing, making
12. Controlling anger, speech
13. Conversationalist, better
14. Delegate means, planning
15. Doing our best each day
16. Do the best we can for a week
17. Emergency Preparedness
18. Expressing family gratitude
19. Family exercise program
20. Family history developing
21. Family goals development
22. Family prayers
23. Family values support
24. Food storage development
25. Full utilization of time for wk
26. Garden maintenance, development
27. Gossip, false witness avoidance
28. Honoring parents
29. Improving family relationships
30. Improving our home, yard
31. Keeping promises, integrity
32. Keeping rooms, house clean/orderly
33. Keeping up a Journal
34. Learn to prioritize daily needs
35. Living within a budget
36. Living morally
37. Loving our family
38. Musical talent development
39. Neighbor friendship development
40. Organize, share household duties
41. Personal appearance improvement
42. Pornography removal from lives
43. Say something nice to family
44. Say "something nice" week
45. Scriptures reading
46. Self-improvement week
47. Speaking ability development
48. Strengthening our marriage
49. Study, learning habits
50. Talent development
51. Telling the truth
52. Thinking more of others
53. Update photo albums, scrapbooks
54. Weight control program
55. Writing letters/emails to friends, family
56. Computer skill development

Our Family's One-Week Goals



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No.	Goal
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

“We love you” Sheet!!!

Person _____

This sheet can become one of your most valuable treasures. During your regular family evening, write a family member’s name at the top of the page. Then have every other person in the family write down **positive attributes/comments** about that individual. All statements should be positive in nature. Let that family member know of his/her abilities, talents, and positive attributes, and why he/she is loved and appreciated by them.

These kinds of comments can be very strengthening to the individual, assuring that person that he or she is of great worth, can accomplish wonderful things, and has capabilities that perhaps he himself may not easily recognize.

Person	Comments

Record of Places Our Family Lived

This record can be both interesting and valuable. Some addresses where we lived may no longer even be there later. Keeping track of these locations can sometimes be very helpful in terms of official records. By writing down these places, a flood of memories can often be generated.

Place ADDRESS	Dates

Family and Special Friends

Purpose: To record special friends of the family so that they can be remembered.

As the years move on, sometimes we forget the names of those around us. This will help us to remember some of these special people and events surrounding good friends.

Name	Address	Phone	E-Mail

Planned Household Improvements and Major Purchases



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By keeping track this way we can often establish our priorities and know where we need to place our emphasis in our home. Otherwise, these major decisions may be made and not fulfill our actual needs. This removes impulse buying and helps us focus on areas that need attention.

Room LOCATION	Description

Step 7

Organize Your Extended Family



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The Great Purposes of the Family Organization

To create a spirit of unity, understanding, and love

To consolidate talents and capabilities

To gain a knowledge and a record of our heritage

To provide enjoyable social opportunities

To create meaningful and lasting traditions

Our Family

Its Origin and Organization



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This may be a good time to become acquainted with all the members of your extended family, and discover your family tree

and stories. Sometimes it is surprising to discover how many people that may include and how fast families grow.



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Families can be very effective when organized.

You

can accomplish much good in your own behalf. You share a common lineage and this increases your love for one another. But your extended family may also be helpful in knowing people in advantageous places. Now may be a great time to start gathering information about your family and begin organizing.



Copyright: kurhan / 123RF Stock Photo



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You will discover you have a great family! And do great things together!

Family members become much closer together in knowing and loving each other and in discovering

your heritage and stories. Go online. Now is a great time to get started!

Our Family Organization

Position	Name
President	
Vice President	
Secretary	
Treasurer	
Family Historian	
Family Representative	
Webmaster	
Photographer	

Our Family Agreement



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**Just as our country's Constitution
firmly guides our nation,
our **'Family Agreement'**
becomes a significant instrument
that provides great strength
in the lives of our family.**



shutterstock.com

©PhillipMartin.com

A novel idea? Not really. Put one together that your family can and will live with. It can be a guiding instrument for your family for as long as your family is around. Give this some consideration.

We the Members

of the _____ Family,
in order to form a more perfect family unity, establish enduring principles, ensure domestic harmony, provide for our common good, promote general welfare, and secure the blessing of love to ourselves and to our posterity, do establish this

Family Agreement

We further recognize our family as the most influential force in our lives. Through its strength, support and our united efforts, we are enabled to accomplish many great things that alone we would be unable to fulfill.

We, the undersigned, therefore, agree that we will to the best of our abilities put into practice our

Family Mission Statement and Values

As we have defined them this date: _____

The great founding fathers faithfully and with great inspiration, diligence, and insight wrote and then signed the most important document in the entire history of man, the Constitution of the United States. This monumental and priceless document has withstood all opposition for over two hundred years and has served as an inspired model for all other nations.

Now this, our “Family Agreement,” represents a document of our guiding set of principles.

Step 8

Stir these Flavorful Spices into your Life



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Sixteen Suggestions for a Happy Marriage

1. Make Time for Each Other

Continue to court each other. Keep yourselves up in your appearances. Just because you won each other, don't let down your appearance. Continue to make yourselves appealing to each other. Give each the same considerations you did while you were dating and more. Create special traditions just with each other.



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16 Suggestions for a Happy Marriage



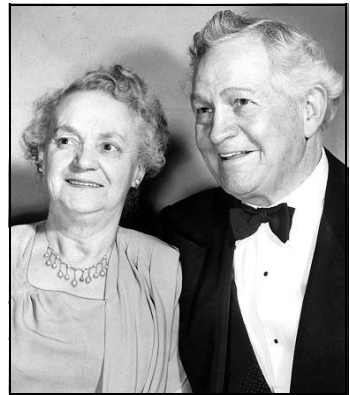
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2. Strengthen each Other in Your Marriage

Look for the best qualities in each other and build on these. Negative criticisms have no place in a good home. They'll never erect a statue to a critic or a nag. Enrich your marriage. No matter what, be true to each other. Learn to appreciate each other for the little things.

3. Build Your Marriage Around Good Examples

Look at beautiful marriages you've known, such as David O. McKay and his wife, Emma Ray. Or you're long-married parents or grandparents. What would *they* do, you might ask yourselves. Then be a good example to those who love you.



4. Complement each Other



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This means the completion of the whole. You're not complete without the other. You are each different. Accept the differences. Don't go to great lengths to change that. Learn from each others strengths. Each of you can

16 Suggestions for a Happy Marriage

do something the other cannot. Draw on those abilities. Let those differences strengthen your family unit.

5. Let Your Love Deepen for Each Other

As the song from Camelot says, “The way to win a woman is to simply love her, simply love her – simply love her.” If you have difficulties, ask for forgiveness.

It's easier to do that and remove this weed problem than to let it grow unattended. Make some time for each other.



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6. Confide in Each Other

Two people are no closer than what they can confide in each other. Share your lives, your joys, your challenges, and your problems and work them out together. Have concerns

for each other's welfare. Become partners and friends.

7. Give 125 / 125%

Some people only give 50/50. That isn't enough! When neither of you cares where the dividing line is, then life is so much more rewarding.



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16 Suggestions for a Happy Marriage



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8. Grow Spiritually Together

Let this be the great anchor in your life. You're moving now from the concern for self, to that of concern of spouse and family. Implement strong principles into your lives. Build your faith. Give service in His

Gospel. Be willing to sacrifice for each other.

Bring into your home sweet children and raise them up in peace and righteousness. This will be your greatest legacy.

9. Preserve Good Health

When you grow older, you don't want to be a burden to your partner. This allows you to have more enjoyment with each other and your family.



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10. Laugh Often at the Bright Side

But never at the other's expense! Not even in jest. Don't let your companion be hurt in this way. Enjoy life. You'll be as happy as you decide to be. So decide to be happy!

16 Suggestions for a Happy Marriage

11. Maintain a Good Record of Your Lives

Do this for the benefit of yourselves and your family so that they can look back on many precious moments in the growth of your family. Do this in written form, pictures, and video, whatever you may choose, but keep a good record.



©Paul Larsen



12. Make Your Home a Little Heaven on Earth

You can make your home one of love and happiness, a refuge, a place where you like to be. “No other success on earth can compensate for failure in

the home,” said David O. McKay. That is a great challenge. Just never give up on it. It's a skill, an art, and a labor of love and sharing...not just for this life, but forever, for eternity.

13. Be Frugal and Wise with Your Means

We are advised to avoid and stay out of debt. Spend less than you earn. Live well within your means and save early for retirement. Know the difference between wants and needs. Often it isn't the ability to earn money, but rather, the ability to manage it, before it manages you that is important.



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16 Suggestions for a Happy Marriage



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14. Create Meaningful Goals

Do this for your own lives both as a family and as individuals. Inspire each other to reach your goals; give real and loving support. Work on problems and projects together.

15. Seek for the Best in Life

Don't settle for second best. And what is that? The love of your family, the fulfillment of individual talents and capabilities as a family – the warmth of a loving and beautiful home.



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16. MOST IMPORTANT:

at the very end of each day —

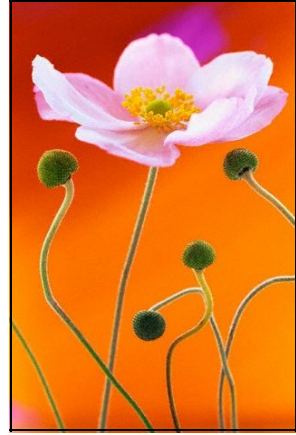
Husbands: Just before you go to sleep, every night, **tell your wife you love her!**

No three words are as important to anyone at anytime than at that moment.

All the world can rage about you. Your children will leave you. Difficulties will arise. But if you know that you have each other and that you love each other, nothing else will matter as much. Nothing!

Enjoy a Beautiful Marriage

And if you remember to do these things, you will enjoy a beautiful marriage, one that will blossom and bloom like a well-kept garden. What could bring you more joy during an entire lifetime?



Fifty-nine years of a VERY happy marriage.

– Dave and Doris Kay Olpin

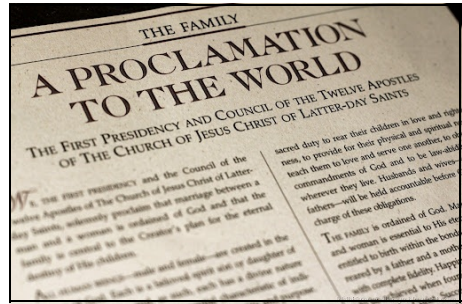
Fifty wonderful years of an exciting and fulfilling marriage.

– Paul and Peggy Larsen



The Family: A Proclamation to the World

In 1995, when a prominent church, The Church of Jesus Christ of Latter-day Saints, (casually known as the LDS or Mormon Church) was about to publish a ‘[proclamation](#)’ to the world about the **importance of the family, marriage, and children**, here is what they said:

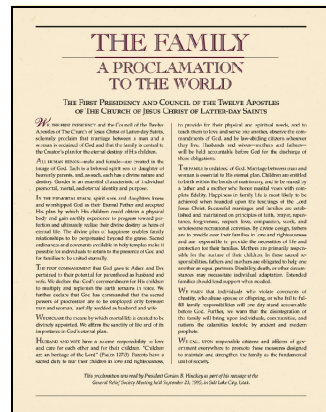


Gordon B. Hinckley
© Intellectual Reserve, Inc.

“With so much of sophistry that is passed off as truth, with so much of deception concerning standards and values, with so much of allurements and enticement to take on the slow stain of the world, we have felt to warn and forewarn. In furtherance of this we ... now issue a proclamation to the Church and to the world as a declaration and reaffirmation of standards, doctrines, and practices relative to the family....”

In the [proclamation](#), they stated that “The family is central to the Creator’s plan for the eternal destiny of His children.”

And that “Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities.”



The proclamation offers an authoritative reference of the LDS Church on family, marriage, gender roles, and human sexuality. They published copies of the proclamation in many languages, distributed it worldwide, and it has had an overwhelming positive influence on family and marriage issues worldwide.

The LGBT advocacy group *Human Rights Campaign* has cited the proclamation as an indication that the church restricts those who believe themselves to be gay, lesbian, and bisexual from fully integrating into the LDS Church.

But according to the late church president Gordon B. Hinckley:



"...our opposition to attempts to legalize same-sex marriage should never be interpreted as justification for hatred, intolerance, or abuse of those who profess homosexual tendencies,

either individually or as a group. ... Our hearts reach out to those who refer to themselves as gays and lesbians. We love and honor them as sons and daughters of God. They are welcome in the Church."

https://en.wikipedia.org/wiki/The_Family:_A_Proclamation_to_the_World

Get the Family Proclamation

Check out (and print if desired) their dynamic and interesting family proclamation by clicking [here](#).

Family Home Evening



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Family home evening is a regular weekly event where you gather all your family to enjoy each other and have fun together. Well-planned family home evenings can be a source of long-lasting joy and influence.



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These evenings are times for group activity, for organizing, for expressions of love, for family fun and recreation, and of all things for family unity and solidarity.

Like iron links in a chain, this practice will bind a family together, in love, pride, tradition, strength, and loyalty.



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Through simple activities – games, service, work projects, skits, songs around the piano, sharing talents, special treats, visits to local sites of interest, etc. – your family strengthens family ties and bonds of love, and builds unity.

It helps you teach, protect, and prepare children for responsible living. You can listen to each other’s feelings, thoughts and ideas, and enjoy activities



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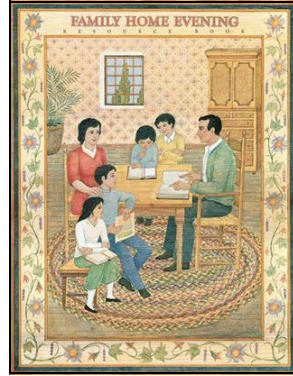
together. You can also learn the gospel together, and have family prayer and scripture reading if you wish.

The responsibilities for each are often rotated among family members, so that even the youngest may be assisted in planning and preparing. Family business for the week may be addressed and the family schedule reviewed.

You can hold your home evening on any day/evening you wish, but holding it on the same evening each week usually works best. Monday evening is good.

[Free Online Family Home Evening Resource Book](#)

This *free* online LDS resource book provides lots of ideas and activities that can be used without repetition by your family for many years. You can use this book to create your own lessons most of the time, meeting your own family's needs.



It provides prepared lessons (if you wish), tips for making home evenings successful, ideas for lessons on many different subjects, such as: chastity, dependability, forgiving, honesty, sense of humor, listening, money management, self-control, self-reliance, work, etc. It also provides tips for building a strong family, and ideas for family activities. Just click on the above link and download the valuable resource book for free.



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“Each family home evening is a brushstroke on the canvas of our souls.”

– **David A. Bednar**

Religious leader and former president of BYU Idaho University

“Weekly family home evening... adds protection to our homes.”

– **Linda S. Reeves**

Counselor in the presidency of one of the largest women's organizations in the world.



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[Free 14-Minute Video](#)

The Cradle of Life & Love: A Mother and Father for the World's Children

The family is humanity's "cradle of life and love." This is a well-done, free video about the importance of parenthood and the family. It features multi-cultural segments from around the world with English subtitles.



Every child has a biological mother and father. Children find in their mother and father a balance between the masculine and the feminine, a place in society already prepared for them, furnished by a regime of parental sacrifice and protected by social norms. The love, trust and commitment of marriage allow a man, a woman and their children to step into their destiny... together.



Source: ClipShrine.com



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Inspirational Thoughts

‘Love at Home’ hymn

John Hugh McNaughton (1829-1891) wrote the hymn “Love at Home” to reflect not only his deep love for his Scottish roots and upbringing in Caledonia, New York, but also for his parents, who instilled in him strong values. The inspiring words of this poignant hymn about home, love and joy show that even in an increasingly hostile and belligerent world, the home can succeed beautifully.



ClipArtBest.com

You can listen to this sweet hymn for free and follow along with the lyrics by clicking [here](#).

Lyrics



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1. There is beauty all around
When there's love at home;
There is joy in ev'ry sound
When there's love at home.
Peace and plenty here abide,
Smiling sweet on ev'ry side.
Time doth softly, sweetly glide
When there's love at home.
Love at home, love at home;
Time doth softly, sweetly glide
When there's love at home.

2. In the cottage there is joy
When there's love at home;
Hate and envy ne'er annoy
When there's love at home.
Roses bloom beneath our feet;
All the earth's a garden sweet,
Making life a bliss complete
When there's love at home.
Love at home, love at home;
Making life a bliss complete
When there's love at home.



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**there is
Beauty
all around
when there is
LOVE
at HOME**

3. Kindly heaven smiles above
When there's love at home;
All the world is filled with love
When there's love at home.
Sweeter sings the brooklet by;
Brighter beams the azure sky.
Oh, there's One who smiles on high
When there's love at home.
Love at home, love at home;
Oh, there's One who smiles on high
When there's love at home.



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No Other Success Can Compensate...

“The home is the first and most effective place for children to learn the lessons of life: truth, honor, virtue, self-control; the value of education, honest work, and the purpose and privilege of life. Nothing can take the place of home in rearing and teaching children, and no other success can compensate for failure in the home.”

– **David O. McKay** (1873–1970)

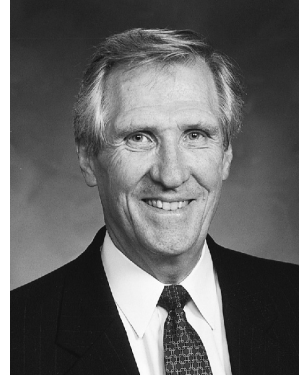
An American religious leader (Family Home Evening Manual [1968], iii)

A Place Where Love Prevails

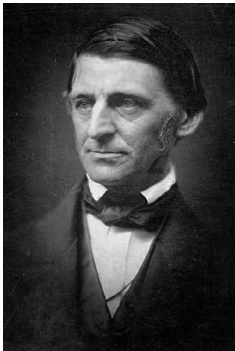
“The poorest shack in which love prevails over a united family is of far greater value to God and future humanity than any other riches. In such a home God can work miracles, and will work miracles. Pure hearts in a pure home are always in whispering distance of Heaven.”

– **Rex D. Pinegar** –

An American author, educator, religious leader



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Sow a Thought...

“Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.”

– **Ralph Waldo Emerson** (1803-1882)

An American essayist, lecturer, and poet

Where is Heaven?

Heaven is being at home with loved ones. If heaven can be found in the ideal home, shouldn't we be helping make our homes ideal? Helping make a home ideal and being a leader in a home are great responsibilities that take preparation.

Read the words of the chorus of this song by Janice Kapp Perry.

Where is Heaven? Is it very far?
I would like to know if it's beyond
the brightest star.



Janice Kapp Perry
Licensed under the CCPL

Where is Heaven? Will you show the way?
I would like to learn and grow and go there some day.
I've a feeling that it's not so far.
When you're with the ones you love...
It's right where you are.

– **Janice Kapp Perry** –

An American composer, author, lecturer

www.janicekapperry.com



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No Greater Thing...

“A father can do no greater thing for his children than to let them feel that he loves their mother.”

– **David O. McKay** (1873–1970)

An American religious leader

Ensign, June 1971, 72

Heaven is...

“Heaven is a place, but also a condition; it is home and family. It is understanding and kindness. It is interdependence and selfless activity. It is quiet, sane living; personal sacrifice, genuine hospitality, wholesome concern for others. It is living the commandments of God without ostentation or hypocrisy. It is selflessness. It is all about us. We need only to be able to recognize it as we find it and enjoy it.”

– **Spencer W. Kimball** 1895-1985

An American business, civic, and religious leader

“Glimpses of Heaven”

www.lds.org/ensign/1971/12/glimpses-of-heaven?lang=eng



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Ten Commandments for Reducing Stress

– Dr. Michael N. Olpin, Ph.D.

Author, Director of the WSU Stress Relief Center

<http://faculty.weber.edu/molpin/>

1. Thou shalt not be perfect, not even try.
2. Thou shalt not try to be all things to all people.
3. Thou shalt leave things undone that ought to be done.
4. Thou shalt not spread thyself too thin.



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5. Thou shalt learn to say no.
6. Thou shalt schedule time for thyself and thy supportive network.
7. Thou shalt switch off and do nothing regularly.
8. Thou shalt be boring, inelegant, untidy and unattractive at times.
9. Thou shalt not feel guilty.
10. Thou shalt not be thy own worse enemy, but be thy best friend.



10 Steps to be Happy and Healthy

What's life all about? One of the primary purposes for us in mortality is to gain a physical body. And learn how to care for it. Usually we are the happiest when we are healthy and fit. That means we need to make healthier habits and better choices a way of life.

Learn about the **10 things** that nationally known [Dr. Joseph Mercola](#), a NY Times best-selling author, recommends for better health and happiness. Click [here](#) for the details on each step.

1. Stop drinking soda.

It contributes to obesity, diabetes, heart disease, kidney disease, liver damage, osteoporosis, and acid reflux... among other things.



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2. Eat two meals a day, within an eight-hour window.

Also known as “intermittent fasting.” It promotes weight loss, prevents disease, resolves insulin resistance, prevents cellular damage, and more.

3. Sleep eight hours every night.

Insufficient sleep is the strongest predictor for pain in adults over 50...and it affects every system in your body.



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4. Eat more healthy fats and fiber

Healthy fat sources include coconut and coconut oil, avocados, butter, nuts, and animal fats. The latest research suggests healthy fats should make up at least 50% of your diet.

5. Eat fermented vegetables.

A one-quarter to one-half cup of fermented vegetables—eaten with one to three meals per day—can improve everything from your mood... to your digestive health... to your acne.



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6. Sit less, walk more, and improve your flexibility.

Try walking 7,000 to 10,000 steps per day (three to five miles) through your normal activity. Do yoga, Pilates, or plain stretching to increase flexibility.

7. Check your vitamin D levels.

Dementia has a direct relation to low vitamin D levels. Seniors with low levels double their risk of dementia... including Alzheimer's disease.



ClipArtMonk.com

8. Eat nutrient-dense protein.



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Organic, pastured, grass-fed, grass-finished livestock provide the best animal protein sources... along with wild Alaskan salmon and sardines. Hemp seeds, chia seeds, sprouts, and bee pollen are some of the best plant-based sources.

9. Meditate for five to 10 minutes a day.

Stress-related disorders cause up to 70% of doctor's visits. Meditation and mindfulness techniques are proven stress reducers.



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10. Help your family and others, and be active in your community.



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Folks who volunteer over 200 hours per year are 40% less likely to develop heart disease. They also experience higher levels of oxytocin (a “feel good” hormone) and lower levels of stress hormone cortisol.

For the details on each step, read Dr. Mercola's full article, for free, [right here](#).

One more thing...

Eat Meals Together

Many studies have confirmed that children who eat regular meals with their parents are more likely to:

- Get enough nutrients in their daily diet
- Maintain a healthy weight
- Do well in school
- Stay away from cigarettes, alcohol, and drugs
- Be happy with their present life and their prospects for the future



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Family meals may be hard to arrange, but they're worth it.



ClipArtBest.com

How Grandparents Succeed

An excerpt from William B. Smart's book: *Messages for a Happier Life*. He writes,



William B. Smart

“In this volume is distilled much of what I have learned in my own personal search.”

He describes how happiness has little to do with what happens to us; it is a state of mind. “Our happiness depends on how we react to what happens to us. And we are happiest when we reach out to others and up to God.”

“Learn the importance of the family. Teach your children and grandchildren that they belong to something special ... our family.

Travel to blessings, baptisms, ordinations, graduations, weddings. Hold family reunions every two years, three-day affairs. Always at new places, minimal business meetings, maximum fun. Togetherness and interchange. The family comes because they want to. Building family love, unity, playing games.

Love life and you never grow old. Authority by example. Not imposing judgment on those who do not share your religious vision. A son is a son. That's it!”

– **William B. Smart**, 1922-2007

An American author, newspaper executive editor, religious leader

More information – Click [here](#) and [here](#).

Messages for a Happier Life, (Deseret Book, 1989) 95-97

[Available from Amazon](#)



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Start Your Own
“Happy-ized”
Family Treasure
Book Today!

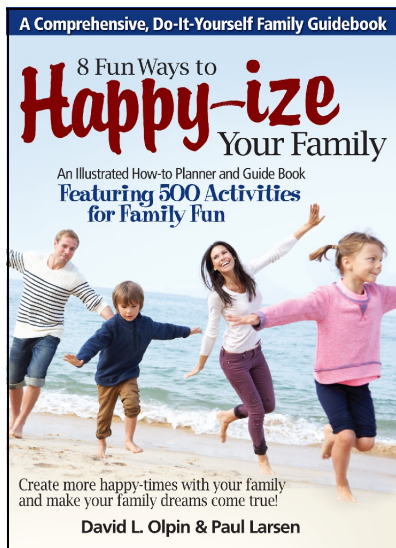


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Do it for them!

Share this eBook

GREAT FOR GIFT-GIVING



8 Fun Ways to **'Happy-ize'** Your Family

Most people spend more time planning a weekend than they do for the lives of their family. Essentially, they let life just unfold without control.

This illustrated eBook is a comprehensive guidebook and planner to help you...

- avoid family failure,
- create more happy times with your family, and
- make your family dreams come true. It will help your family overcome struggles and provide happiness to your family.



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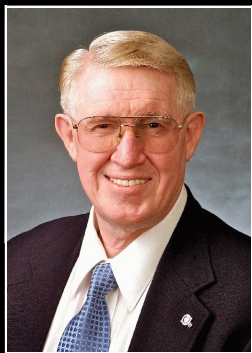
Give a copy of this special e-book as a loving gift to your family and friends.

The authors and publisher has spent enormous resources in creating this eBook to assist you. Directing others to our website or online book distributor to purchase their own copy is the only permissible way to share this title with others.



About the Authors

Dave Olpin, BA



Brigham Young University Alumni Emeritus; Scouting Silver Beaver; Provo Utah Mayor's Distinguished Award of Excellence; George Washington Medal of Honor from the National Freedoms Foundation at Valley Forge; Co-founder of EFI Electronics Corporation, a Salt Lake City based high-tech power surge protection manufacturer, originating in my basement and later merged globally to become Number One in its field in the world (20 years).

Developed the Hugh O'Brian (HOBY) Youth Leadership of Utah HOBY-Utah organization as President and CEO (18 years), providing sustaining funds for annual seminars attended by several thousand statewide very highly-selected students as HOBY Ambassadors from one hundred Utah high schools, securing \$2M in university scholarships from nine state universities.

Military: BYU AFROTC, drill team; Army battalion Personnel Sergeant (10-years)

Civic: Provo City Parks and Recreation Board member, developing a \$39M Provo City Recreation Center and a new Provo City Public Library (18 years); BSA Utah National Parks Council member; two mayor's election committees; Kiwanis member and president(s) (40-years); Sons of Utah Pioneer chapter, president (18-years)

Employment: Sears management (21-years)

Church: Finnish Mission 2 ½ years, Teacher, Explorer leader, Financial Clerk ward and stake Young Mens President, BSA Assistant District Commissioner; Bishop and Branch Presidency Councilor(s); Bishop; Stake High Councilor(s); High Priest Group Leader(s); Branch President of the Provo Mission Training Center and the Utah State Hospital.

Author of several other books:

- Quiet Success Thoughts
- Quiet Success Principles
- Aaronic Priesthood & Scouting Startup Guidebook and website
- Brigham Young University Single Wards Job Descriptions

He and his wife reside in Provo, Utah. They are the very proud parents of four sons and seven grandchildren.

Paul Larsen, BA



Brigham Young University Alumni Emeritus, graduate Lehi High School, 8 years service in Utah Army National Guard, former LDS Danish missionary 2 ½ years.

Church: Ward family history consultant/teacher, Sunday school president/teacher, High Priests group presidency, stake high councilman.

Sole founder and (former or current) CEO and president of 6 different successful companies: health care products, family history, marketing, and publishing.

- Nature's Herbs, Inc. (NaturPharma) (18-years)
- Nature's Laboratories, Inc.
- NaturalCare, Inc. (11-years)
- Fresh Mountain Air Publishing (40-years)
- EasyFamilyHistory.com (13-years)
- Natural Health Marketing

He and his wife reside in St. George, Utah. They are parents of 7 wonderful children, 20 fabulous grandchildren, and (currently) 12 precious great-grandkids.



Our Family's Most Important Values

Our _____ **Family Value**
(Our family name)

Our Family Value # _____

Specifics To Accomplish Value Goals

Start/Done

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____

Repeat copy this form for each family value

Lifetime Goals for _____

1.	_____	42.	_____
2.	_____	43.	_____
3.	_____	44.	_____
4.	_____	45.	_____
5.	_____	46.	_____
6.	_____	47.	_____
7.	_____	48.	_____
8.	_____	49.	_____
9.	_____	50.	_____
10.	_____	51.	_____
11.	_____	52.	_____
12.	_____	53.	_____
13.	_____	54.	_____
14.	_____	55.	_____
15.	_____	56.	_____
16.	_____	57.	_____
17.	_____	58.	_____
18.	_____	59.	_____
19.	_____	60.	_____
20.	_____	61.	_____
21.	_____	62.	_____
22.	_____	63.	_____
23.	_____	64.	_____
24.	_____	65.	_____
25.	_____	66.	_____
26.	_____	67.	_____
27.	_____	68.	_____
28.	_____	69.	_____
29.	_____	70.	_____
30.	_____	71.	_____
31.	_____	72.	_____
32.	_____	73.	_____
33.	_____	74.	_____
34.	_____	75.	_____
35.	_____	76.	_____
36.	_____	77.	_____
37.	_____	78.	_____
38.	_____	79.	_____
39.	_____		
40.	_____		
41.	_____		

Successful people follow successful patterns.

Lifetime Achievements for _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
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- 75. _____
- 76. _____
- 77. _____
- 78. _____
- 79. _____
- 80. _____

Personal Information

(Dad, Son, Grandson)

For _____

Social Security Number _____

Birth date _____

Suit Size _____

Shirt Size _____

Shoe Size _____

Pant Size: waist _____ Inseam _____

Favorite Clothing Colors _____

Dental Coverage _____ Number _____

Medical Coverage _____ Number _____

Blood Type _____

Talents & Abilities _____

Honors, Awards, Achievements

School Clubs/organizations

Personal attributes

Education

Work	Positions	Dates

Church/organizations	Positions	Dates

Personal Information Sheet (Mom, Daughter, Granddaughter)

For _____

Social Security Number _____ Birth Date _____

Dress Size _____ Skirt Size _____

Shoe Size _____ Sweater Size _____

Favorite Clothing Colors _____

Dental Coverage _____ Number _____

Medical Coverage _____ Number _____

Blood Type _____

Talents & Abilities

Honors, Awards, Achievements

School Clubs/organizations

Personal attributes

Education

Work	Positions	Dates
------	-----------	-------

Church/organizations	Positions	Dates
----------------------	-----------	-------

Periodic Personal Review Record

Comments & Challenges	Suggestions
Date _____	Praise Positively Main Points
	Build trust and love, share feelings
	Make the review helpful enjoyable, informal
	Review personal goals
	School progress
	Sports achievements
	Uplifting reading
	Positive use of time
	Exercise/Physical fitness
	Financial goals
	Scouting progress
	Spiritual development
	Arts development
	Personal preparedness, self-reliance
	Activities to share
	Journal
	Encourage talents, abilities
	Other
	Date of next review
	Goals to accomplish
	Next review date

Family Member Roles

Purpose: To suggest family support roles.

Father:(Or head of the household)

Mother:

Children:

A Simple Budget Plan

A	B	C	D	E	F	G	H	I	J	K	L	
Budget Year	(example)	Month	Week 1	Week 2	Week 3	Week 4	Week 5	Totals	Current Group Actuals	Budget Estimates	Budgeted Totals	Comments
TOTAL INCOME												
Employment								0.00		\$ -		
Employment								0.00		\$ -		
Employment								0.00		\$ -		
Bank Interest								0.00		\$ -		
Bank Interest								0.00		\$ -		
Other								0.00		\$ -		
Other								0.00		\$ -		
									\$ -	\$ -		
Totals			0.00	0.00	0.00	0.00	0.00	0.00			\$ -	Income yet Anticipated
TOTAL SPENDING												
Transportation												
Auto								0.00				
Gasoline								0.00		\$ -		
Maintenance								0.00		\$ -		
Inspection								0.00		\$ -		
License/tax								0.00		\$ -		
									\$ -	\$ -		
Home												
Maintenance								0.00		\$ -		
Furniture								0.00		\$ -		
HouseSupplies								0.00		\$ -		
Groceries								0.00		\$ -		
Other								0.00		\$ -		
Postal								0.00		\$ -		
									\$ -	\$ -		
Utilities												
Phone								0.00		\$ -		
Gas Company								0.00		\$ -		
Electric								0.00		\$ -		
Gas/Questar								0.00		\$ -		
Provo Utilities								0.00		\$ -		
Computer/Website								0.00		\$ -		
									\$ -	\$ -		
Health												
Dental								0.00		\$ -		
Medical								0.00		\$ -		
Insurance								0.00		\$ -		
Medications								0.00		\$ -		
health								0.00		\$ -		
									\$ -	\$ -		
Entertainment												
Civic								0.00		\$ -		
Movies								0.00		\$ -		
Dining out								0.00		\$ -		
Travel								0.00		\$ -		
Other								0.00		\$ -		
									\$ -	\$ -		
Miscellaneous												
Clothes/misc								0.00		\$ -		
Gifts								0.00		\$ -		
Donations								0.00		\$ -		
Pocket Money								0.00		\$ -		
Other								0.00		\$ -		
									\$ -	\$ -		
Totals Spending		\$ -	0.00	0.00	0.00	0.00	0.00	0.00	\$ -	\$ -	\$ -	
Total Income todate								0.00		\$ -	\$ -	Estimate Difference
On hand difference between income and spending for this month								0.00				
Carry over from last month from last month bank statement												
Total Bank On Hand/Bank Balance at EOM/Currently												
Total Cash On Hand												
Grand Total Liquid Assets												
Income yet this month												
Total anticipated on hand end of month									\$ -	#VALUE!	Est EOM Balance	
Total of other assets, Stocks, etc												
Total of all assets												
Instructions: At beginning of month enter Pending Income (Light blue) and pending known expenses (green) for the month												
At the beginning of the month enter your carry over amount taken from your last month bank balance												
As the month progresses enter the actual amounts in the left hand side of form												
The form will automatically calculate your condition as you progress through the month.												
The entered figures in this sample are for example only and should be changed to match your actuals												
Do a "save as" for the following months												

Family Advisors

Doctor _____

Address _____

Phone/email _____

Address _____

Doctor _____

Phone/email _____

Address _____

Dentist _____

Phone/email _____

Address _____

Accountant _____

Phone/email _____

Address _____

Attorney _____

Phone _____

/email _____

Address _____

Insurance Homeowners _____

Phone/email _____

Address _____

Insurance Disability _____

Phone/email _____

Address _____

Insurance Automobile

Phone/email

Address

Financial Advisor

Phone email

Address

Church Advisor

Phone

/email

Address

Auto Mechanic

Phone/email

Address

Yearly Family Major Planning Retreat (4-D)

Date: _____ To _____

Place: _____

Purpose: For entire family to get away from home, review values and goals, focus plan their next year's activities, and enjoy each other.

Item	By Whom	Suggestions
		Advance Preparations
		Prepare agenda, food, travel, activities
		Review Family Mission and Values
		Review all potential activities
		Decide actual activities
		Calendar 12 months ahead
		1 month firm plan
		2 more months tentative
		Long-range
		Activities Worksheets; set up for next year follow-up
		Budget Review
		Family member assistance
		Major purchase plan
		Other
		Family members home responsibilities review
		Home Improvement Plan
		Special projects
		Review 1-year Spread Sheet
		Family organization items
		Family member development
		music, arts,
		talent, school,
		sports, other.
		Review past happenings
		Personal 72 hour survival kits
		Other
		Next planning date
		preparations
		Family Enjoyment
		Activities

Our One-Week Family Goals

- | | | | |
|-----|-------|-----|-------|
| 1. | _____ | 27. | _____ |
| 2. | _____ | 28. | _____ |
| 3. | _____ | 29. | _____ |
| 4. | _____ | 30. | _____ |
| 5. | _____ | 31. | _____ |
| 6. | _____ | 32. | _____ |
| 7. | _____ | 33. | _____ |
| 8. | _____ | 34. | _____ |
| 9. | _____ | 35. | _____ |
| 10. | _____ | 36. | _____ |
| 11. | _____ | 37. | _____ |
| 12. | _____ | 38. | _____ |
| 13. | _____ | 39. | _____ |
| 14. | _____ | 40. | _____ |
| 15. | _____ | 41. | _____ |
| 16. | _____ | 42. | _____ |
| 17. | _____ | 43. | _____ |
| 18. | _____ | 44. | _____ |
| 19. | _____ | 45. | _____ |
| 20. | _____ | 46. | _____ |
| 21. | _____ | 47. | _____ |
| 22. | _____ | 48. | _____ |
| 23. | _____ | 49. | _____ |
| 24. | _____ | 50. | _____ |
| 25. | _____ | 51. | _____ |
| 26. | _____ | 52. | _____ |

Family Birthdays, Anniversaries And Special Events

January _____

February _____

March _____

April _____

May _____

June _____

July _____

August _____

September _____

October _____

November _____

December _____

Planned Household Improvements and Major Purchases

Living room

Bedroom

Bedroom(s)

Kitchen

Bath(s)

Family Room/Basement

Other Rooms

Study

Yard, Garden and Other

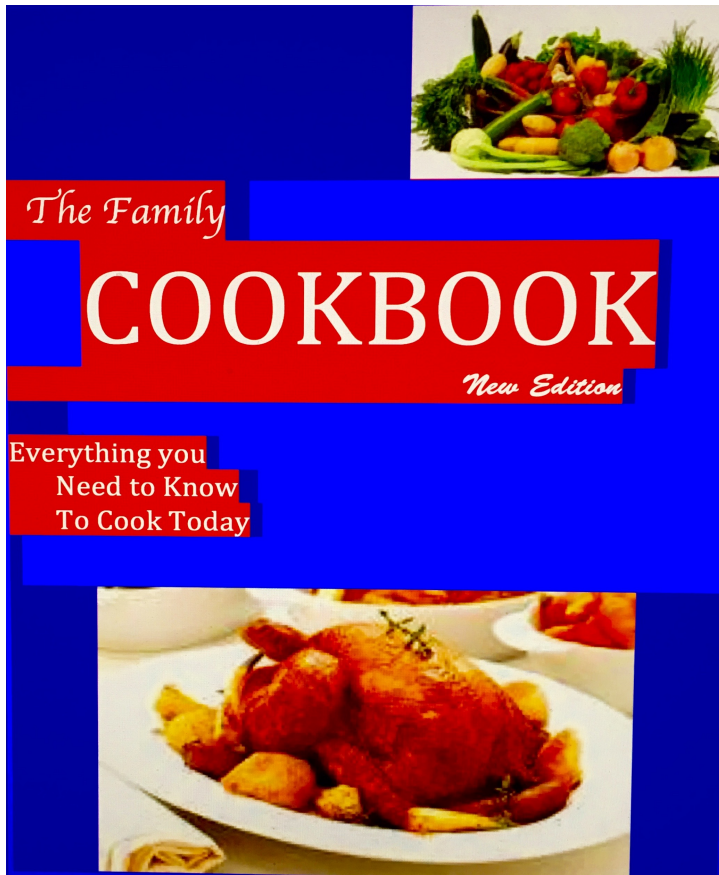
We the Members

of the _____ Family,

Family Mission Statement and Values

We, the undersigned, therefore, agree that we will to the best of our abilities put into practice our **Family Mission Statement and Values** as we have defined them this date:

Ultimately, what is more important than your family?



A Comprehensive, Do-It-Yourself Family Guidebook

8 Fun Ways to **Happy-ize** Your Family

An Illustrated How-to Planner and Guide Book
Featuring 500 Activities for Family Fun



Create more happy-times with your family and make your family dreams come true!

David L. Olpin & Paul Larsen

Like a great cookbook,
if you follow the instructions,
“*Happy-ize*” helps your family turn out right.

“This book is a welcome addition to any home.”

---Senator Orrin Hatch

A world desperately needed tool to prevent erosion of marriage, strengthening of family

Endorsed by



Senior Senator Orrin Hatch Utah Governor Gary Herbert BYU Coach LaVell Edwards Fred Adams Shakespeare Festival