



INTEGRATIVE MINDS
Creating Leaders. Elevating Success



7 Tips to Generating More Peace Within Your Family by Doing Less Work

By Jacqueline T.D. Huynh

TIP #1 - HAVE POWERFUL ALLIANCES

Have you thought about how the people around you can also influence you and your results?

According to Jim Rohn, **“You are the average of the five people you spend the most time with.”**

Now expand that thinking and think about whom your children are spending the most time with.

Think about whom your family is spending the most time with. These people will influence your family’s choices, thoughts, belief, and maybe even whom you become.

So make a careful and critical examination of these people and then make a conscious choice



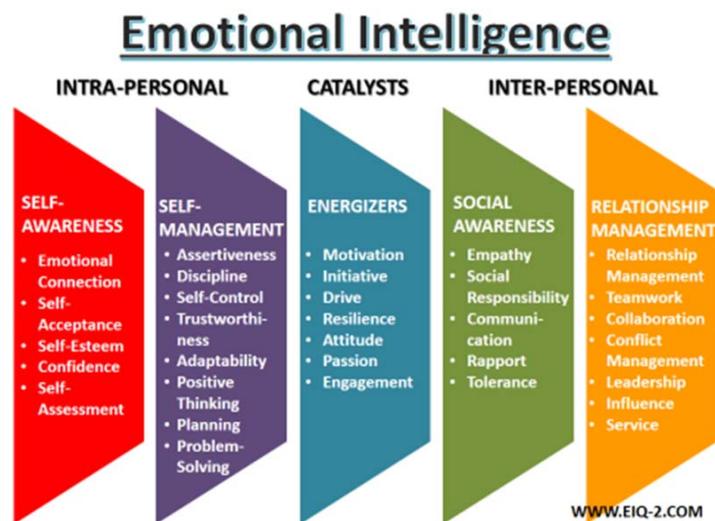
TIP #2 – EMOTIONAL INTELLIGENCE

One of the main qualities that decipher a great leader from a mediocre leader is emotional intelligence or conscious emotions. Emotional intelligence is being able to:

- Distinguish, understand, and have a greater awareness of how our thoughts and feelings connect with your outward displays and behaviors.
- The ability to manage and express appropriate emotions and help others do the same.
- Not blame others for your feelings.

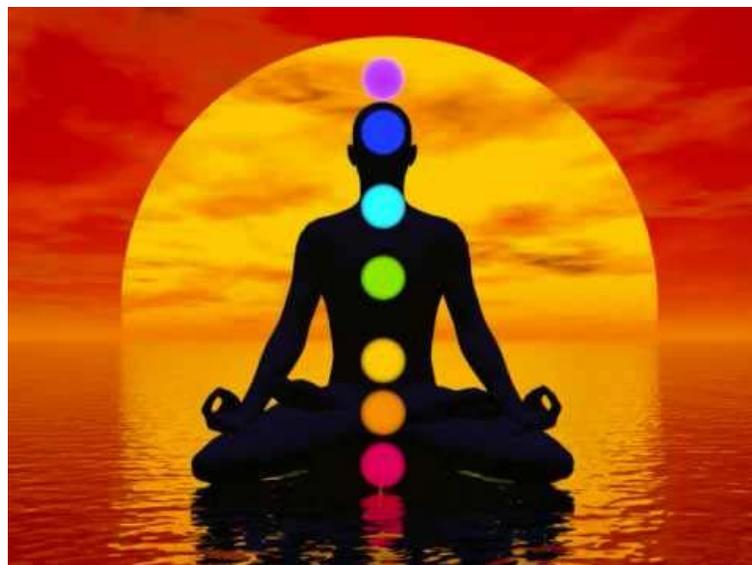
One of the key ways to do this is about being able to control your emotions and being strategic about what emotions you allow to come out. This is especially important in the heat of the moment or at the time of an argument.

1. Look within yourself to see why you have such a strong reaction to a specific situation. Children can only push buttons that already exist.
2. Learn from each other. Each family member offers a “gift” by helping uncover the lessons and experiences each person brings to the whole table.



TIP #3 - GET CENTERED & GROUNDED

1. A partial list of benefits to practicing centering technique on a regular basis includes: enhanced ability to effectively produce visualization and mental imagery; better oxygen circulation; improved digestion; increased energy; general relaxation; improved sleep; decreased physical and emotional pain; reduced fear and anger; a reduced effort of the heart; lengthening of life; and a pathway to feeling a personal spiritual connection.
2. Take time out everyday to get grounded and centered. This can be in the form of medication, listening to soothing music, taking a walk in nature or even petting your dog/cat.
3. Late for an appointment? **Breathe.** Kids just dump their toys in the toilet? **Breathe.** Breathing deeply reduces stress – and the stress hormones circulating throughout your body. Breathing brings you back into the moment so you can choose a better way to handle things.
4. Remembering to breathe may sound simple, but it will change your life. **Breathe!!**



TIP #4 – “DOING” OVER “SPEAKING”

Sometimes we forget our actions speak louder than words. “Do as I say not as I do”. Sometimes we get busy and say “I’ll do it soon/later”. We forget that our character and commitment is shown through our actions.

“How you do anything is how you do everything.”

As parents we’re constantly trying to teach our children life lessons with our words and we forget that leading by example overshadows our words. How you talk to strangers, how you handle difficult situations, how you treat people. They notice everything. You are giving them permission to behave the same.

- Get clear about what matters most to you and your family.
- Get clear about what message you want to convey and the action you use to support the message.

Keep in mind that your influence runs deeper than you think. Most teens say they want to spend more time with their parents. And teens choose friends that have their parents’ core values. So make a conscious choice of your action.



TIP #5 - FAMILY TIME

Spend at least 5 times a week having family meals together and get everyone to help plan, prepare and clean up. Quality Family Time means no electronic devices at the table.

Right now it might be about survival, meeting daily needs and keeping my head above water. It may all seem a blur. But eating together and having conversation at least 5 times a week is one of the best defense against negative peer influences. It lowers the rate of:

1. substance abuse
2. teen pregnancy
3. depression
4. obesity
5. eating disorders



It increases resilience, grade-point average and self-esteem. It will also give you more awareness of changes in demeanor and behavior of your children. This is the time to nourish your family, prevent all kinds of problems, increase your children's cognitive abilities, and provide pleasure and fun that they can build on for the rest of their lives.

Researchers find that families who eat together 5 nights a week reap great benefits. If your family finds breakfast or weekend lunches easier meals for a gathering, then these could also “count.” And think about the kind of adults you hope your children will be. And work backward to ask, “What can I do today to foster that?”

Because loving a child means wanting what's best for them long term. Keep making quality time for your child throughout the tween and teen years.

Even when it doesn't show, you provide the solid ground they know they can always come home to.

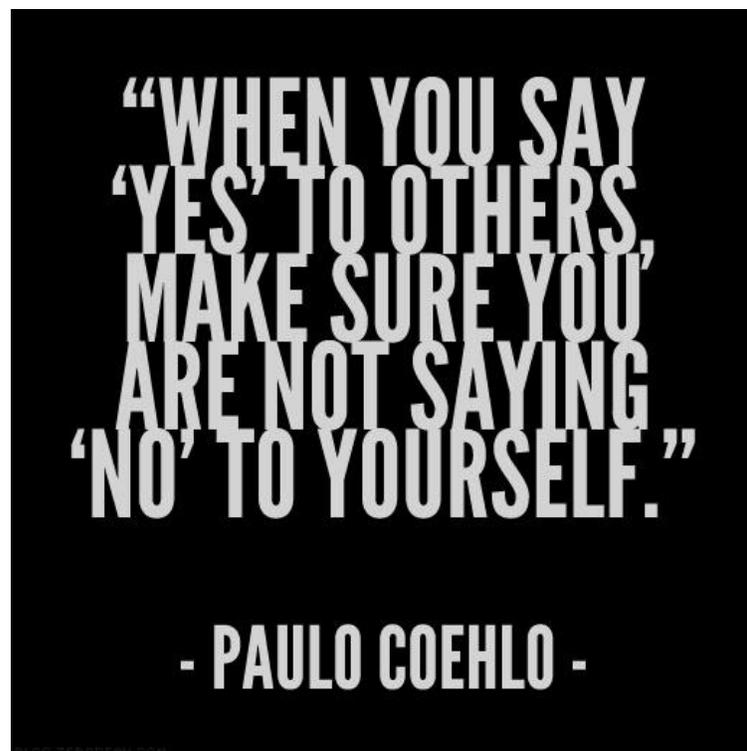
TIP #6 - “NO” IS A COMPLETE SENTENCE

The most powerful word in Time Management vocabulary is “No”. Set boundaries for yourself so you don’t over extend. It’s been said that one of the secrets to the late, great Steve Jobs’ success was to say no to 1,000 things.

Highly productive and satisfied people say “no” to non-essential projects, tasks, requests and opportunities – and they say it so well. One of the reasons many of us are overwhelmed and over-stressed is because we just can’t bring ourselves to say no to people.

Your children are looking and learning how you handle life’s situation and how you handle stress and time management.

At the very least learn to say, **“I’ll get back with you.”**



TIP #7 - CREATE A FAMILY PLAN

Successful businesses have a business plan. A family should have a family plan. It should include core values, mission statement, vision statement, a defined culture and family meetings.

When you have an agreed upon foundation, structure and “way of operating” from the whole family, you get a “buy-in” from everyone. Family members will be more excited. This leads to more engagement and positive results for the whole family. Everyone benefits. Everyone wins.

“1 hour of planning will save 10 hours of doing.”



**To Schedule Your
“PEACEFUL FAMILY DISCOVERY SESSION”
Send an Email to Info@IntegrativeMinds.com**



ABOUT THE AUTHOR

Jacqueline T. D. Huynh is an author, speaker and consultant on the topic of Family Leadership and Leadership Development.

She is an Amazon #1 Best Selling author of *“Your Amazing Itty Bitty Book on Family Leadership: 15 Simple Tips Successful Companies Use That Families Can Implement At Home”*. She is certified in Leadership Development and Certified Master in Neuro-Linguistic Programming (NLP).

She brings over 15 years of corporate and business world experience and integrates her coaching with her knowledge and life skills. Her clients have included businesses in the manufacturing, aerospace, legal industry, and family & children services. She works with parents who are business owners to develop skills to become successful leaders.

She found her inspiration, passion and purpose as a leadership coach after the suicide of her sister and her decision to leave her marriage. She developed the skills and talents of a great leader to be an instrumental role model for her children.

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