

CHOOSING YOUR

*Family  
Theme*

THE AWESOME GUIDE  
THAT SHOWS YOU HOW!

MARCUS AND  
ASHLEY KUSI

## **About the Authors**

We, Ashley and Marcus Kusi, have been married for a little over 3 years. We have a one year old daughter whom we spend most of our time with. We love cooking, helping young married couples, especially those in their first year of marriage improve their marriage, teaching and sharing with the world what works for us through our [website](#).

Connect with us on [Twitter](#), [Facebook](#), our [website](#) or through [email](#). Visit our website to learn more about us.

Twitter: @marcuskusi

Facebook: Our Peaceful Family

Email: [ourpeacefulfamily@gmail.com](mailto:ourpeacefulfamily@gmail.com)

Copyright [www.ourpeacefulfamily.com](http://www.ourpeacefulfamily.com) (2014)

All Rights Reserved.

No part of this book or any of its contents may be reproduced, copied, modified, or adapted without the prior written consent of the authors.

Feel free to share this book only if you agree to the Copyrights above.

## **Introduction**

Family themes are awesome, and present unique ways to describe any family. They vary from one family to another, and the best way to choose yours is by knowing what you want your family to exemplify or be portrayed as. A family theme has lots of benefits, with one benefit being a common goal for your family to work towards.

Some of the best moments about having a family theme is when people describe your family as your family theme. For example, we love to hear friends, relatives, and even strangers call our family peaceful since our family theme is peaceful family.

I vividly remember when a complete stranger approached us at a local store in 2011 just to tell us we send out a peaceful loving vibe; that was certainly proof that having a family theme can positively impact other lives. Imagine if instead of our family it was yours, how would you, and your family or spouse feel?

Due to the success we have had with our family theme, we have decided to share it with you. We have compiled the steps we took in choosing our family theme into six awesome and simple sections.

These sections are filled with information that will definitely help you and your family to choose a family theme that suits your family. Section 5 of this Guide is about our family theme and how we use this theme in our family every day.

# **Table of Contents**

Section 1: Understanding Family Themes .....Page 5

Section 2: Define Your “WHY” for your Family Theme.....Page 6

Section 3: Why Is “WHY” Important For Your Family Theme.....Page 8

Section 4: Family Theme Actionable Steps.....Page 10

Section 5: Our Peaceful Family Theme.....Page 12

Final Section: What is Your Family Theme? .....Page 14

Worksheet for Section 2 .....Page 15

Worksheet for Section 3.....Page 16

Worksheet for Section 4.....Page 17

## **Understanding Family Themes**

Are you ready to choose your family theme? Choosing a **family theme** played a very big role for us having a peaceful family; it is also what we want to be known for.

This **family theme** is not just any aspiration that we set for the New Year; it is the theme for our family, very simple, yet a profound guidance for every decision we make. Therefore we invested some days in picking ours; a **peaceful family**.

We believe that once our family is peaceful, all other endeavors we pursue will yield better results. A simple family theme will not only impact your family positively, but it will also be the yardstick to determine if your family should pursue certain endeavors or not.

If you, and your spouse(if married) do not have a **simple** family theme that you both agree, and are **committed** to accomplishing, we certainly agree you should invest some time this week into setting or choosing one for your family.

Even if you are a single-parent, divorced, or single, choosing a **family theme** will go a long way for your family or future family. It could simply be being a debt free family, a peaceful family, a smoke-free family, a hardworking family, a giving family, etc. Pick something positive that you wish your life to reflect in your home, which by default will transcend into your environment, and outside your home; family themes describe families.

## **Define Your “Why” For Your Family Theme**

Are you ready? If you are, then grab a pen or pencil, and a sheet of paper; this section involves brainstorming. Kindly go through this section with your spouse if you are married, answer each question and write down all your answers. At the end of each question, we share our answer to provide you with a better understanding of the question.

1. **Why do you want this theme for your family?** We want our home to be known as peaceful, nurturing, and loving.

2. **Why will a family theme be so important for you and your spouse (if married)?** It will enable us to provide an awesome environment for us to live, grow, and learn with our children. It also sets the tone and temperament for every choice, and response we make as a couple, and as parents.

3. **Why do you believe in this theme?** To put it lightly, we love living a stress free life, and our family theme enables us to do so. In addition, we believe wherever peace exists, there is unity, productivity level increases, almost everything becomes easier, plus our inner joy escalates.

***Marcus:** I love living a chaos-free lifestyle, little to no stress if possible, and simply enjoying a quiet peaceful home. I have always tried to live this way since it protects me from avoidable events, it does not imply I do not take risks; I enjoy the thrills of taking calculated risks.*

*As a result, choosing a family theme was not difficult for us since we shared similar ideas and knew what we wanted our future family to be. But it was only through our brainstorming section, and understanding our WHY that we agreed to choose a “peaceful” family for our family theme.*

***Ashley:** I believe having a family theme is such an integral part of any family. Someone with*

*goals has that push to always improve themselves, and move forward, someone without goals just kind of wanders through life. The reason why this theme is so important to me is because of my previous life.*

*Before I became a wife and mother, I was the total opposite; always filled with high stress, unbalanced, and unpredictable things. By choosing a theme for our family, I have comfort as a wife, knowing my husband and I are working together as a team to provide a nurturing, and an encouraging home for our children.*

Do you notice the words Ashley uses to describe how she views a “peaceful” family and the words Marcus used? Remember, if you are going through this section with your spouse that you both speak different languages; see where your ideas connect, and go from there.

## Why Is “Why” Important For Your Family Theme?

During the last section, you answered three questions in what was a **brainstorming** section. I found a very **enlightening** and **inspiring** TED video, *Start With Why*, by Simon Sinek to watch. This video will help you further understand your **WHY**; please click on this video link, “*Start With Why*” to watch. Sinek shows us with excellent and simple to understand examples about starting with your **WHY**.

It is one of the best TED videos you would ever **invest** a few minutes of your life watching, and the return on investment (ROI) is amazing. Once you are done watching the video, please answer the three questions again, and make corrections if needed.

1. Why do you want this theme for your family?
2. Why will a family theme be so important for you and your spouse (if married)?
3. Why do you believe in this family theme?

We have personally watched Simon Sinek’s TED video, and both believe you should not miss it. The lesson we learned from this video helped us to **clearly** define our reason for making certain decisions, choices, setting goals (in this case choosing a **theme** for our family), starting a business etc. In this video, Simon Sinek gives such a great example on why it is so important to have a main **belief, goal, or “why”** for a business.

This lesson is just as important for other systems like your family. In just the first seven minutes, he explains the “golden circle” and the trickle effect. An example that’s close to home for us would be:

- A) We want a peaceful lifestyle
- B) How do we have a peaceful life style?

C) Maybe we stop there, or maybe we continue to the third circle of “Why”, which is the central belief, the core of why we want a peaceful lifestyle.

Simon explains this system is backwards and we should instead think C, B, A instead of A, B, C. Do you comprehend it; does it make sense to you? Why should we have a **theme** for our family? For us it is to have a peaceful family to enjoy life, raise **responsible** and amazing individuals, and living life at the absolute fullest. Then we lay out our ground rules, boundaries, and put systems in place to help us structure our **how**.

Lastly, the results from our theme are a warm inviting home, with minimal stress, and no fighting. This explanation is just an example that we hope you find helpful on your journey to choosing your own family theme.

Did Sinek’s video enable you, and your spouse (if married) to **rethink** your **WHY** and come out with better answers? Even though most people will prefer watching Sinek’s video before brainstorming, we have observed that you are very likely to produce better answers this time around.

## **Family Theme Actionable Steps**

After Section 3, you and your spouse(if married) should at least have an idea about what your **family theme** should be if not already chosen, but have you thought about the pros and cons of this theme? What will the **positive** and **negative impacts** of your chosen theme have on yourself, your spouse, children, relatives, and society?

For our theme (peaceful family) negative impact was none, positive impacts included but are not limited to inner joy, great environment for family bonding, improvement in communication, people feeling very relaxed at our home and learning from us.

**Below are the four actionable steps you should take:**

**1. What do you and your spouse (if married) need to do to everyday to accomplish your family theme?** For us, we do not fight, we disagree sometimes which is fine but resolve all issues before heading to bed, and we organize our home as often as we can.

**2. When do you want to see vividly the results of your family theme?** A maximum of one year after our marriage but we saw results 3 months into our marriage. We decided on one year since we should have accomplished this important goal by then, if not then something was wrong somewhere for us.

**3. How will you hold each other accountable towards making your family theme a reality?** We both ensure our home is clean and organized, not cluttered. It is not 100% perfect but enough for our satisfaction. In addition, we asked each other questions about our family theme, especially whether we were headed in the right direction.

**4. How do you want to achieve this theme?** Laugh and smile often, hug and kiss before leaving home for work etc., communicate to ensure everything is fine at home, decorate our home accordingly, being patient, and making it a priority to have a peaceful family.

Some of the **results** and **benefits** we experienced after going through the above action steps was less stress and chaos at home, increased productivity with work since either one of us leaves home happily and knows we will come back to a peaceful home. In addition, always remember the benefits of your family theme since it will increase your desires to make it a reality.

Remember, your family theme must be specific (simple), measurable (how will its results or progress be measured), attainable (can it be done, is it actionable), realistic (real not vague or something impossible like a perfect family, no one is perfect), and time bound (when should the theme be seen by others, or reflect your family actions, image, etc.)

## **Our Family Theme**

As a couple, we believe it is essential to have simple, common, yet integral goals for your marriage, and family. We decided that having a **peaceful family** (*our family theme*) was one of our goals for the kind of home we would like to have and raise our children in. **Communication**, hand in hand **partnership**, working together as a **team** not against each other, **agreeing on finances**, and **lots of patience** are some of the skills we use to make this happen.

We wanted this peaceful family theme for our home because of our future goals and past experiences. Plus we did not want to repeat some of our past family experiences, or even let our children go through them.

We quickly realized the best option moving forward was to identify what our past was, what our present is, and what we want our future to be. We both had different upbringing hence by identifying these, we were able to *choose our family theme*; peaceful family.

*Due to my upbringing, I didn't know how to properly "disagree", was very quick tempered, and had no patience the first year we were married. Slowly and painfully, I swallowed my pride and took the steps required to work on these things, as well as the insecurities that popped up. What helped us survive our first year of marriage was my husband being incredibly patient and understanding to me. - Ashley*

*I had to learn to understand where she was coming from, I needed to loosen up, listen attentively to her needs and not be rigid due to my vastly different upbringing. Whenever we talk about our first year of marriage, I tell my wife honestly if she hadn't changed, thus improved herself, we would probably be divorced because neither of us wants to LIVE an unhappy life. She agrees, as we both have done a lot of growing and changing. - Marcus*

By working **together** as a **team**, **trusting** each other, **listening** to each other's **healthy critiques**, **planning**, **sharing duties** and **responsibilities**, **organizing our home** to prevent clutter (our daughter is a year old now, and preventing clutter has not been easy but we enjoy watching every moment she begins to clutter her toys 😊 ), we were able to build a **solid foundation** for our marriage.

In addition, we have **joint** bank accounts, **budget** monthly (we are still learning to have a zero-based balanced budget), agree on child upbringing, **respect** each other, **read** at least one marriage or family book together each year, plan yearly **goals** for our family, **enjoy** every moment of our daily family time together, and believe that everything will work out fine; this helps us not to stress so much.

The awesome result of choosing a family theme has enabled us to **grow together** over the past few years in our marriage, while nurturing our peaceful family. We believe you can have a peaceful family too, especially if that's the **theme for your family**. If you need help setting one, just send us a message and we will be glad to help you come up with a theme that is **integral** and **vital** to your family's aspirations.

## **What Is Your Family Theme?**

Wow, congratulations on reading this far! We are very thankful and excited for your family theme. Have you decided on your family theme yet? Ashley and I would love to know what your family theme is, and what you think we should add to this eBook to make it awesome for everyone. Kindly take this [survey](#) and let us know what your family's theme is, and how we can improve the series.

Thank you for reading. The next pages have worksheets for Section 2, 3, and 4. Feel free to share this book only if you agree to the Copyrights on Page 2.

Enjoy your life.

Marcus and Ashley Kusi.

[www.ourpeacefulfamily.com](http://www.ourpeacefulfamily.com)

## **Worksheet for Section 2**

1. Why do you want this theme for your family?

2. Why will a family theme be so important for you and your spouse (if married)?

3. Why do you believe in this theme?



