7-DAY ACTION PLAN

Our | Peaceful | Family

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Print out this sheet and place it somewhere you can easily see. For the next 7 days, check off one of the boxes for each of the actions you take everyday.

The Plan:	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
ı. May I have your attention, please?							
2. No yelling.							
3. A mile in your spouse's shoes.							
4. Confirm understanding.							
5. Change your style and hit the home run.							
6. Take a break.							
7. Rinse and repeat.							