

A Successful Family Chores System Explained!

Copyright ©2003 Total-Dynamics LLC

Introduction

After talking with many families over the years I have become convinced that family chores are a sore spot for most families. Most of us acknowledge that our children thrive when they are a productive member of the family. Meaningful chores provide the opportunity for the teaching of life skills and responsibility that are needed to live a successful life.

If this is true, and I believe it is, how come it is so hard to make it happen? Does anyone have a system that really works?

This system really works!

- We show you how to define a family vision that will energize your family!
- You'll see the power of commitment motivate success!
- We'll show you how to build your family into a team incorporating coaching and competition for fun and dynamic motivation!
- We'll show you how to execute your game plan!
- We'll show you how to adapt and review your progress so that your success is assured!

This system works because it is built on a solid motivational foundation that has these 6 elements we call the 6C's.

1. Clarity
2. Commitment
3. Coaching
4. Comrades
5. Competition
6. Celebration

When these are all working together they have multiplied effect!

You have just started on a journey to transform your family! Thank you for letting us be a part of your transformation!

Howard Davis Ph.D.
President
<http://SuccessfulFamilyChores.com>

The 1st Step: Decide What You Want!

Defining a Family Vision - Clarity

Why should I define a family vision? One of the universal characteristics of successful people is that they have a well-defined image of what they want to have happen. Then they consistently visualize it happening. This process brings powerful, God-given, creative forces into play that work on our behalf. We need to utilize these forces to transform our families.

Our task is to use our imagination and create a collective, positive vision for our family. When this is in place, it will change the drudgery of chores into purposeful action toward a worthy, noble goal. This is **CRUCIAL** for your family's success!

How do I do this? Begin with your own preparation. Set aside 15 minutes. During that 15 minutes pull out a blank piece of paper to capture important thoughts. Clear your mind of distractions and take a few deep breaths. Engage your active imagination. Then ask yourself these questions and let your vivid imagination answer using as much imagery as possible:

I have a perfect, beautiful family that gives me incredible joy and fulfillment:

1. What does it look like? Think about each member of your family in your perfect home's setting.
2. What does it feel like? Imagine interacting with each person in your family.
3. What does it sound like? Do you hear music? What kind? Do you hear singing? You hear talking. What is the talking about and how does it sound?
4. What does it smell like? What kind of smells come from the kitchen? From your room, from your yard?

After you have done this exercise for yourself, you will be ready to lead your family through it. Your goal is to end up with a concise, collective description of your family's vision. Then you will need to find a prominent place to display it. It needs to be seen every day. It is very fun to add photos, cartoons and visual aids that help bring your family's vision to light.

The 2nd Step: Practical Steps Toward Our Goal – Chores!

You know what chores are? They are simply the practical steps we can take towards seeing our family vision fulfilled! Wow! My family's vision is worth working toward! These chores really do count for something!

Thoughtfully consider your vision. What are the most important steps you can take toward its fulfillment? Help each one in your family decide what they can do. Think in terms of tasks that need to be done daily, weekly or multiple times during a week, monthly, and then one time projects that should happen in the next two months. When you are done with this process you will have your chore list. But now it is connected to a meaningful purpose!

The 3rd Step: Commit to it

Now you know what you want, and you have defined practical steps to move you toward your vision. It is time to make a commitment! The first part of this is writing it down. **THIS IS VERY IMPORTANT!** Some type of chore charting system needs to be put in place that keeps track of what, where, and when these tasks are to be done. It also needs to automatically measure what has been done and compile this information so that timely feedback can happen.

We provide a great system that does this and more at <http://SuccessfulFamilyChores.com>. Our system is great because it allows parents to check progress from work on the internet, and provides a fun score-keeping system that turns the process into a fun, rewarding game!

The Ante

After you have written down the tasks, it is time for a second kind of commitment. This is the ante! In a card game the ante is what you are putting at risk to be in the game! This is an incredible motivational tool you need to have working for you! This is how it works. For each individual in your family provide an envelope with their name on it. Write a performance standard like: I will do at least 70% of my chores. Have each family member initial it, and put in a sum of money appropriate to their age. Finally put the date it will be checked. This should be no more than 2 weeks from the start date. Clearly communicate what will happen to the money if they fail their commitment. You can have it go to a charity, split the sum among those who do meet their commitment, or other creative uses. At the next period a new ante will be required.

You should also do a group ante! Decide on a group performance standard, amount, and where the ante will go if the group doesn't meet its goal. This puts in place a very powerful group dynamic that you want working for you! Now my actions affect others!

The Reward!

This is the fun part! When you reach your goal what is your reward? Match or double the ANTE! This works really well. Note that your ante does not have to be money. For younger children, toys or activities can be more effective.

Be creative with your group reward! Use the ante amount to pre-fund a great family outing. Do make the reward a family reward that reinforces the sense of team membership.

Make It Visible!

Collect the envelopes with the Ante's into a jar or box. Write the reward and the award date on the label. It is really fun to decorate this box! Be creative. Then put it in a prominent place where you will see it every day. This will continually build anticipation for the reward and serve as a reminder of what could be lost.

Celebrate!

Fully enjoy your reward! Review your vision as part of your celebration activities. Make sure you acknowledge and encourage each one's contribution. Make it a party!

Add Competitive Fun

1. Do you want to supercharge your children's motivation?
2. Do you want to remove the need to nag?
3. Do you want your children's best friends to help?

You can realize all of these incredible benefits by teaming with other families. It is easy to do if you have a means of keeping score. Make sure your chore tracking system will easily allow you to measure progress.

Then you can add:

1. **Dual Family Goals! If both families reach their goals think of the great celebrations you can have! Now their friends are part of the same team!**

2. Add a between family tournament! Go for the bragging rights! We prefer to have this be a contest between the adults because we like to have the kids be on the same team. A dinner out for the parents hosted by the loser works well.

Our Dual Family option is designed for this kind of program! And it provides considerable savings for the 2 families! Sign up at <http://SuccessfulFamilyChores.com> !

The 4th Step Execute It

Short Term Review

It is important to keep the feedback periods short. Review your scoring at least every 2 weeks.

Give Feedback

Children thrive on feedback. Make sure you do your part by checking on their progress. Make a big deal of their successes. By doing this you are showing them that they are important to you. This is one of the greatest gifts you can give them. This will have incredible impact on their self-image that is so important to success!

Don't Blunt the Consequences

The game has built in consequences for missing the mark. This makes the game the Bad Guy not you. Consequences are a part of life. This reinforces personal responsibility which empowers your children for a successful life. **DO NOT SHORT-CIRCUIT** the system by protecting your children from the consequences. If they lose their ante they are gaining a lesson in personal responsibility that is worth every penny it costs!

Focus on the Celebration

What you focus on grows! Focus on your vision! It is worth the effort! Review it, Celebrate it. Build anticipation for the celebrations you will enjoy! As you celebrate, get into it! Talk about how great it feels to be working together and seeing your children grow! The more you celebrate the faster you will reach your vision!

Adapt and Review It

Expect the need to review and adapt as your family grows and changes. Review and improve your family's vision every 2 months. Review your chore assignments every 2 months. Incremental change is a good and necessary part of the process. Be aware of your children's changing needs and what motivates them. Be sure to incorporate these into your ante and rewards.

Breaks in Routine

It will happen! Your system will be chugging along great and then life will provide a big disruption to your routine! A week or two weeks later you will say, "I haven't checked chores for a long time". Don't wallow, start again! Is your family vision worth pursuing? If it's not, change it! Keep it fresh and alive! A break in routine is an opportunity to reevaluate and improve. It is not failure unless you quit!

Measure your results

It is so important to have a way to easily measure your progress as a family. This focuses your energy on what is important so you don't end up wondering what happened. Your time with your children is a limited resource! Make the most of it! Know your purpose and go after it!

Conclusion

What we covered

We have given you keys to transforming your family. We have shown you why and how to:

1. Define a family vision.
2. Connect chores as meaningful steps towards reaching that vision.
3. Build a consistent system for successful family chores.
4. Execute and adapt your system

Why it works

This system works because it taps key motivational principles and gets them working together.

1. Clarity ✓ **We have a clear family vision.**
2. Commitment ✓ **It's written and an ante is in place.**
3. Coaching ✓ **Regular feedback and encouragement.**
4. Comrades in a team ✓ **Family performance goals and rewards.**
5. Competition ✓ **Involvement with other families.**
6. Celebration ✓ **Planned, anticipated FUN!**

When these principles work together they have a multiplied effect and reinforce each other. This system is consistent with real life that rewards commitment, team-work, and vision. It also imposes real consequences for selfish and irresponsible behavior.

It works because it turns the process into a meaningful game that everyone can win! And it is FUN!

Resources to Help

<http://SuccessfulFamilyChores.com> is a great resource for you.

- [Sign up for our free newsletter!](#) Check out the family oriented articles! They will have you laughing and leave you refreshed and motivated.
- [Sign up for our Chore system](#) that will make it a snap to transform your family!

God Bless your Journey!

The Successful Family Chores Team!