

## THE 80/20 FAMILY OPTIMIZER™

20% of Family Activity  
= 80% of Family Formation

20% of Family Activity  
= 80% of Family Destruction

### "The 20%" The High Impact Formation Activities

- Evening family prayer.
- Sunday family dinner.
- Mom and Dad weekly date night.
- Kid's youth group at church.

### "The 20%" The High Impact Destructive Activities

- Discussing family conflict during dinner.
- Teenagers being gone on Sundays.
- TV and phones taking away from family time.
- Family budget is an area of stress for Mom and Dad.

#### Action Items to Bolster the 20%

- Schedule family prayer time for a specific time each evening. Give teenagers 20 minutes heads up.
- Mom plans special meal and dessert for Sundays.
- Mom and Dad sit down every Sunday morning to put a date night on the calendar that works for both of them.
- Dad gets off work early Wednesdays to take the boys to youth group.

#### Action Items to Eliminate the 20%

- Dad holds everyone to no negative conversation during family dinner.
- Teenagers have to get outings on Sunday approved by Mom and Dad.
- Leave cellphones upstairs during family time. No TV during dinner.
- Mom and Dad only discuss finances during set aside times, not during family time or date nights.



**Well-Ordered  
Family**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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The High Impact Formation Activities

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Action Items to Bolster the 20%

Action Items to Eliminate the 20%

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