
Q. Are you patient with your spouse and children? Who are you most patient with? What are the things that trigger a lack of patience in you? How can you improve in that area? _____

Q. When was the last time you had fun—real fun—with each member of your family? What kinds of fun things do you like to do with your spouse? What kinds of fun things do you like to do with your kids? More important, what fun things do they like to do with you?

ACTION POINTS:

1. Make a conscious effort to tell each member of your family that you love them—each day!

Begin to serve the people in your family. Do something for them “just because” with no expectation of anything in return.

2. Take a night this week and set it aside to communicate with your spouse. Also take some time this week to talk to your kids. Really talk to them, not just “shooting the breeze.”

3. The next time you are tempted to lose patience, take control and exert more patience than you usually show.

4. Plan a day or afternoon—if you can’t do a whole day—of fun with your whole family in the next two weeks. Get it on the schedule in the next couple of days