

THE PLAYBOOK

A RESOURCE FOR FAMILIES

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THE WHY

INTELLIGENT ENERGY MANAGEMENT MATTERS.

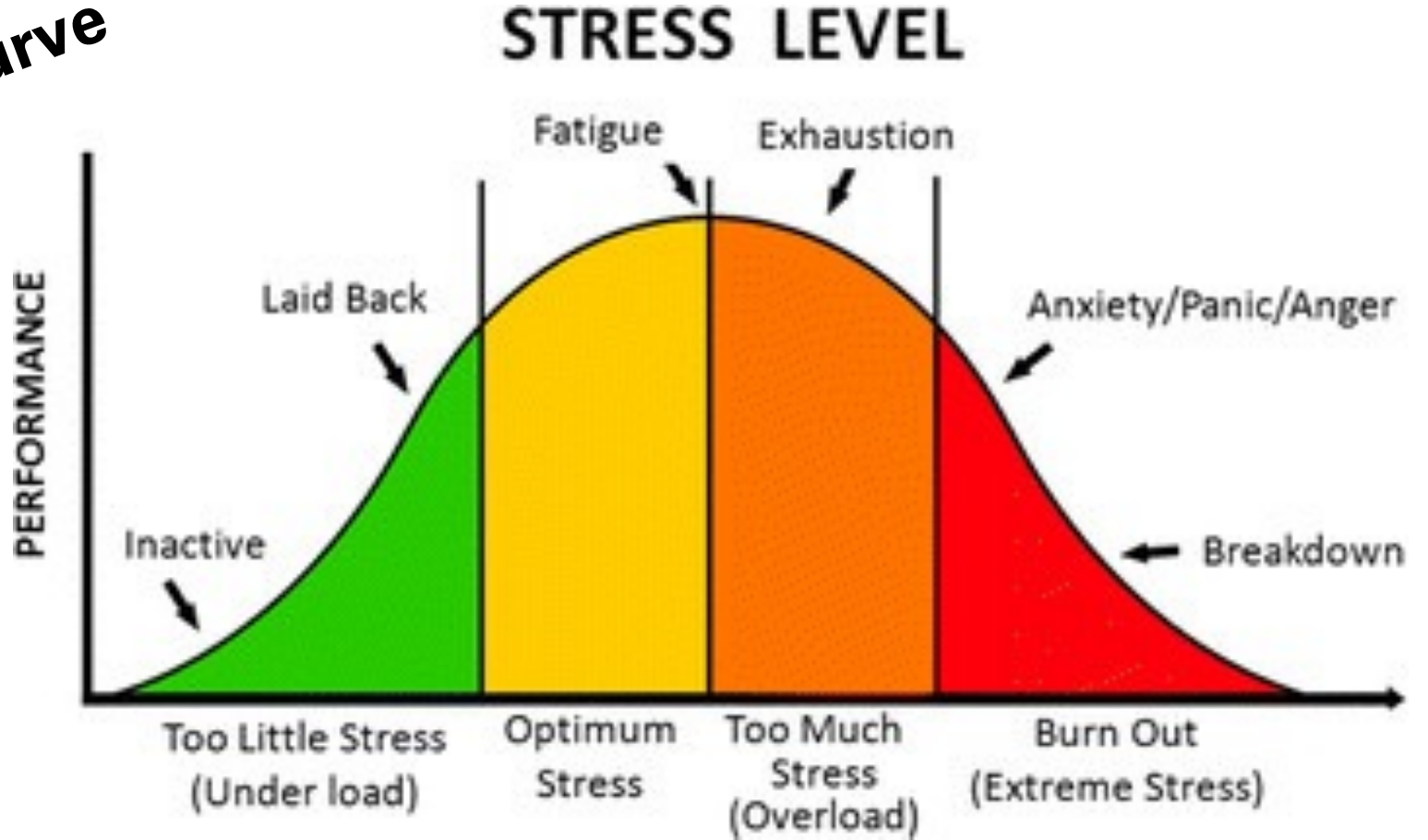


MOMENTUM IS VALUABLE.

**“A COHERENT [FAMILY] IS MORE THAN
JUST A GROUP OF INDIVIDUALS LIVING
TOGETHER—**

**IT IS A UNIFIED FORCE WHERE TRUST,
COMMUNICATION, AND SHARED
PURPOSE DRIVE **COLLECTIVE SUCCESS.**”**

Yerkes Dodson / IZOF Curve



Reality Check

What are YOUR stress markers?

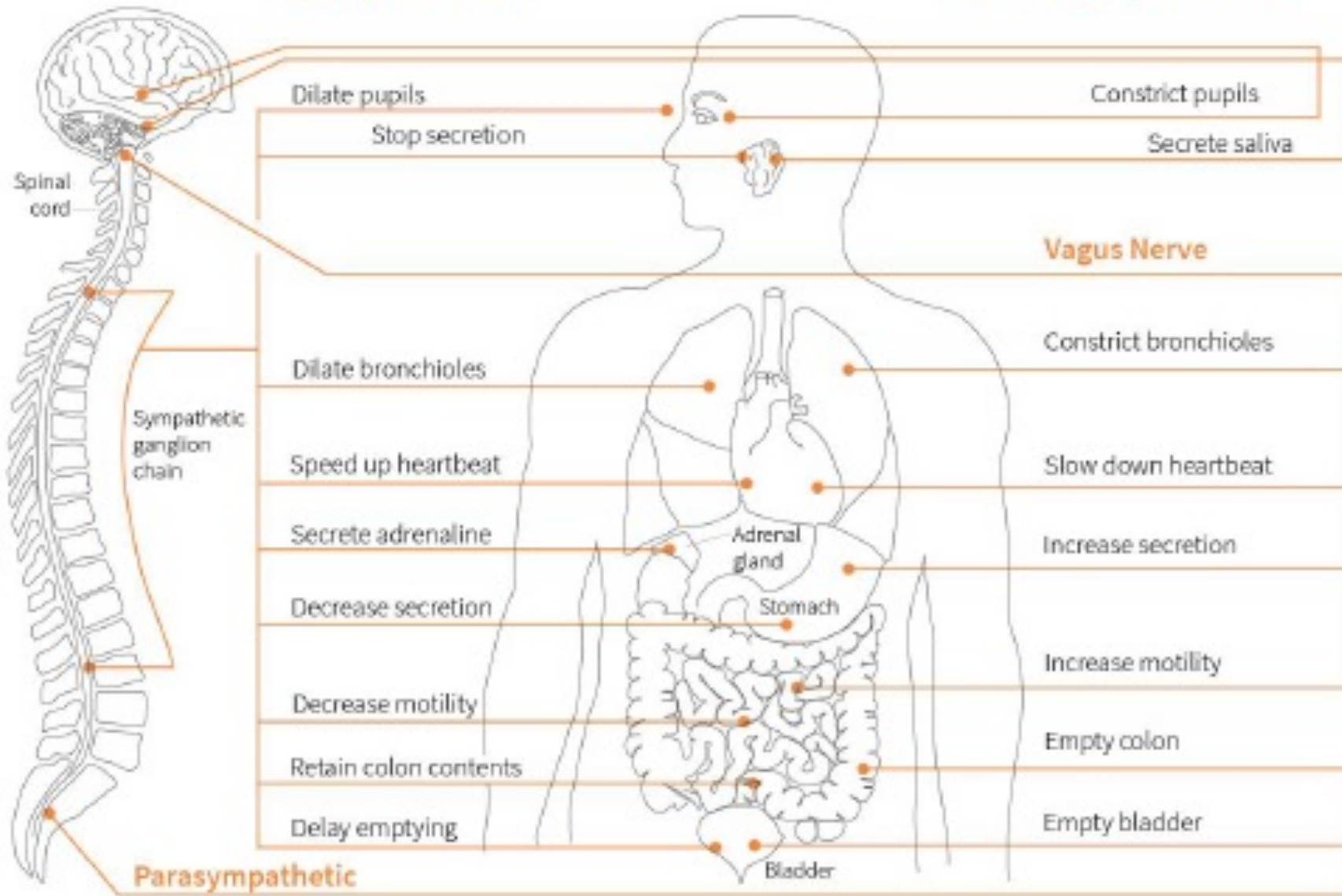
How do you tell where you are on this curve?

Where are you on this arousal curve right now?

Sympathetic

Parasympathetic

“Energy in Motion”

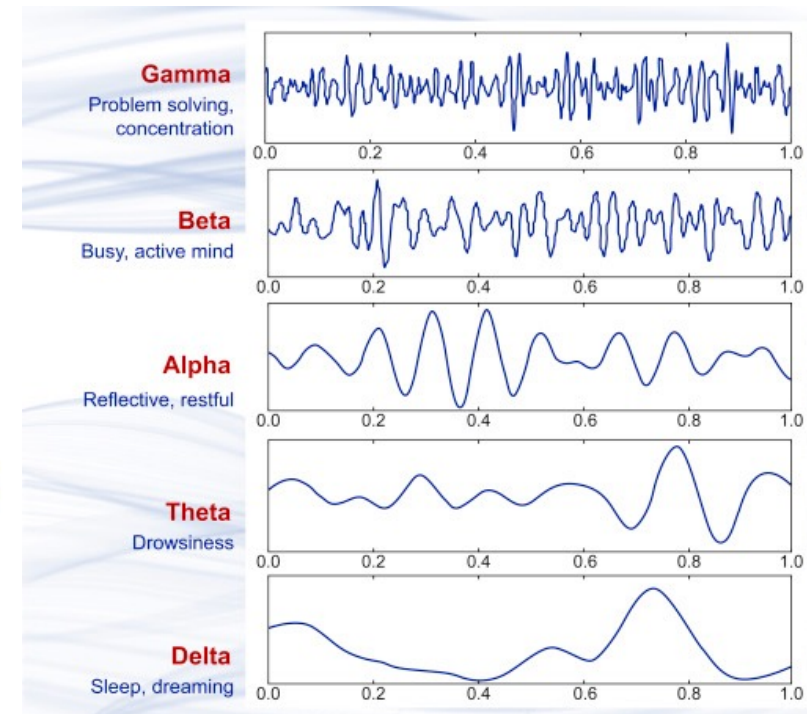
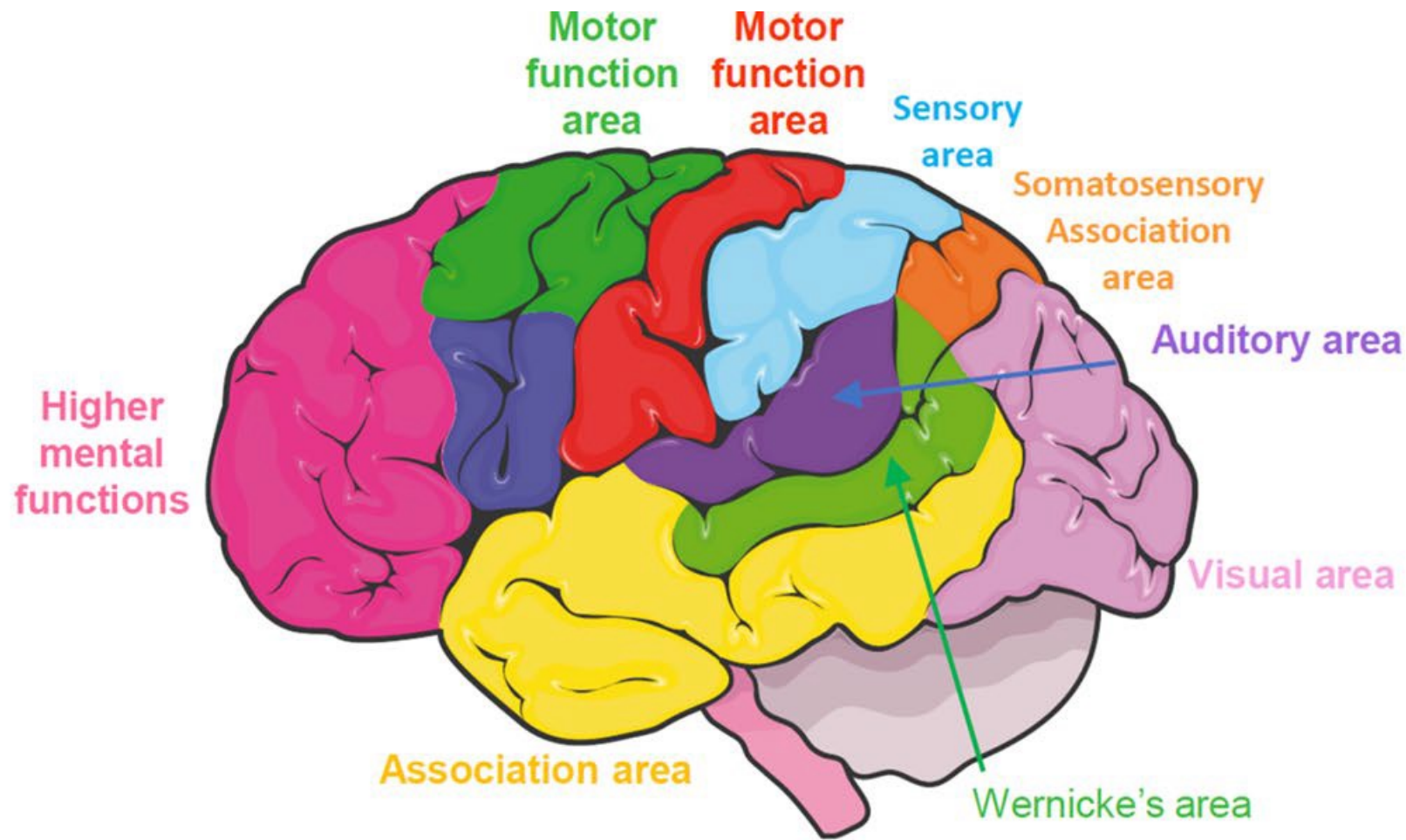


Autonomic Nervous System
REGULATION

“**CORTICAL INHIBITION... OCCURS WHEN EMOTIONS SUCH AS FEAR, ANXIETY OR FRUSTRATION DOMINATE.”**

MEASURABLE SYMPTOMS

UNCLEAR THINKING & IMPAIRED DECISION MAKING
LESS ABILITY TO COMMUNICATE CLEARLY
REDUCED PHYSICAL COORDINATION & REACTION TIME
HIGHER RISK OF HEART DISEASE & HIGH BP



Deng, Q., Wu, C., Parker, E. et al. Mystery of gamma wave stimulation in brain disorders. *Mol Neurodegeneration* **19**, 96 (2024).

<https://doi.org/10.1186/s13024-024-00785-x>

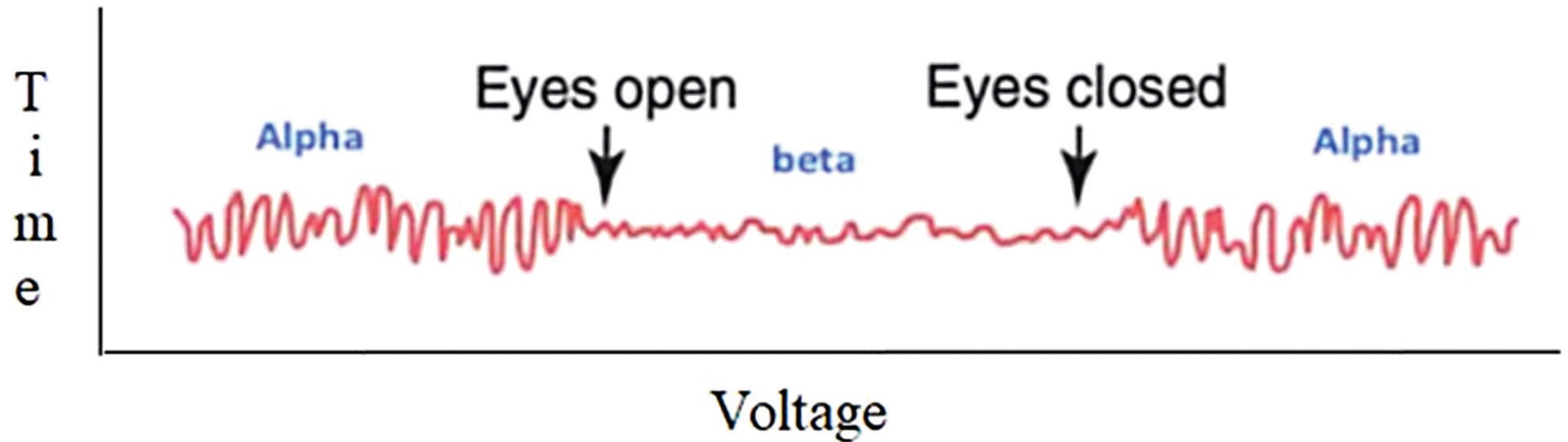
Priyanka A. Abhang, Bharti W. Gawali, Suresh C. Mehrotra. (2016) Chapter 2 - Technological Basics of EEG Recording and Operation of Apparatus (2016)

“**CORTICAL FACILITATION... DESCRIBES
ENHANCED REFLEX SPEED, FOCUS,
INTERNAL CONTROL AND CLEAR
THINKING...”**

**MEASURABLE SYMPTOM
IMPROVES REACTION TIME,
DECISION MAKING & PERFORMANCE**

(A 95 MPH FASTBALL PITCH TRAVELS 5.1 FEET IN 37 MILLISECONDS)

The “Alpha Block Phenomenon”



- 1) With eyes open, think of a current stressor
- 2) Close eyes, focus on beating heart or breathing pattern (e.g., 5 in \leftrightarrow 5 out).
- 3) Open eyes

Inhibition ← Activating Opportunities → Facilitation

MORNING ROUTINES
& RITUALS

TEACHING
SKILLS OR VALUES

EVENING ROUTINES
& RITUALS

FRUSTRATION ABOUT
MISTAKES

ANXIETY OVER DIFFICULT
CONVERSATIONS

DISAPPOINTMENT AT POOR
SCHOOL ENGAGEMENT

NERVOUSNESS OVER AN
UPCOMING EVENT

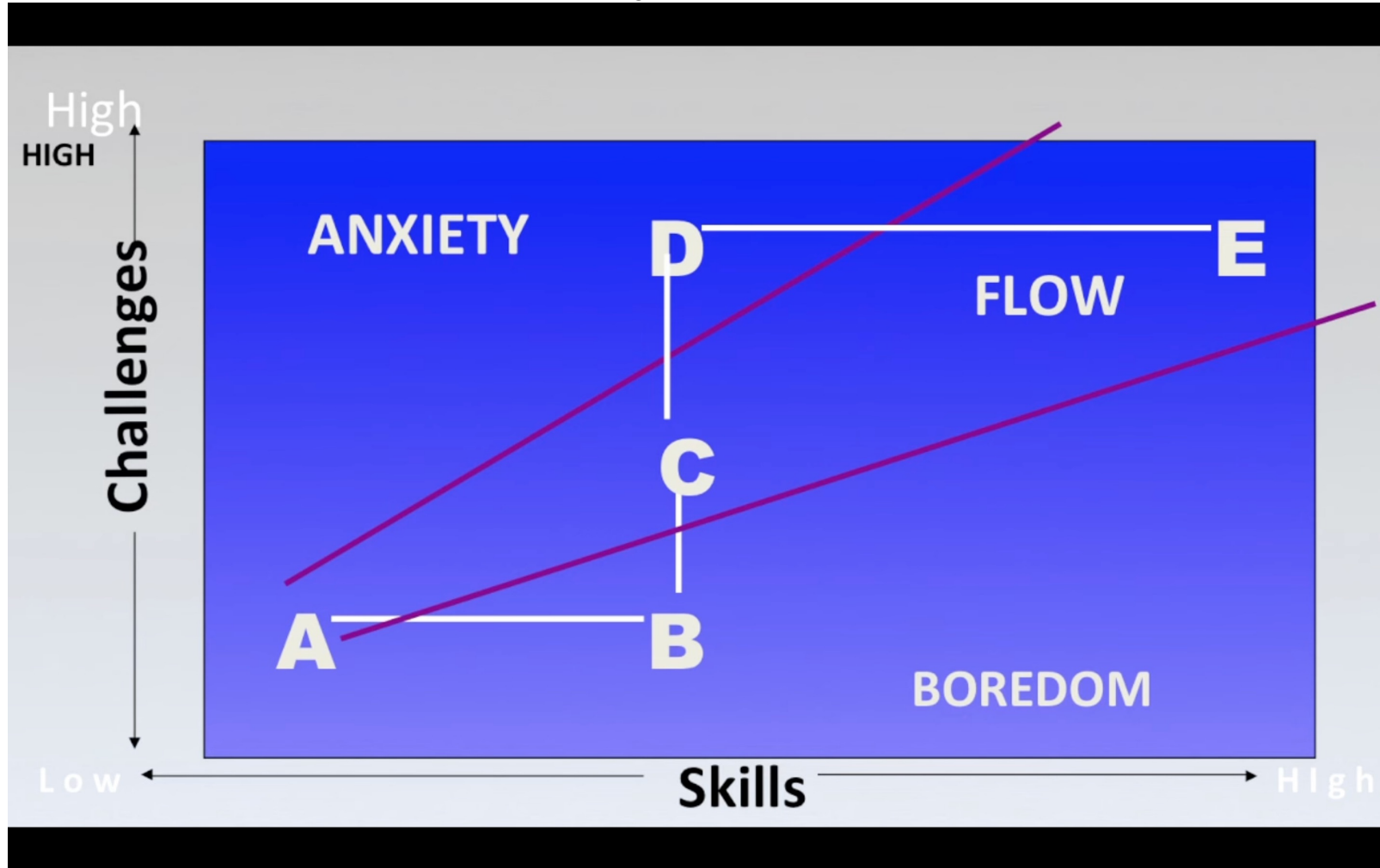
HAVING TO GIVE A SPEECH AT
FAMILY WEDDING OR FUNERAL

FEAR OF LETTING FAMILY
DOWN

RESPONDING TO FAMILY OR
FRIENDS WHO HOLD
DIFFERENT BELIEFS

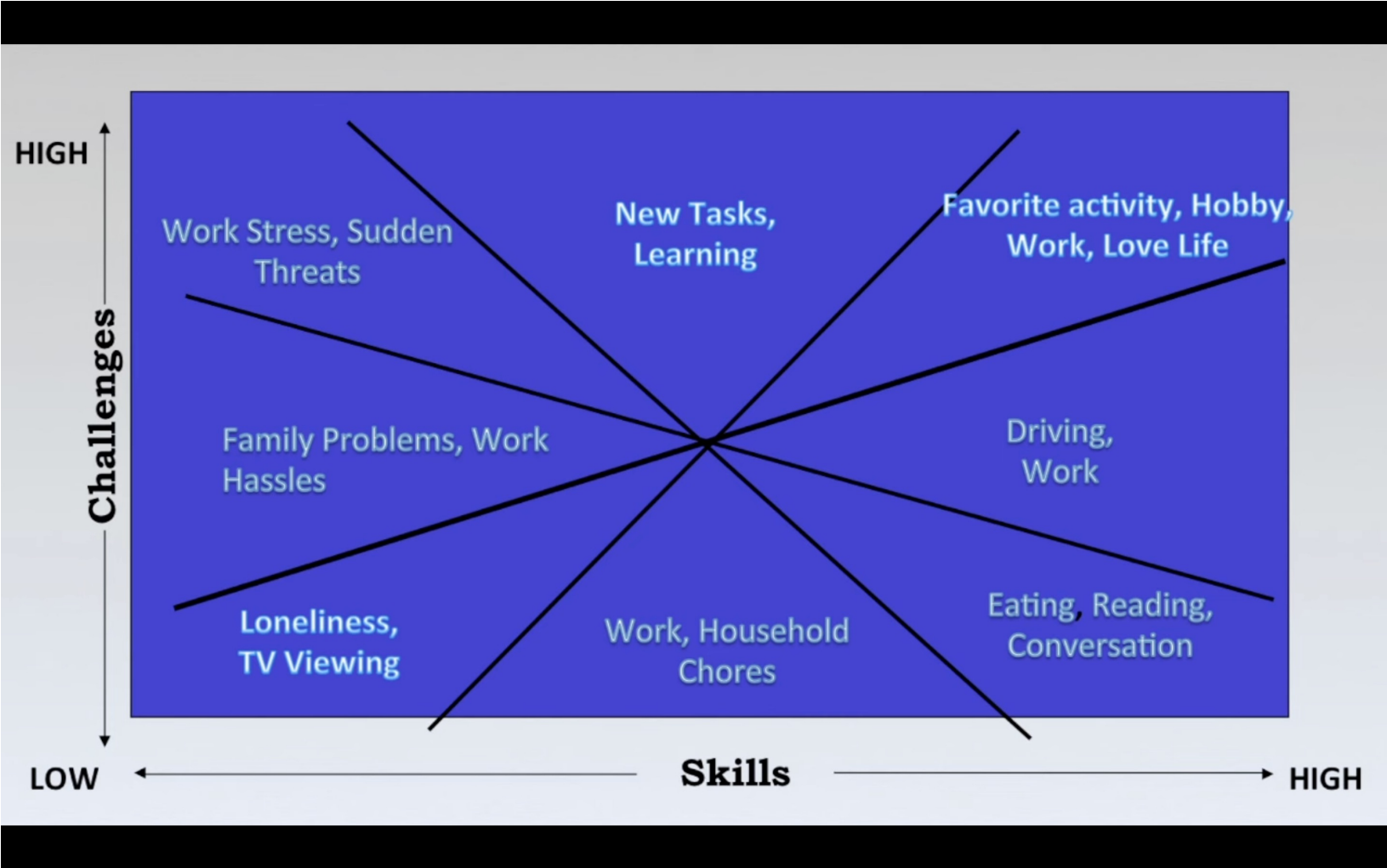
Csikszentmihályi's Flow

Challenge-Skills Balance

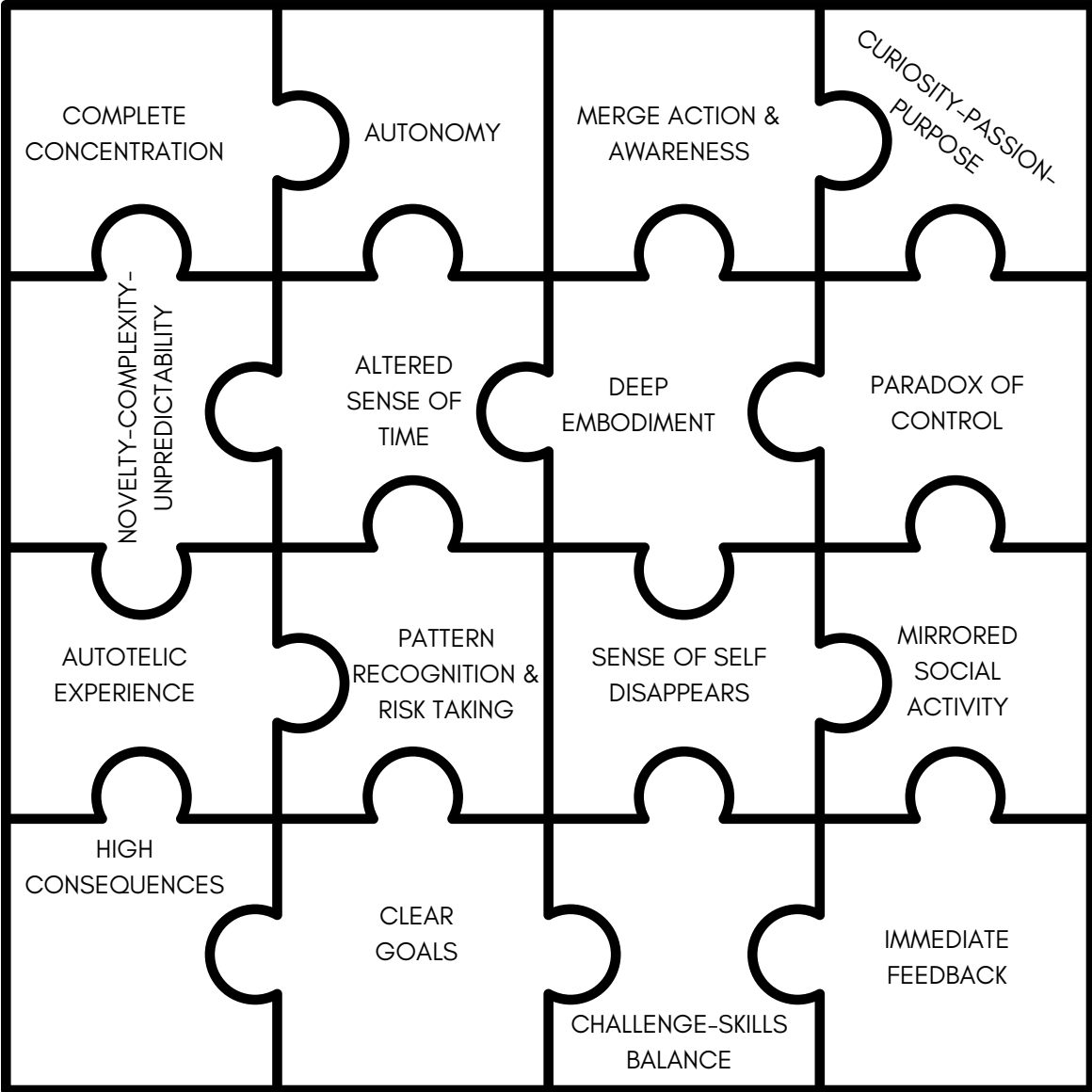


Csikszentmihályi's Flow

Challenge-Skills Balance



THE FLOW SPECTRUM



Adapted from: 1. Csikszentmihalyi, M., & Nakano, K. (2016). Universal and cultural dimensions of optimal experiences. *Japanese Psychological Research*, 58(1), 4-13. 2. Papp, S. (2018). Designing the Conceptual Flow Model from Csikszentmihalyi to Gestalt: The Mystic Revelations. *PURUSHARTHA: A Journal of Management, Ethics and Spirituality*, 11(2), 25-39. 3. Bartholomew, K., Knierim, M. T., & Wankat, C. (2022). Fostering flow experiences at work: A framework and research agenda for developing flow interventions. *Frontiers in Psychology*, 14, 114864.

REFLECTION - FLOW STATES

(5 min)

Reflection / Discussion

- Describe a time when you experienced flow or felt “in the zone”
- What qualities were present?
- What was the context?
 - At home?
 - Sport?
 - Music?
 - In school?
 - At work?
 - Other...

Individual Coherence

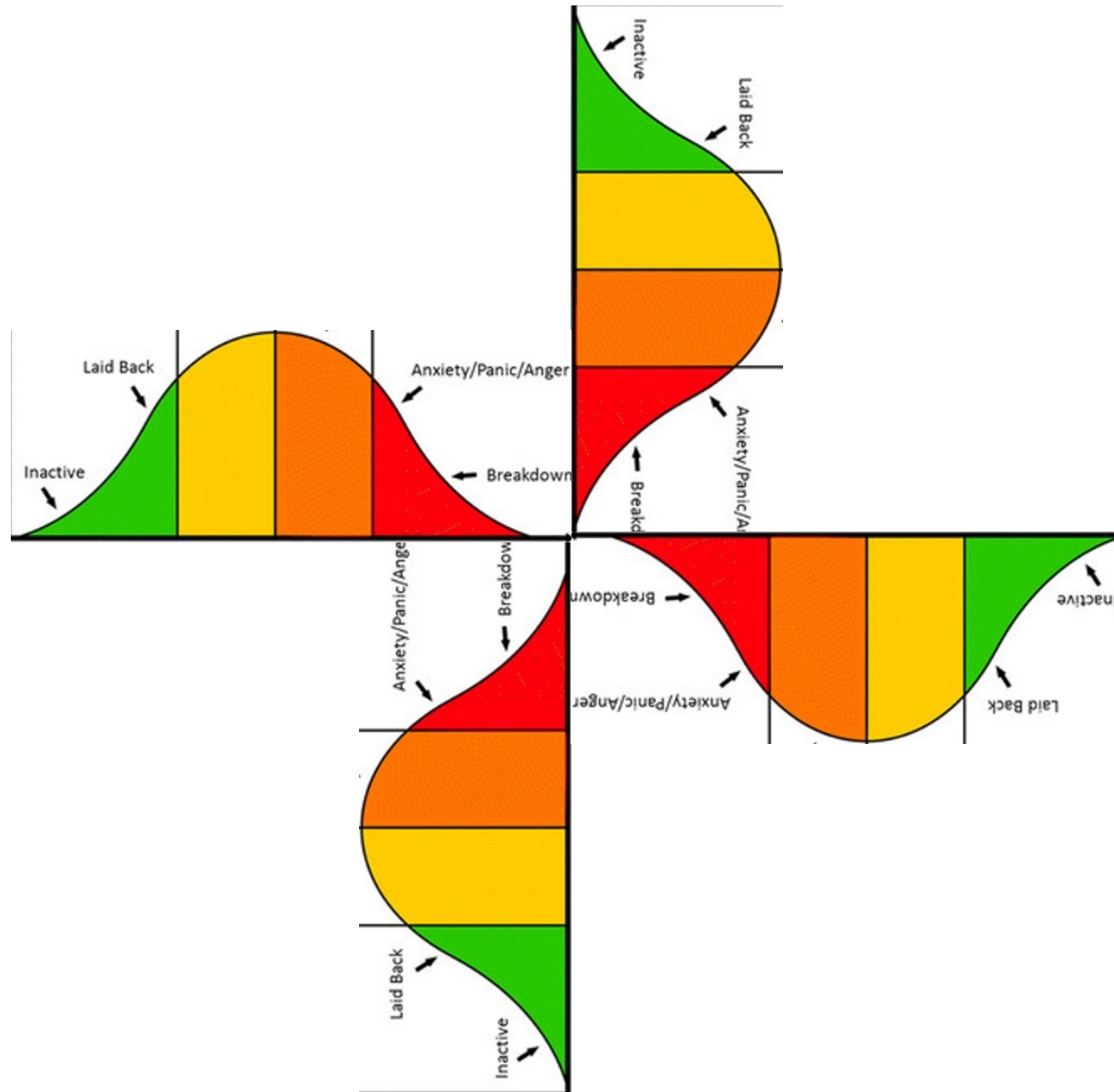
(Explores individual family members' perspectives)

Positive Life Engagement

Resilience

Self Regulation

Composure



Family Coherence

(How the family functions as a whole)

Family Relations

Trust & Inclusion

Collaboration & Resilience

Family Harmony

MOST IMPORTANT FAMILY CHEMISTRY TOPIC/ISSUES

(5 Minutes)

- 1) Is family chemistry important?
- 2) If yes, identify the most important topic and/or issues you see related to family chemistry
- 3) If no, what is more important than family chemistry?

Yes --- Maybe --- No

Whatever you answer, prepare an explanation for why you picked what you picked...

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
4. Composure

5. Family Relations
6. Trust & Inclusion
7. Collaboration & Resilience
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

THE PLAYBOOK

WEEKLY STRUCTURE

Individual Coherence Skills

Positive Life Engagement

Resilience

Self-Regulation

Composure

Family Coherence Skills

Family Relations

Trust & Inclusion

Collaboration & Resilience

Family Harmony

- Family Skill Building
 - Introduce Skill with...
 - Science, Examples, Quotes
- Social Flow Activity
- Establish Process Goals
- Shared Value Reflection

FAMILY SKILL BUILDING

(5 min)

Reflection / Discussion

- In this family, who embodies the skill ?
 - How do we know?
 - What do we see, hear, etc?
- How can we each improve and/or invest in the skill ?

SOCIAL FLOW ACTIVITY

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Virtue

Goodness in Action

Discipline

Proper Conduct

Humor

Absence of Self-Importance

Friendship

An Open Heart

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement

2. Resilience

3. Self-Regulation

4. Composure

Individual Coherence

(Four Weeks)

5. Family Relations

6. Trust & Inclusion

7. Collaboration & Resilience

8. Family Harmony

Family Coherence

(Four Weeks)

WEEK ONE

INDIVIDUAL COHERENCE

POSITIVE LIFE ENGAGEMENT

INDIVIDUAL COHERENCE

POSITIVE ENGAGEMENT

This skill is the **foundation** of individual coherence.

It reflects perceptions of the extent to which an individual intentionally works to appreciate life, makes meaningful contributions, and views personal challenges as opportunities for growth.

INDIVIDUAL COHERENCE

POSITIVE ENGAGEMENT

Examples

- Enjoying learning new things and making contributions
- Actively working to improve life & being kind to others
 - Trusting and valuing your **intuition**
- Approaching life with optimism and spirit of adventure
- Bringing one's best to create harmonious relationships
- Viewing personal challenges as growth opportunities
 - **OUR examples**

INDIVIDUAL COHERENCE

POSITIVE ENGAGEMENT

“A bad attitude is worse than a bad swing” – P. Stewart

“When patterns are broken, new worlds emerge” – Tuli Kupferberg

SKILL BUILDING

POSITIVE ENGAGEMENT

(5 min)

Reflection / Discussion

- In this family, who embodies positive life engagement?
 - How do we know?
 - What do we see, hear, etc?
- “One challenge I can view as a growth opportunity is ...”

SOCIAL FLOW ACTIVITY

POSITIVE ENGAGEMENT

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

POSITIVE ENGAGEMENT

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
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What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
- 2. Resilience**
3. Self-Regulation
4. Composure

5. Family Relations
6. Trust & Inclusion
7. Collaboration & Resilience
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK TWO

INDIVIDUAL COHERENCE

RESILIENCE

INDIVIDUAL COHERENCE

RESILIENCE

This skill includes perceptions of how well individuals respond in a non-reactive way to life challenges.

This includes not only an openness to different viewpoints and situations, but also the ability to calm oneself and bounce back when faced with stressful situations.

INDIVIDUAL COHERENCE

RESILIENCE

Examples

- Being able to adapt to change
- Being able to respond to situations with an open mind
 - Welcoming points of view that differ
 - Being able to bounce back quickly after highly stressful situations
- Being able to maintain composure in difficult situations
 - **OUR examples**

INDIVIDUAL COHERENCE

RESILIENCE

“It’s hard to beat someone who never gives up”

– M. Rapinoe

“Only to the extent that we expose ourselves over and over to annihilation can that which is indestructible be found in us”

– Pema Chodron

SKILL BUILDING

RESILIENCE

(5 min)

Reflection / Discussion

- In this family, who is resilient?
 - How do we know?
 - What do we see, hear, etc?
- “One way I can practice resilience is...”
 - E.g., positive body language

SOCIAL FLOW ACTIVITY

RESILIENCE

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

RESILIENCE

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
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What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
- 3. Self-Regulation**
4. Composure

5. Family Relations
6. Trust & Inclusion
7. Collaboration & Resilience
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK THREE

INDIVIDUAL COHERENCE

SELF REGULATION

INDIVIDUAL COHERENCE

SELF REGULATION

This skill includes an individual's strategies for responding to rather than reacting to life challenges,

including the use of techniques (such as stress management, breathing, and activation of positive feelings) as well as connectedness to inner wisdom.

INDIVIDUAL COHERENCE

SELF REGULATION

Examples

- Appreciating good things in life
- Connecting to the source of inner wisdom
when making important decisions
- Consciously activating positive feelings during the day
 - Using stress management techniques
 - (taking deep breaths, pausing, etc.)
 - **OUR examples**

INDIVIDUAL COHERENCE

SELF REGULATION

“Suffering cheerfully endured ceases to be suffering and is transmuted into ineffable joy”

– Gandhi

“[In big moments] I might appear locked in, but trust me, there's a storm inside. The biggest battle is always within.”

-N. Djokovic

SKILL BUILDING

SELF REGULATION

(5 min)

Reflection / Discussion

- In this family, who self-regulates the most effectively?
 - How do we know?
 - What do we see, hear, etc?
- "One way I can regulate BETTER, especially in "high-pressure" situations is..."
- "I CURRENTLY cue others to self-regulate by..."

SOCIAL FLOW ACTIVITY

SELF REGULATION

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

SELF REGULATION

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
- 4. Composure**

5. Family Relations
6. Trust & Inclusion
7. Collaboration & Resilience
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK FOUR

INDIVIDUAL COHERENCE

COMPOSURE

INDIVIDUAL COHERENCE

COMPOSURE

This is the highest level of individual coherence.

This skill reflects the habits that are cultivated from regular and repeated engagement in self-regulation and resilience.

This skill also reflects the perception that one can easily flow through the day with ease and grace, stay centered and focused regardless of what is happening externally.

INDIVIDUAL COHERENCE

COMPOSURE

Examples

- Getting through day-to-day challenges with grace and ease
 - Staying centered and fully engaged in the present moment
 - Welcoming surprise and challenges in life
 - Not losing patience easily
 - Calming down after feeling upset or not getting upset
 - Having peace of mind
- OUR examples**

INDIVIDUAL COHERENCE

COMPOSURE

“Success depends almost entirely on how effectively you learn to manage... the course & yourself”

– J. Nicklaus

”For transformation to take place, we have to practice mindfulness all day long, not just on our meditation cushion”

-Thich Nhat Hanh

SKILL BUILDING

COMPOSURE

(5 min)

Reflection / Discussion

- In this family, who is composed “under pressure”?
 - How do we know?
 - What do we see, hear, etc?
- “One way I can practice composure “under pressure” is...”
 - E.g., cuing gratitude (e.g., “pressure as privilege”)

SOCIAL FLOW ACTIVITY

COMPOSURE

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

COMPOSURE

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
4. Composure

5. **Family Relations**
6. Trust & Inclusion
7. Collaboration & Resilience
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK FIVE

FAMILY COHERENCE

FAMILY RELATIONS

FAMILY COHERENCE

FAMILY RELATIONS

This skill is the **foundation** of Family Coherence.

It reflects perceptions of the extent to which family members are kind to one another, feel valued in their contributions, get along with one another, bring the best version of themselves to the family and actively work on family harmony.

FAMILY COHERENCE

FAMILY RELATIONS

Examples

- Treating each other well, being kind, and getting along
 - Feeling valued when making a contribution
- Being open to new ideas and ideas being challenged
 - Enjoying family interactions
 - Actively working on family harmony
 - **OUR examples**

FAMILY COHERENCE

FAMILY RELATIONS

The one thing that you can't ever take away are the relationships, the experiences that you have... ”

-B. Cowher

“Every experience, good or bad, you have to learn from”

-P. Mahomes

SKILL BUILDING

FAMILY RELATIONS

(5 min)

Reflection / Discussion

- What are the closest relationships in this family?
 - How do we know?
 - What do we see, hear, etc?
- What are the most strained relationships in this family?
 - How do we know?
 - What do we see, hear, etc?
- “One way I can improve family relations is by ...”

SOCIAL FLOW ACTIVITY

FAMILY RELATIONS

Social Flow Activity

(parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

FAMILY RELATIONS

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
4. Composure

5. Family Relations
- 6. Trust & Inclusion**
7. Collaboration & Resilience
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK SIX

FAMILY COHERENCE

TRUST & INCLUSION

FAMILY COHERENCE

TRUST & INCLUSION

This skill includes perceptions of trusting family members, ability to express one's opinions, utilizing one's talents, and not feeling rejected for being different.

This also includes appreciating everyone's contributions and handling disagreements in a kind way.

FAMILY COHERENCE

TRUST & INCLUSION

Examples

- Feeling safe to raise challenging issues and expressing ideas
- Showing appreciation for skills, talents, ideas, and contributions
 - Not undermining anyone's efforts and not holding grudges
 - Handling disagreements in a kind way
- Giving everyone an equal chance to voice ideas and opinions
 - **OUR examples**

FAMILY COHERENCE

TRUST & INCLUSION

“Good [families] become great ones when the members trust each other enough to surrender the *Me* for the *We*”

– P. Jackson

“To be trusted is a greater compliment than to be loved”

-George Macdonald

SKILL BUILDING

TRUST & INCLUSION

(5 min)

Reflection / Discussion

- How do I handle/resolve disagreements?
- How do I show appreciation to others?
- “One way I can build trust (and/or) include family members in my life is by...”

SOCIAL FLOW ACTIVITY

TRUST & INCLUSION

Social Flow Activity

(parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

TRUST & INCLUSION

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
4. Composure

5. Family Relations
6. Trust & Inclusion
- 7. Collaboration & Resilience**
8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK SEVEN

FAMILY COHERENCE

COLLABORATION & RESILIENCE

FAMILY COHERENCE

COLLABORATION & RESILIENCE

This skill includes perceptions of how well the family reconciles differences and maintains composure when confronted with difficult situations.

This also includes listening carefully to one another, clear communication channels, positive engagement by all family members, and handling conflict without drama.

FAMILY COHERENCE

COLLABORATION & RESILIENCE

Examples

- Listening to each other
- Having clear channels and good quality of communication
 - Respectfully reconciling differences
 - Positive engagement of all family members
- Maintaining composure and handling conflict without drama
 - **OUR examples**

FAMILY COHERENCE

COLLABORATION & RESILIENCE

“Winning is about moving into the unknown and creating something new” – Phil Jackson

“It’s not whether you get knocked down, it’s whether you get back up” – V. Lombardi

SKILL BUILDING

COLLABORATION & RESILIENCE

(5 min)

Reflection / Discussion

- In this family, who communicates/collaborates well?
 - How do we know?
 - What do we see, hear, etc?
- In this family, who is more of a lone wolf when conflict arises?
 - How do we know?
 - What do we see, hear, etc?
- “One way I can collaborate better is by...”

SOCIAL FLOW ACTIVITY

COLLABORATION & RESILIENCE

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

COLLABORATION & RESILIENCE

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

The Playbook

Training Program

Skills

(Reps)

Targets

(Sets)

Parents

&

Children

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
4. Composure

5. Family Relations
6. Trust & Inclusion
7. Collaboration & Resilience
- 8. Family Harmony**

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

WEEK EIGHT

FAMILY COHERENCE

FAMILY HARMONY

FAMILY COHERENCE

HARMONY

This is the highest level of Family Coherence.

This skill reflects family members' intentionally asking for feedback from one another, challenging ideas in a constructive manner, handling emotions when working with difficult people and communicating well with family members about actions, words, and tone of voice.

FAMILY COHERENCE

HARMONY

Examples

- Intentionally seeking feedback and checking in with each other
 - Challenging ideas in a constructive manner
- Not excluding anyone and effectively reconciling differences
- Respectfully handling actions that come across as off-putting
 - Having efficient family meetings, routines & rituals
 - **OUR examples**

FAMILY COHERENCE

HARMONY

“I’ve never scored a goal in my life without getting a pass from someone else” – A. Wambach

**“Invisible threads are the strongest ties”
-Friedrich Nietzsche**

SKILL BUILDING

HARMONY

(5 min)

Reflection / Discussion

- How do I seek feedback from others?
- How do I approach challenging ideas?
- "One way I can contribute to family harmony is by..."

SOCIAL FLOW ACTIVITY

HARMONY

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

HARMONY

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Family Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR FAMILY

VALUES

Value 1

Value 2

Value 3

...

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?

“Be a Well”



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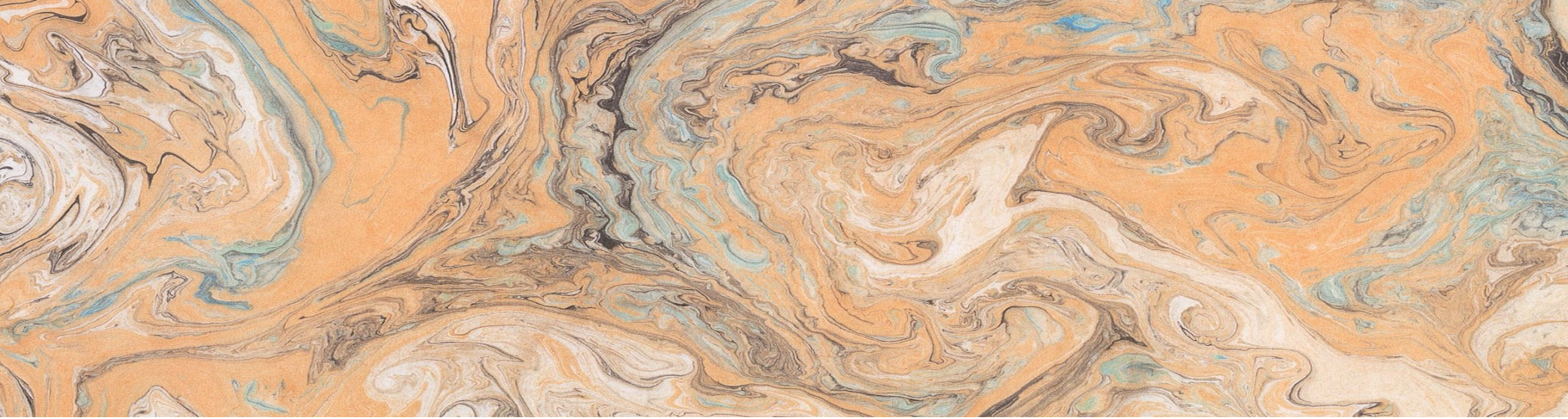
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THE PLAYBOOK

A RESOURCE FOR FAMILIES

