

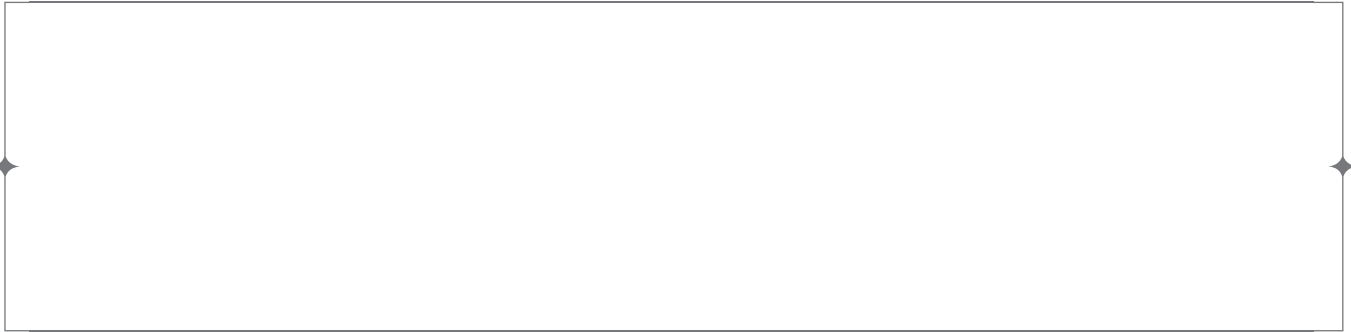


Courageous Communication

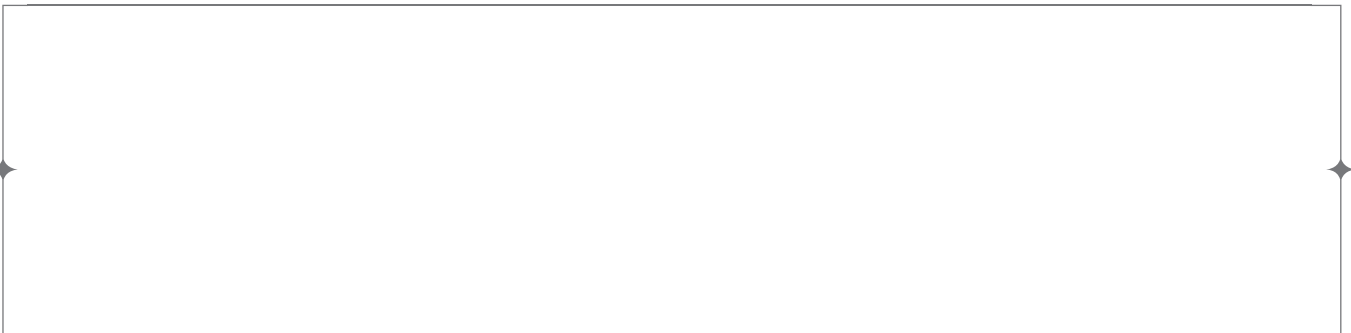
1. Draw your goat here:

2. Have you and your family been living by *The Golden Rule* or *The Platinum Rule*?

3. How has living by *The Golden Rule* helped or hindered your family relationships and connection?



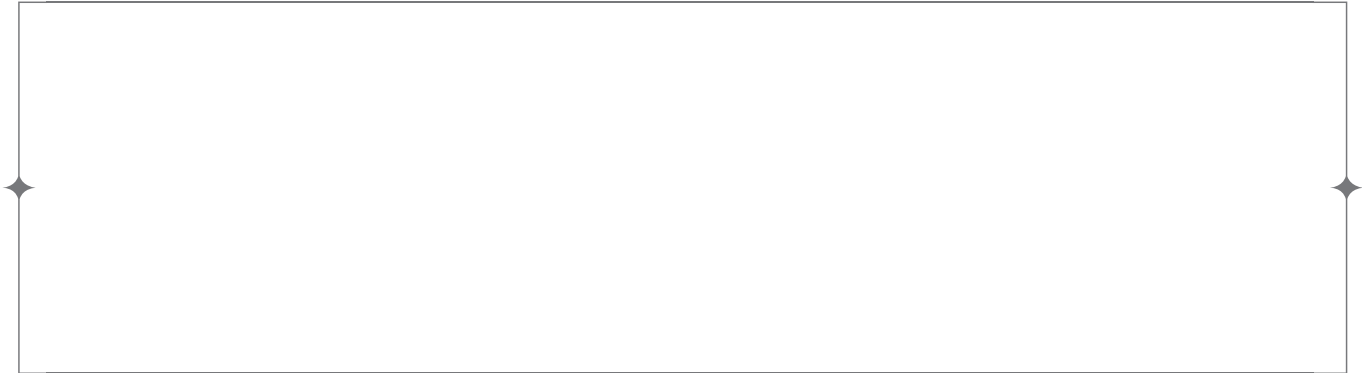
4. What is **The Platinum Rule** ?



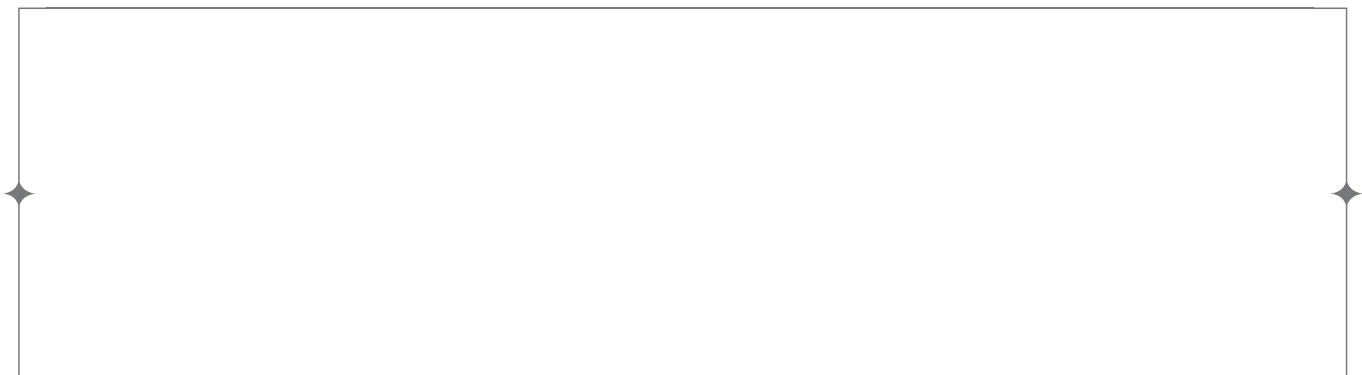
5. What would it take for your family to shift into **Living in Platinum** (working together, focus, dedication, a coach)?



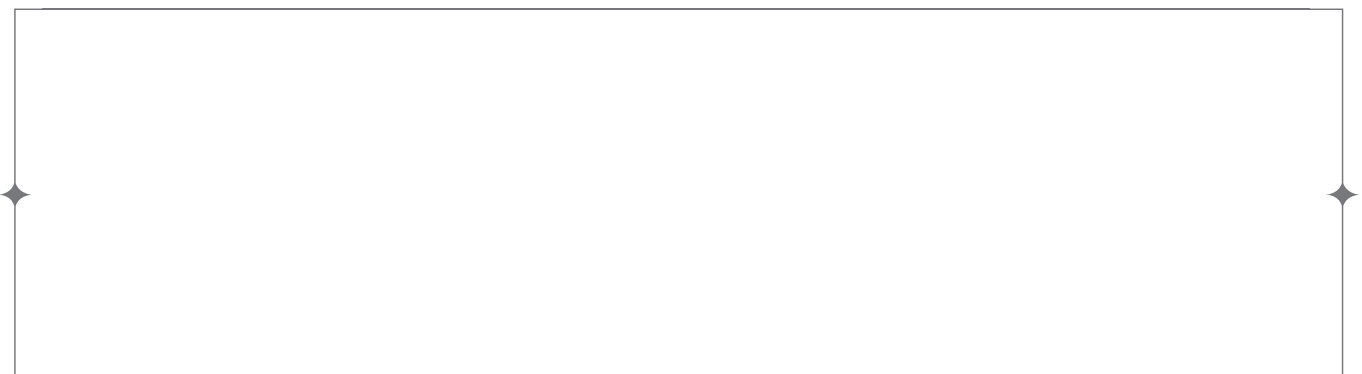
6. How can your family practice **Courageous Communication** by eliminating guesswork, asking questions, and assuming nothing?



7. What is each family member's **Default Strategy** you apply to others in the family when there is a problem?



8. What does **Happy** mean to each person in the family?



9. Here are examples of **Courageous Questions** to ask each other:

How can I support you?

How can I help you?

What do you need?

What would make you happy?

What would make this feel better to you?

10. **Action Steps:** Before you watch the next video, I want you to use one of the statements above (or your own) with each member of your family (when fitting, of course!). Notice what the reaction is, how the moment changes and also, how it makes you feel. Feel free to make any notes below!

