

Family Meeting Agenda



Meetings are a regular and important part of most business environments. They're not usually much fun, but they do help co-workers communicate important information and share ideas.

The same could be said about the family environment. You still have to have meetings with your family in order to make sure you're all on the same page. This doesn't have to be as formal as a business meeting, but it still helps to communicate and plan.

BALANCE THE BUDGET

Money is the number one thing couples fight about. Talking about money on a regular basis can help to decrease those arguments.

Because it keeps you both on the same page and helps to prevent overspending or unforeseen financial hardship. Take some time to review the most recent major purchases, and take a look at your accounts.

PLAN THE UPCOMING WEEK

Pull out your calendar. See what major events you have coming up. Talk to your spouse about them.

Even if you both share a calendar, it's still good to take some time to talk through your schedule with one another. This helps avoid conflicts and provides a nice reminder for what's coming up.

SCOPE OUT MEALS

Part of your daily life is feeding yourself and your family. Planning these meals out in advance helps to make sure your eating more healthy, and you're more efficient with the food you purchase.

Decide what meals you want to cook that week, what you'll need to buy from the grocery store, and when (if at all) you want to eat out at a restaurant.

CREATE A TO DO LIST

Based on what you have coming up this week, it's good to identify the things that need to get done around the house. Does someone need to fix a runny toilet? Who's going to pick up the dry cleaning this week?

Make a to do list and agree who is going to do what and by when. This makes sure less stuff falls through the cracks.

SCHEDULE SEX

As silly or inappropriate as this may sound, scheduling sex is actually shown to be more effective. A major reason couples stop being physically intimate is lack of time.

You've got the time, you just feel too busy to make sex a priority. If you plan it out in advance, it's more likely to happen and more likely to keep you connected.

Agenda Template



Date:

BALANCE THE BUDGET

Checking balance:

Savings balance:

Major expenses this week:

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-
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PLAN THE UPCOMING WEEK

Monday:

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Tuesday:

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Wednesday:

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Thursday:

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Friday:

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-
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Saturday:

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-
-

Sunday:

-
-
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SCOPE OUT MEALS

Monday:

- Breakfast:
- Lunch:
- Dinner:

Tuesday:

- Breakfast:
- Lunch:
- Dinner:

Wednesday:

- Breakfast:
- Lunch:
- Dinner:

Thursday:

- Breakfast:
- Lunch:
- Dinner:

Friday:

- Breakfast:
- Lunch:
- Dinner:

Saturday:

- Breakfast:
- Lunch:
- Dinner:

Sunday:

- Breakfast:
- Lunch:
- Dinner:

CREATE A TO DO LIST

Major things to do this week:

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-
-

SCHEDULE SEX

We plan to have sex: [day/time]