



MY FAMILY FIRST NEXT STEP PLAN

Instructions: The Family “Next Step” Plan is a great way to get your ideas down on paper. Think about how you want your family to work. On the pages that follow you’ll be asked to think about what a stable home looks like, how you want relationships to feel, what parenting through tough times requires, thinking about money, budgeting, and bills. Take your time, sit down with your partner (if you’re a single parent plan some “me” time to consider your family’s plan. Add the pages to a binder and let the fun begin.

Your kids don’t want a perfect parent, they want a happy parent, and happy parents raise happy kids. Kids learn to be adults by watching us as adults.

A. Building Stability at Home

1. **What does stability look like for my family?**
 - What do I want my home to *feel like* day to day?
2. **What is one routine I can make more consistent?**
 - (Morning, meals, bedtime, check-ins, etc.)
3. **What is one way I can show up for my family—even on hard days?**
 - Small, realistic action:

B. Relationships That Help, Not Hurt

1. **Which relationships in my life support me and my family?**
 - Who can I lean on?
2. **Is there one relationship I want to improve or set a boundary with?**
 - What is one small step I can take?
3. **What is one communication habit I want to practice?**

- (Listening, pausing, using calm words, etc.)

C. Parenting Through Real-Life Stress

1. **When I feel overwhelmed, what is my “go-to” reaction?**
 - What would I like to do differently?
2. **What is one simple way I can stay consistent with my child(ren)?**
3. **What is one way I can create calm in a stressful moment?**
 - (Breathing, pausing, changing tone, stepping away briefly)

D. Breaking the Cycle (Small Changes, Big Impact)

1. **What is one pattern from my past I want to change?**
2. **What is one new choice I want to make instead?**
3. **What is one small win I’ve had (or want to have)?**
 - How will I recognize or celebrate it?

E. Money Basics: Taking Back Control (Day 2)

1. **What is one thing I’ve learned about my money habits?**
2. **What is one expense I can reduce or be more mindful of?**
3. **What is one financial priority for me right now?**
 - (Bills, food, savings, debt, etc.)

F. Simple Budgeting Made Doable

1. **What is one step I will take to start or improve my budget?**
 - (Write it down, track spending, use a worksheet, etc.)
2. **Will I track weekly or monthly—and why?**
3. **What is one habit that will help me “plan before I spend”?**

G. Bills, Priorities & Tough Choices

1. **When money is tight, what will I prioritize first?**
2. **What is one bill or payment I need to get more organized about?**
3. **Is there a service provider I need to communicate with?**
 - What will I say?

H. Setting Up My Money System

1. **Where will I keep my important financial information?**
 - (Folder, box, app, notebook)
2. **How will I track my bills and due dates?**
3. **What is one small step to reduce money stress this month?**

I. My Family First Plan (Putting It All Together)

1. **My ONE Family/Relationship Step:**

2. **My ONE Financial Step:**

3. **My ONE Personal Step (for me):**

J. **Final Reflection: What does “putting my family first” mean to me moving forward?**

“Small steps, taken consistently, create strong families.”