

LIFE ARCHITECT PARENT SERIES

VOLUME 7

The Life Architect Family Workbook

Ten Guided Family Sessions for Identity, Communication, Choices, Resilience,
Responsibility, and Purpose

THE PURPOSE: Turn Life Architect ideas into short parent-child conversations and exercises that families can actually use at home.

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Identity • Knowledge • Character • Purpose • A Brighter Tomorrow

How to Use This Book

You do not need to finish this book quickly. One chapter per week is enough. Read the teaching page first, then use the Home Practice page with your child. Keep the conversation short enough that the child stays engaged.

The four-part rhythm

- 1. Understand - Learn one practical principle.
- 2. Translate - Say it in words a five-year-old could understand.
- 3. Practice - Use an everyday example, role-play, or small family exercise.
- 4. Repeat - Use the same language again when real life creates the opportunity.

The Life Architect baseline

MODEL: EVENT → MEANING → PERCEPTION → THOUGHT / FEELING → CHOICE → ACTION →
PATTERN → RESULT

The goal is not to control every feeling. The goal is to help the child notice what is happening, test the meaning, choose according to truth and values, and practice a wiser response.

A simple child version

STOP → NOTICE → NAME → CHOOSE → GROW: Stop for a moment. Notice what is happening. Name the feeling, thought, or urge. Choose what is wise. Learn from what happens next.

Chapter 1: Family Session 1: Who Are We?

BIG IDEA: Families become stronger when members can name individual strengths and shared values without forcing everyone to be the same.

Psychology lens

Family narratives shape belonging and expectations. Healthy narratives include both strengths and room for growth.

Neuroscience lens

Repeated stories and rituals help consolidate shared meaning and make family values easier to recall.

Scripture lens

Joshua 24:15; Psalm 139:14. Use the passage to discuss truth, wisdom, responsibility, hope, and character in context rather than as a slogan.

Everyday example

Each person chooses three words: one strength, one value, one thing they are learning.

SAY IT TO A FIVE-YEAR-OLD: We belong together, and we are still growing.

Parent reminder: Keep correction specific. Keep dignity intact. Keep the next step visible.

Home Practice 1: Family Session 1: Who Are We?

Try this this week

Make a Family Identity Shield with four boxes: strengths, values, traditions, future hopes.

Scenario to work through

What do we want people to experience when they are in our home?

Use these four questions

- What happened?
- What did you think it meant?
- What did you feel or want to do?
- What choice would match truth, wisdom, and the person you want to become?

Parent language

"I am not asking you to pretend this does not hurt. I am asking us to understand what happened, check the story, and decide what a wise next step looks like."

Child reflection

What I noticed: _____

What I can practice: _____

One thing I want help with: _____

One-minute close

REPEAT: We belong together, and we are still growing.