

Together Is Better

“Synergy is not just teamwork or cooperation. Synergy is creative teamwork, creative cooperation. Something new is created that was not there before.”

—Stephen R. Covey

Pick a date this month to Synergize as a family. Ask your family to think about a certain issue and bring their ideas to a family meeting. At the meeting, creatively work together using the “Family Synergy Action Plan.”

WHAT IS SYNERGY?

Synergy is:

1. Celebrating differences.
2. Working together.
3. Being open-minded.
4. Finding new and better ways.

Synergy is not:

1. Being intolerant.
2. Working independently.
3. Thinking you are always right.
4. Being selfish.

COMMON LANGUAGE

Creative cooperation
Creative teamwork
Synergize

FAMILY SYNERGY ACTION PLAN

Follow these steps to create synergy in your family:

1. Define: Clarify the problem or issue.
2. Their way: Seek first to understand the other person’s needs.
3. My way: Seek to be understood by sharing you needs and ideas.
4. Brainstorm: Create new options and ideas together.
5. Synergize: Find the best solution—the 3rd Alternative.

Real family example:

- Problem: How to spend Saturdays.
- Dad wants to spend time as a family outside. Mom wants to get all the housework done.
- Can we do both and not compromise?
- Mom makes a reasonable list of housework that needs to be done sometime during the day. The family can do an activity together either before or after housework, depending on the weather.

HOW CAN YOU CREATE SYNERGY IN YOUR FAMILY?

Family Activity: Synergy—creative family teamwork—occurs when you follow two simple rules:

1. Value one another.
2. Recognize strengths.

How can you value your family members? Choose any family member and finish the following sentences keeping them in mind.

1. What I admire most about you is...
2. One of my favorite memories is...
3. I'm glad you are _____ and I'm not.
4. One of the funniest things you have ever done is...
5. One of my proudest memories of you is...
6. I like it when you...

Share your answers with that family member. How did they respond? Did they learn something new about themselves?

IDENTIFY AND CELEBRATE FAMILY MEMBERS' STRENGTHS

Write two or three strengths for each family member, starting with yourself. Share these strengths with each other. Did you each list the same qualities for each other? Did you learn something new?

Family Member	Strengths
You	

Once you value each other and celebrate the strengths within each other, you can successfully Synergize!