TRAINS & TRACKS

[ STRUCTURE ]

Think about a train moving along tracks. It would be easy to assume the tracks prevent the train from moving freely, but it’s just the opposite. The tracks give the train focus and direction. A train without tracks is just a disaster waiting to happen. You are just like this train. If you want to move forward you’ll need structures and systems to keep you on track and help you make progress.

While they don’t allow trains to go anywhere they want, railroad tracks actually help the engineer get to the right destinations more swiftly and without accident. They are a system to enable a train to reach its goal the best way possible. They don’t hinder, they help.

FAMILY ACTIVITY

Using a white board, brainstorm a family schedule during the time you will be home.

Then, have each family member create their own daily schedule. Give time blocks for things such as “chores,” “creative time,” “reading” or “exercise.”

After creating your schedules, stick to them daily & have ongoing conversations about what works, what doesn’t & what is important about keeping a regular schedule, even while staying at home.

DISCUSSION QUESTIONS

1. Why are structures and systems so important for our daily life?

2. What is the cost of living without structure? How could a lack of structure potentially derail you from getting to your goals?

3. What can you start doing today to create more structure in your home?

Click here for additional ideas for creative and educational ways to stay busy at home

Habitudes' Home Chats

When Vietnam made a catchy Handwashing PSA, it was turned into a viral Tik Tok sensation. Have your family make your own hand washing video and post it with the hashtag #HabitudesHomeChats for a chance to be featured on the Growing Leaders Instagram @growingleaders