



# 10 DAILY WAYS TO PRACTICE MORE KINDNESS WITH OUR FAMILIES

What practice do you want to work on today?

## 1. LISTEN MORE — AND INTERRUPT LESS

Put the phone down. Make eye contact. Let them finish. When people feel heard, they become less defensive and more open. Listening builds trust and emotional safety.

## 2. ASSUME POSITIVE INTENT — ESPECIALLY DURING DISAGREEMENTS

Ask Yourself: What do we both value? What are some good reason why they think their point of view is right? Assuming negative intent escalates conflict. Positive intent keeps conversations constructive.

## 3. SAY THANK YOU MORE OFTEN

Look for all the opportunities you have to thank a family member, not just on special occasions. Gratitude makes people feel valued and strengthens connection.

Kindness  
MATTERS

**Family is not an important thing. It's everything.**

— Michael J. Fox

**How can i demonstrate that my family is a priority today?**

## 4. GIVE MORE ENCOURAGEMENT — AND LESS ADVICE

Say things like: "I believe in you."  
"You're doing better than you think."  
Encouragement builds confidence and resilience. Unsolicited advice can feel like criticism.

## 5. GIVE MORE PRAISE

What gets rewarded gets repeated. Give more specific praise regarding past success. Praise highlights accomplishments in the past and builds confidence for the future.

**"If you want to change the world, go home and love your family." Mother Teresa**

**What is one small way I can bring more love into my family today?**



## 6. SAY “YOU WERE RIGHT.” APOLOGIZE. ASK FOR FORGIVENESS.

“You were right. I’m sorry. Will you forgive me?” All relationships need repair from time to time. This practice prevents long-term resentment, builds trust, and connection.

## 7. ASK MORE POSITIVE QUESTIONS ABOUT WHAT WENT WELL

Ask: “What are you most proud of?”  
“Why was this goal important to you?”  
“What do you think you did well?” What else do you think you did well?” Helping someone share more details about their success stories increasing their motivation to do more of what they do best.

## 8. LEARN WHAT FAMILY MEMBERS REALLY VALUE AND WHY

Ask about goals, hopes, dreams and fears. Curiosity deepens connection and builds better relationships.

## 9. EXPRESS GRATITUDE MORE OFTEN

Send notes, texts, cards, and letters. Written encouragement lasts and can be revisited during hard times.

## 10. FORGIVE AND REPAIR THE RELATIONSHIP.

Say: “I forgive you.” Forgiveness allows families to heal and move forward together.

**Call it a clan, call it a network,  
call it a tribe — you need one.  
— Jane Howard**

**How can I build a stronger  
connection with a family  
member today?**

**Your family and your love must  
be cultivated like a garden.  
— Jim Rohn**

**What can I do today to nurture  
my family relationships?**

## KINDNESS ISN'T DOING ONE BIG THING ONCE IN A WHILE. IT'S DOING SMALL THINGS — EVERY DAY.

It's important for us to be kinder when a family member needs it — not just when we have the time or energy to be kind. Kindness is more than a mood or feeling. It's about character. It's about choosing to do the right thing — right now.

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