

A free companion to the book

The Family Way

Companion Workbook

A glimpse inside the book, and five exercises you can work through whether or not you ever buy it.

The questions are the point. Take what serves you, question what does not, and talk about what comes up with the people it concerns.

Start here

How to use this

There is no right way and no schedule. This is yours.

Write by hand if you can. Something slows down and gets more honest when you are not typing. Print it, or keep a notebook beside it.

Do one exercise at a time. Five short pieces of work, each built on one idea from the book. Doing one properly is worth more than doing all five quickly.

Nothing here is scored. No one is going to read your answers unless you choose to share them. Write what is true rather than what sounds right.

Come back to it. A question that means very little today can find you differently in a year. Date your answers so you can see what changed.

Share it. You may copy this and give it to anyone. Several of these work better as a conversation with a spouse, a partner, or an older child than they do alone.

This workbook stands on its own. It is a companion to *The Family Way*, not a summary of it, and you do not need the book to get something out of these pages.

Movement is not direction

From the Introduction to *The Family Way*.

For much of my life, I was moving. I was working, building, solving problems, raising children, pursuing goals, making mistakes, recovering from mistakes, and trying to become better. But movement and direction are not the same thing. A person can work incredibly hard and still discover that they are walking toward a life they never intentionally chose.

Eventually, I wanted more than improvement. I wanted clarity. I wanted to know who I was, what kind of husband and father I wanted to be, what mattered enough that I was willing to build my life around it, and what kind of future I was actually creating through the choices I made every day.

I have seen too many people who seem lost inside lives they are working incredibly hard to maintain. They are searching for happiness, peace, connection, purpose, or some sense that the life they are building actually belongs to them. They may love their families deeply and still feel disconnected from them. They may have successful careers and still wonder why they are not fulfilled. They may know that something needs to change without knowing what that something is.

I cannot tell you what your family should stand for. I cannot tell you exactly what your future should look like. Those decisions belong to you. What I can do is share questions, tools, ideas, and lessons that helped me begin discovering my own answers.

Continues in the book. The full Introduction is free to read at w2b.cc/book/excerpt/.

Movement, and direction

Hard work and clear direction feel the same from the inside. This is how you tell them apart.

List the things you spent the most hours on last month. Not what you meant to do. What actually took the time.

Beside each one, write who or what it was for. If you cannot name anyone, write nobody.

Which of those did you choose on purpose, and which did you inherit, drift into, or never question?

Date:

What is still mine

You do not control the road. You do control the next step. Separating the two is most of the work.

Name something that is weighing on you right now.

Of that, what is genuinely not in your control? Write it down so you can stop carrying it.

What part is still yours: your next choice, your response, your effort, your word, your willingness to repair something?

Date:

Name what matters

A value you have never put into words cannot be returned to when life gets complicated. This is how a creed starts.

Finish this sentence three times, differently each time. In this family, we...

Pick the one you would least want your children to abandon. Why that one?

Write it as something you do, not something you believe. Start with I, and use the present tense.

Date:

Five keys, honestly scored

I wrote these in 2018. Circle where you actually are, not where you intend to be.

Give 100 percent. Be all in, no matter what happens.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

never always

Honor and respect your partner, including where you disagree.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Set a positive example. Attitudes are contagious.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Communicate in love. Remember the power of your word.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Make time together, and protect it.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your lowest score: what is one thing you will do differently this week?

Date:

One small change

Direction is created through steps. Not a plan, not a resolution. One step, small enough that you will actually take it.

What is the one thing you already know needs your attention and have been avoiding?

What is the smallest version of that you could do in the next seven days?

Who will you tell, so it is real? Write their name and the date you will tell them.

Date:

Where to go next

Keep going

You have done the work. Here is what is behind it.

The Wheeler Way is the creed those exercises come from, the tenets I return to when my actions do not match my intentions. The full set, and where each one came from, is free to read at w2b.cc/wheeler-way/.

The rest of the library is free too. White papers on communication and influence, business planning tools, and health material, all at w2b.cc/library/. Nothing there is gated.

The Family Way

Building a Family Foundation for a Future of Strength. 234 pages.

If these questions were worth your time, the book is 234 pages of them, with the reasoning underneath and the story that produced it.

amazon.com/dp/B0HGV1YN3Q

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You may print and share this workbook freely.