

# 7DayExperiment®

## DAY 1: SERVE YOUR FAMILY FIRST



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** Now that you've watched the video, think about your family. Every family has its own culture. And just about every family has room to improve its dynamic. A great way to do that is to put others first and serve them.

Think about someone in your family or extended family—a parent, child, or significant other—whom you can help to feel special. Plan to make that person the focus of your attention and put him or her first.

**Do:** Most intentional actions in the 7-Day Experiment will take only a few minutes. Today's action will take longer, but it has the potential to have the greatest impact.

Once you've chosen the family member, offer to take that person to do something he or she would love to do. You can go to a movie, visit a museum, go for a walk—anything as long as it's something your family member loves to do.

Then, before you go out together, write a short note expressing your gratitude and appreciation for that person. At the end of your time together, give the note and tell the person how much you love him or her.

**Tell:** After you've completed Day 1, tell someone about it. You may also want to encourage them to try the 7-Day Experiment. You can also click to share today's big idea on social media:

**The quality of your life is influenced by your family more than anything else, so to become intentional, start there and serve there.**

