

The Twenty-Minute Family Check-In

Companion worksheet to "Healthy Family Communication: The Conversations That Hold a Family Together" — Beyond Wealth, Family Foundations, Article 1.

Pick one calm time this week. Give every person five uninterrupted minutes to answer the two questions below. Do not solve anything in the room. The first goal is only to hear what is true. Keep this page. Bring it back out next month and notice what changed.

BEFORE YOU BEGIN

Date of our check-in:

Who is taking part:

ROUND ONE — "What has felt heavy lately?"

Five minutes each. No interruptions, no rebuttals, no fixing.

Person 1:

Person 2:

Person 3:

ROUND TWO — "What support would make next week easier?"

One specific, doable request each. Small counts.

Person 1:

Person 2:

Person 3:

ONE THING WE AGREE TO TRY

Choose a single change. One is enough.

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We will check back on:

Reflection

Five private questions from the article. Answer them for yourself before the family conversation, or afterwards.

1. Which subjects does my family discuss openly, and which ones do we avoid?

2. When conflict happens, do I try to understand, to win, to withdraw, or to control?

3. Who in my family may not feel safe enough to speak honestly?

4. What sentence do I need to say more clearly instead of expecting someone to guess?

5. What repair have I postponed because I was waiting for the other person to begin?

FIVE PRACTICES, IN ONE LINE EACH

1. Choose the moment, not just the message.
2. Describe the issue without defining the person.
3. Listen for the need underneath the sentence.
4. Say what you need plainly.
5. Practise repair — an apology is what makes accountability possible without shame.