

DAY 2: TURN WORK-FROM-HOME INTO A HAPPY EXPERIENCE

How to get your Spouse & Kids on your Side

DAY 2 WORK-FROM-HOME WELLNESS MINI-SERIES

Vineet Sharma

The “**new normal**” has brought many challenges and **working-from-home** is

One of them, especially after few months of lockdown.

If you do not know how to manage it, chances are you might end up working more hours , straining your relationships with your spouse & kid and ending up Stressful, unhappy & frustrated.

So let’s talk about 4 ways how to turn wok-from-home into a happy experience.

1) Have A Role model mindset.

Nobody remembers normal times but everybody remembers exceptional times. Your family will remember you in these times. So you better display a role model behavior.

When you display a role-model behavior, first thing you do is appreciate your family. It is just not you, their routine is impacted too. And you do this by Communicating clearly.

Let me share with you a strategy, which will transform your relationships for rest of your lives.

I call this **weekly rating system**. Like at work, you have a performance appraisal system . Here you do a weekly review of your love relationship.

First, you self-rate yourself on a scale of 1 to 10 . How do you rate yourself – as a husband / wife , father / mother , son/daughter , brother / sister – include all your important relationships .

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Once you have done your self-appraisal, make another column.

Now ask them their ratings, how much they rate you on a scale of 1 to 10.

They may get surprised first, but ask genuinely.

And here comes the winner.

Once they have given you a score, let's say 6 out of 10, Ask them "what will make it 10 out of 10."

They may again get surprised and if you are genuine in your ask, they will tell you the specifics.

Once they tell you, you know what you need to work upon.

It is extremely important that you just listen it without any counter-argument, Without any explanations and without defending yourself.

In fact if you are sincere and genuine, merely asking this question will bring them to your side.

And then, **there'll be a ripple effect.**

It may happen in a day, in a week or in a month, depending on your current level of relationship.

If your intent was genuine, they'll see it through.

And then they'll ask you back, how you rate them.

Even your kids will do.

It is called "modelling **the behavior**".

Give them feedback in a loving, gentle tone and your relationship will soar.

2) Bring structure to your routine

How do you bring structure?

You plan it well, you plan your weekly schedule in advance and let your spouse know about it .

Keep a daily journal and fill it every day when you are starting your day .

Remember, you need to move forward - in your Job, in your career, in your business.

Always see your future self, where do you see yourself in next 3 months, next 6 months, next 1 year.

3) Recalibrate

World has started recalibrating now.

If you do not calibrate towards progression, you'll start going downwards.

In fixing the pot holes of the road, do not forget your destination, your goal.

Have mini-goals in life because that'll give you momentum. It'll fire you up.

When you lose the touch with your future self, you become a dead duck.

4) Communicate

How do you communicate?

Never assume.

It is always better to ask.

Express yourself clearly as your spouse also cannot assume.

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It is not what you say, it is how you say, that matters.

Listen with full attention, eyes into eyes.

Validate the feelings, sometimes your family is looking for validation.

Before jumping to provide a solution, ask if it was just a sharing or your spouse actually needs help.

If you feel the conversation is going too negative, ask

“we have been talking about xxxx quite a long and I feel we can explore the brighter side of it which is”

See you in the LIVE Workshop soon.

Vineet