

## HOW TO POSITIVELY REINFORCE YOUR FAMILY:

- > Create and follow a moral code
- > Eat healthy
- > Eat together
- > Exercise – together where possible
- > Invest wisely in relationships
- > Apply the other 11 pillars to each other:
  - Be **GRATEFUL**
  - **LOVE** one another
  - Be **HAPPY** together
  - Be **TRUTHFUL**
  - Be **CREATIVE** together
  - Be **AWARE** of each other's needs/feelings
  - **FORGIVE** one another
  - Be **ACCOUNTABLE** to each other
  - Be **GENEROUS**
  - Be **KIND**
  - Have **COMPASSION**

“There is no doubt that it is around the family and the home that all the greatest virtues are created, strengthened and maintained.”

Winston Churchill

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	<b>Gratitude and Reflection</b> Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	<b>Love</b> Valentine's Day 14th February
MARCH	<b>Happiness</b> International Day of Happiness 20th March International Womens Day 8th March
APRIL	<b>Truth</b> International Day for the Right to the Truth 24th March
MAY	<b>Creativity</b> World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	<b>Awareness</b> World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	<b>Forgiveness</b> National Day of Forgiveness 7th July
AUGUST	<b>Accountability</b> International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	<b>Generosity</b> International Day of Charity 5th September
OCTOBER	<b>Kindness</b> World Kindness Day 13th November
NOVEMBER	<b>Compassion</b> World Compassion Day 28th November
DECEMBER	<b>Family</b> Holiday Season is a time of Family



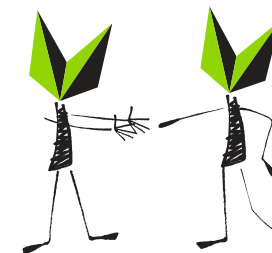
**USHER** | CARE  
We care.

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# FAMILY



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# FAMILY



## HEALTHY FAMILIES:

- > Promote physical, social and mental health
- > Encourage independence and self-sufficiency
- > Take care of each other
  - > Cook, eat, clean, and play together
    - > Spend time together
    - > Are loyal to each other
    - > Make decisions together
    - > Communicate in positive ways

## FAMILIES:

- > Are not just a group of people living under the same roof
- > Are people united by marriage, blood, adoption or fostering
- > Are a source of love, emotional support, protection and security
- > To a lesser extent - can even extend into social, sporting, cultural or workplace groups

## BENEFITS OF FAMILY

- > Gives someone a sense of belonging
- > Helps to build personal identity
- > Sets moral codes and builds character
- > Provide people's first relationships
- > Can improve a child's academic performance
- > Helps children build positive parenting skills
- > Supports teenagers through peer pressure
- > Provides a support group - especially during crises

## SPENDING TIME WITH FAMILY PROVIDES:

- > Stronger family bonds
- > Less behavioural problems
- > Less violence
- > Less chance of substance abuse
- > Greater overall happiness
- > Greater self-confidence
- > Greater chance of success in life
- > Better skills for conflict resolution