



**The Center for
Men's Excellence**

*Psychological Science
with Proven Results*

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Family Logistics Meeting

It's very important for couples to have a sense that they're working together as a partnership, but the general pressures and stresses of daily life can pile up and result in each member of the pair feeling like s/he isn't getting the support they need. **The weekly family logistics meeting (FLM) gives the couple a structured way to feel like a team while also keeping an eye toward making sure that they both address critical aspects of self-care.**

The three key components of the FLM are:

1. A shared calendar
2. A day-by-day review of the events in the coming seven days
3. Adding in self-care activities (yes guys, this means you too)

Shared Calendar

You and your partner need to have a way to coordinate on your activities, and the format can be a digital iCalendar, a shared Google calendar, or even a plain old white board in the kitchen. If you don't yet have one, then setting up something which you can both access is the first – and completely necessary – step in this process. No need to get fancy, but having a shared calendar system goes a long way toward helping you both to work off the same page. Note that **you both need to be consistent in actually adding events to the calendar** so that it's a good reflection of what you actually have to get done!

Day-By-Day Review

Once you have your calendar set up and are adding events to it, **you and your partner need to set a regular weekly time to review the specifics of what you need to do in the coming seven days.** Go day-by-day to clarify each of your perspectives about who needs to be where, when, and what are the related resources to get it done. **Yes, you need to do this every week - and if one or both of you is grouchy, tired, or travelling, you STILL need to do it!** Get on the phone, meet via Skype, or whatever it takes because the meeting will get you both feeling more connected and staying ahead of any surprises. We all know that the best-laid plans can get interrupted, so you'll inevitably need to be flexible because plans will change. The point here is that you're both on the same page about what the intended plan is, and you can revise it as needed.

Self-Care

News flash: You BOTH need to make time to keep yourselves healthy, so once you've completed the day-by-day review, you BOTH need to then circle back and add into your schedule the times and ways in which you'll be engaging in these three critical (research supports this point for men and women) aspects of self-care:

- Exercise
- Social Support
- Personal Recharge Time

In addition to the points above, DO NOT:

- Try to fill in every single block of time in your day – you need some flexibility
- Criticize or invalidate the other's self-care regimen
- Get "too busy" to do the logistics meeting – that's when you need it most!

Expect the first couple of meetings to be a little awkward, but this is a best practice in couples team work!