



The 7-Day Family Reset

Seven nights. Seven conversations. One family reset.

You don't need to fix everything this week. You just need to begin. This simple 7-day journey gives your family one question, one challenge, and one moment to reflect, every night for seven days.

THIS GUIDE INCLUDES

- Day 1 – Notice the Noise
- Day 2 – Come Back to the Table
- Day 3 – Boundaries That Build
- Day 4 – Patience and Presence
- Day 5 – Freedom With Wisdom
- Day 6 – Words That Stay
- Day 7 – Become a Home of Hope

How to use this guide

One night at a time. Seven conversations. At your own pace.

Gather at the table

Sit down together for a meal or snack. No devices, no agenda. Just your family and some space to talk.

Read the key statement

Each day opens with a short idea drawn from the book. Read it aloud or let someone else read it. Let it settle.

Ask the question

The dinner table question is there to start a real conversation. There are no right answers. Younger kids have their own version.

Take the challenge

Each night has a simple, practical challenge. It takes 5 to 15 minutes and needs no preparation. Do it together.

Hold the reflection

End with the reflection moment. Read it aloud or sit quietly with it. It is a landing point, not a conclusion.

Come back tomorrow

Seven nights in a row, or spread them across two weeks if that suits your family better.

Notice the Noise

AWARENESS

FROM THE BOOK

For many young people, the issue is not defiance, but a loss of orientation.

When screens disappear, the quiet can feel uncomfortable, for kids and parents alike. That discomfort is not failure. It is the first sign that something is changing. The goal this week is not perfection. It is just noticing.

TONIGHT AT THE TABLE

When do screens help us, and when do they get in the way?

FOR YOUNGER KIDS:

Is there a time when you wish everyone would put their phone down?

TONIGHT'S CHALLENGE

Have one meal or snack together tonight with no devices on the table. No rules, no lecturing. Just see what happens.

A MOMENT TO REFLECT

Before you move on tonight, just sit with what came up. You don't need to fix it. You just needed to notice it.

YOUR NOTES

Come Back to the Table

CONNECTION

FROM THE BOOK

Belonging grows where presence meets patience, where children are guided to show up, stumble, and discover their own social courage.

Belonging is not built through bandwidth. It is built through being known, and that takes practice. The family table is one of the simplest places to begin again.

TONIGHT AT THE TABLE

What is one thing you love about being part of this family?

FOR YOUNGER KIDS:

What is your favourite thing we do together?

TONIGHT'S CHALLENGE

Eat together and stay at the table for at least 10 minutes after the meal: no destinations, no devices. Just linger.

A MOMENT TO REFLECT

Notice what it feels like to have nowhere to be for a few minutes. That unhurried, present feeling is what your children will remember.

YOUR NOTES

Boundaries That Build

SAFETY AND TRUST

FROM THE BOOK

Boundaries aren't barriers, they're bridges of trust. When limits are clear and consistent, they create safety, not restriction.

Children push against limits not because they want chaos, but because they are checking whether the edges are real. A calm, consistent no teaches children that home is a predictable and safe place.

TONIGHT AT THE TABLE

Are there any screen rules in our house that feel fair? Any that don't?

FOR YOUNGER KIDS:

What is one rule at home that you think is actually a good idea?

TONIGHT'S CHALLENGE

As a family, agree on one simple screen boundary to try for the rest of this week. Keep it small and achievable.

A MOMENT TO REFLECT

Rules work best when they come from relationship, not fear. Whatever you agreed on tonight: hold it gently, and hold it consistently.

YOUR NOTES

Patience and Presence

EMOTIONAL ATTUNEMENT

FROM THE BOOK

Adjustment takes time; patience and presence turn disruption into growth.

Children do not always have words for what they are feeling. Sometimes a slammed door means: I've lost control of something and I need you to hold steady. Staying calm and available is one of the most powerful things a parent can do.

TONIGHT AT THE TABLE

What emotional changes have you noticed in yourself, or in each other, lately?

FOR YOUNGER KIDS:

How are you really feeling today? Not just good or bad. Really.

TONIGHT'S CHALLENGE

Choose one low-pressure moment tonight to check in with your child. Not to fix anything. Just to listen.

A MOMENT TO REFLECT

You don't have to have the answers. Sometimes your calm presence is the answer.

YOUR NOTES

Freedom With Wisdom

RESILIENCE AND IDENTITY

FROM THE BOOK

Freedom isn't doing whatever you want; it's knowing why you choose what you do. This is resilience in a wired world.

Children and teenagers who understand why they make choices, rather than just following rules or impulses, develop a kind of inner compass that no algorithm can replace.

TONIGHT AT THE TABLE

What is one thing you choose to do, not because you have to, but because it actually makes you feel good?

FOR YOUNGER KIDS:

What is something you love doing that has nothing to do with a screen?

TONIGHT'S CHALLENGE

Each person shares one thing they want to do more of this term that is not screen-related. Write them down somewhere visible.

A MOMENT TO REFLECT

Identity is not found on a feed. It is built in the small, repeated choices we make about how we spend our time and attention.

YOUR NOTES

Words That Stay

AFFIRMATION AND IDENTITY

FROM THE BOOK

When building up your children with words of affirmation, say something that anchors their identity beyond performance.

Most children hear more corrective words than affirming ones. What we say over our children shapes what they believe about themselves, long after they have forgotten what was said.

TONIGHT AT THE TABLE

What is something you genuinely admire about each person at this table?

FOR YOUNGER KIDS:

Say one thing that you really like about the person sitting next to you.

TONIGHT'S CHALLENGE

Each adult at the table speaks a word of genuine affirmation over each child: not about their grades or achievements, but about who they are.

A MOMENT TO REFLECT

The words spoken over children tonight may be ones they carry for years. Speak them with intention.

YOUR NOTES

Become a Home of Hope

LEGACY AND GENEROSITY

FROM THE BOOK

We are not just navigating a transition, we are shaping the adults our children will become.

This week was not about fixing screens. It was about reclaiming something: presence, conversation, connection. The families who do this well are not perfect. They are simply intentional.

TONIGHT AT THE TABLE

How could our family make someone else's week a little better?

FOR YOUNGER KIDS:

Who is someone we could do something kind for this week?

TONIGHT'S CHALLENGE

Choose one act of kindness as a family to do in the next 7 days, for someone outside your household. Decide it together and put it in the calendar.

A MOMENT TO REFLECT

A family that looks outward tends to grow stronger inward. You started this week for yourselves. End it for someone else.

YOUR NOTES

7/7

You showed up.

Seven nights is not a long time. But something shifted this week, even if it was small. The conversations you had, the moments you stayed present, the words you spoke. They matter more than you know.

Know another family who could use this?

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