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## Got a Frantic Family?

By Cathy Tyson



Patrick Lencioni, author of The Three Big Questions for a Frantic Family Photo provided

Local father of four, business consultant, and author of six books, Patrick Lencioni has some advice for overly busy families. His new book "The Three Big Questions for a Frantic Family: A Leadership Fable about Restoring Sanity to the Most Important Organization in your Life" outlines a model that provides families with the clarity and purpose found in successful businesses. Here's a brief quiz to see if your family is frantic: 1. Do you often feel like your life is merely about surviving from one day or week to the next? 2. Do you ever fantasize about moving to "the country" so your family could live a more simple life? 3. Do you often find yourself wondering why you signed up for an activity after it's too late to drop it? 4. Do you experience tension with your spouse around managing your calendar? 5. Do you find it difficult to find time for dates with your spouse? 6. Do you fear that you'll get to a point in the future when you'll look back at your life as a chaotic blur? Lencioni offers simple strategies to hectic families trying to juggle work, play, and usually loads of extra-curricular activities. "People are more frantic and overwhelmed than ever because there are more opportunities than ever, and more social expectations for taking advantage of all those choices." As school begins for Lamorinda families, karate, football practice and piano lessons ramp up after summer hiatus, these business related tips might be just what the doctor ordered. For more information on the author, go to [www.patricklencioni.com](http://www.patricklencioni.com). Lencioni will be featured at a team building event at the San Ramon Marriott Hotel on September 22, to benefit the San Ramon Valley YMCA.250



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