

YOUR WHEEL NAMED IT:

FAMILY

You took the Scorecard, and the wheel did what wheels do — it told the truth. Your **Family** gear came back lowest. That is not a verdict. That is a work order. The lag gear is not where you are worst as a person — it is where the next honest hour of work buys you the most, because it is the one dragging the other seven.

Family is **the Passengers** — your marriage, your household, the people riding in whatever you drive. And here is the thing about passengers: they experience every decision you make at the wheel. Your speed, your shortcuts, your fatigue. They ride it all. *“But as for me and my house, we will serve the LORD.”* JOSHUA 24:15 (BSB)

THE READ

I have watched a hundred strong operators run this exact pattern, and I have run it myself: the Family gear goes low precisely BECAUSE another gear is high. Work pays you back the same day — close the deal, feel the win. Home pays back on a longer cycle, and it does not applaud. So without ever deciding to, a man starts spending himself where the return is fast. Ten years later his Field is a nine, his Family is a three, and he genuinely cannot tell you when the drift started. Nobody chooses that trade. It is just what a machine does when one gear engages easy and another one grinds.

Here is the diagnosis under the diagnosis: **the low score is almost never about love. It is about presence.** You love them — that was never the question. The question the wheel is asking is whether they can tell. Being in the room with a phone in your hand is proximity, not presence. Your passengers know the difference in their bones, and so do you.

~~“I love them.”~~ → **“I’M LOVING THEM.”**

That is the trade. One is a state you are sure of; the other is a verb they can feel. Every choice this month is a tick — toward them or away from them. Mostly small ticks. Discipline is choosing the toward-ticks on purpose, and ticks compound like interest.

THE 30-DAY MOVE

THE ANCHOR APPOINTMENT

1. **Install one recurring appointment** with your spouse or family — same day, same time, weekly. Phones in a drawer. Treat it like a meeting with your biggest client, because you are looking at them.
2. **One toward-tick a day:** a single act of loving-as-a-verb — the midday text, the dish done unasked, the question with eye contact. One a day, thirty days.

3. **Track it** — a mark on the calendar. Missed a day? Mark it and keep rolling. The streak is not the point; the direction is.

THE NEXT RUNG

WHEN YOU WANT MORE THAN A NUDGE

On the Resources page at shiftinggearscoaching.com: **The Marriage Charges** (your role, one page — complimentary), **The Hibernation Instructions** (the annual two-night reset — complimentary), and the Gottman shelf. When you are ready to work all eight gears with a weekly rhythm, **The 50-Week Drive** spends five full weeks on Family.