

The movie, or *the adventure?*

> *"The hike you complained about becomes the story you tell for decades."*

Not every family hour carries the same weight. Some entertain. Others become the story of your life.

Two kinds of family time: Long Lasting, and Time Passing.

Time Passing activities are enjoyable in the moment: movies, games, concerts. But they rarely leave a mark. Ask about last month's movie night in five years, and you'll get a blank stare.

Long Lasting activities might be uncomfortable in the moment, like an exhausting hike or an unplanned detour, but they become anchors for life.

Aim for at least two Long Lasting deposits a year with those closest to you. Three or four is even better. They don't even have to require much planning. Some are spur of the moment.

What they usually share: scenery out of the ordinary, maybe even a little discomfort, and an ending worth telling as a story.

Someday your kids will look back and count these moments, so take the photo that proves it happened.

At Boaz Strategic, we develop leaders who invest as intentionally at home as they do at work.