



America's Dinnertime Cheerleader™



Make Dinnertime A Family Event

### Dinnertime Reality Check

- |   |     |    |
|---|-----|----|
| 1) Do you turn the TV off during dinner?  | Yes | No |
| 2) Do you turn off all cell phones during dinner?   | Yes | No |
| 3) Do you allow all topics during dinner?   | Yes | No |
| 4) Does everyone know not to correct, criticize or judge anyone else?                                     | Yes | No |
| 5) Do you do dinnertime, with everyone sitting together and eating at the same time, two evenings a week? | Yes | No |
| 6) Does more than one-person prep and cook the food?  | Yes | No |
| 7) Does everyone know the evenings that family dinnertime will take place?                                | Yes | No |
| 8) Do you have the groceries you need in the house before dinner?   | Yes | No |
| 9) Does more than one person clean up after dinner?   | Yes | No |
| 10) Does everyone know that texting is not allowed during dinner?   | Yes | No |

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**Scoring---give yourself 10 points for each yes answer.**

**100-80 = excellent---**You're doing great! What can you do to bring it to 100? What two questions were your no answers? The fix might just be letting others help with the cooking and clean up.

**60-70 = you're almost there---**You're not too far off and you have a lot in place. Work on just one of your no questions at a time. Don't attempt to tackle all of them at once. Select one and put its solution into place for a month. Let it become a habit. Before you know it, you'll be scoring 100!

**50 or lower = your family dinnertime event needs work---**Work on just one of your no questions at a time. If you try to do too much, you might become overwhelmed and give up. New actions require time to becoming habits. Change one dinnertime behavior a month. Don't switch to a new behavior until the first one is firmly in place. Don't beat yourself up if you slip back into an old pattern. Be gentle and stay committed. It may take some time, but the payoff will be worth it.

**Would you like some tips, ideas and suggestions to help you raise your dinnertime score?**

Go to [www.gigispeaks.com](http://www.gigispeaks.com). Enter your name and email address by the arrow on the upper right hand side. Once a week, in your inbox, you'll receive one idea, tip or suggestion on how to make dinnertime a family event. Give the tips a try every week. Before you know it, your score will be 100!

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