

THE AUTHORITY GAP™ METHOD



BONUS RESOURCE

— THE —
AUTHORITY GAP™
Family
AGREEMENT



Building a Home of Respect,
Trust and Responsibility—
Together.

OUR HOME.
OUR RULES.
OUR RESPECT.
OUR FUTURE.
OUR FAMILY.



STRONG
BOUNDARIES
HEALTHY
RELATIONSHIPS



MUTUAL
RESPECT
LASTING
CONNECTION



CLEAR
EXPECTATIONS
STRONGER
TEAMWORK



ONE FAMILY
ONE VISION
ONE
AGREEMENT



LOVE.
COMMUNICATION.
RESPONSIBILITY.
TOGETHER.

— WRITTEN BY —

BUKOLA A. OLADIPO

♥ Practical tools. Stronger families. Lasting influence. ♥

The Authority Gap™ Family Agreement

A Simple Commitment to Build a Home of Respect, Responsibility, and Trust

"Families don't become stronger because they never disagree. They become stronger because they choose values that guide them through every disagreement."

Why This Family Agreement Matters?

By now, you've learned that the Authority Gap™ isn't closed through stricter rules or louder voices. It's closed when a family intentionally builds trust, consistency, and mutual respect.

This agreement is not a legal contract.

It is a family covenant—a shared commitment between a mother and her teenager to create a home where everyone feels loved, heard, respected, and accountable.

As the parent, your role is to lead with wisdom and consistency.

As teenagers, their role is to grow in responsibility and respect.

Neither of you will be perfect.

There will be disagreements.

There will be mistakes.

But this agreement reminds both of you that your relationship is always more important than winning an argument.

Choose a quiet moment to complete this together. Read each commitment aloud and discuss what it means in your family. Feel free to add or adjust points that reflect your household values.

Remember, the goal isn't simply to sign a piece of paper.

The goal is to create a family culture where everyone knows their values and stands for them.

OUR FAMILY VISION

We choose to become a family where love is unconditional, respect is mutual, communication is honest, and responsibility is shared. We understand that every decision we make today helps shape the adults we will become tomorrow.

OUR FAMILY VALUES

Together, we agree that these values will guide our words, actions, and decisions every day.

- Respect
- Honesty
- Responsibility
- Kindness
- Integrity
- Forgiveness
- Gratitude
- Faith
- Self-Control
- Teamwork

Our additional family values:

MOTHER'S COMMITMENT

As your mother, I promise that I will strive to:

- Love you unconditionally, even when I need to correct your behaviour.
- Listen before making assumptions.
- Speak respectfully, even during difficult conversations.
- Stay calm before responding whenever possible.
- Be consistent with the boundaries I set.
- Admit when I make mistakes and apologise sincerely.
- Encourage your strengths more often than I criticise your weaknesses.
- Protect your dignity by correcting you privately whenever appropriate.
- Pray for you and support your growth into adulthood.
- Continue learning how to become a better parent.

My personal commitment to you is:

Mother's Signature: _____

Date: _____

TEENAGER'S COMMITMENT

As a growing young adult, I promise that I will strive to:

- Speak respectfully to my mother, even when I disagree.
- Tell the truth, even when it is difficult.
- Accept responsibility for my actions.
- Complete my agreed responsibilities without constant reminders.

- Communicate honestly instead of hiding my struggles.
- Respect family rules and boundaries.
- Think before I speak when I feel angry.
- Be willing to apologise when I am wrong. ☐ Show appreciation for the sacrifices made for me.
- Continue growing into a responsible and trustworthy adult.

My personal commitment to our family is:

Teenager's Signature: _____

Date: _____

HOW WE WILL HANDLE DISAGREEMENTS

We understand that disagreements are a normal part of family life.

When conflict happens, we agree to:

- Pause before reacting.
- Speak to one person at a time.
- Listen to understand, not just to respond.
- Focus on solving the problem rather than attacking each other.
- Avoid shouting, insults, threats, or hurtful language.
- Be willing to forgive after genuine apologies.
- Remember that we are on the same team.

OUR FAMILY COMMUNICATION RULES

We will:

- ✓ Say "please" and "thank you."
- ✓ Knock before entering bedrooms.
- ✓ Put away phones during important family conversations.
- ✓ Share concerns honestly instead of keeping silent.
- ✓ Celebrate each other's successes.
- ✓ Encourage rather than discourage.
- ✓ Respect privacy while maintaining accountability.

OUR MONTHLY FAMILY CHECK-IN

Once every month, we will sit together for at least 30 minutes to discuss our progress.

During this meeting, we will ask:

What are we doing well as a family?

What challenges have we experienced this month?

What can we improve together?

What are we grateful for this month?

OUR FAMILY MISSION STATEMENT

Complete this together.

"We want our family to be known for..."

OUR FAMILY MOTTO

Choose one or create your own.

- Respect Builds Trust.
- We Grow Together.
- Love Leads First.
- Grace, Truth, and Responsibility.
- Strong Families Talk.
- Our Home Is a Safe Place.

Our Family Motto:

A FINAL WORD

Signing this agreement does not mean your family will never face disagreements again.

It means you've decided how you'll face them.

There will still be difficult conversations.

There will still be moments of frustration.

But now, However your home has a shared foundation.

Whenever conflict arises, return to these commitments.

Read them again.

Talk through them.

Remind each other that you are not opponents—you are partners, working together to close the Authority Gap™ and build a relationship marked by love, respect, trust, and lasting influence.

Remember: The strongest families are not those who never struggle. They are the ones who never stop choosing one another.