

Creating Positive Family Traditions

1. What is your favorite childhood/family memory?

2. Why is that memory your favorite?

3. What kind of memories would you like to create for your family/self to look back on in 20 years?

4. What kind of feelings do you want to create within those memories?

5. What are your family/personal core values?

6. How can we utilize these desires, feelings, and values to create lasting family/personal traditions?

7. Ideas to take home and try:
 - 1.
 - 2.
 - 3.