

# INDIVIDUAL REFLECTION EXAMPLES

## **CONSISTENCY**

- TRYING AGAIN AFTER FAILING
- SHOWING UP IMPERFECTLY RATHER THAN WAITING TO DO IT PERFECTLY

## **PATIENCE**

- PAUSING BEFORE REACTING
- ALLOWING THINGS TO TAKE THE TIME THEY NEED

## **PRESENCE**

- BEING WHERE YOU ARE INSTEAD OF THINKING AHEAD
- GIVING SOMEONE YOUR FULL ATTENTION, EVEN BRIEFLY

## **CONNECTION**

- REACHING OUT INSTEAD OF PULLING AWAY
- LETTING PEOPLE SEE YOU AS YOU ARE, NOT AS YOU THINK YOU SHOULD BE

## **SELF-COMPASSION**

- SPEAKING TO YOURSELF THE WAY YOU WOULD TO SOMEONE YOU LOVE
- LETTING MISTAKES BE PART OF THE PROCESS, NOT PROOF OF FAILURE

## **CURIOSITY**

- ASKING QUESTIONS BEFORE MAKING ASSUMPTIONS
- WANTING TO UNDERSTAND INSTEAD OF RUSHING TO CONCLUSIONS

## **OWNERSHIP**

- NAMING WHAT'S MINE TO WORK ON
- TAKING RESPONSIBILITY WITHOUT DEFENSIVENESS

## **FLEXIBILITY**

- ADJUSTING EXPECTATIONS WHEN LIFE CHANGES
- LETTING GO OF "HOW IT WAS SUPPOSED TO GO"

## **FOLLOW-THROUGH**

- DOING THE SMALL THINGS YOU SAY YOU WILL DO
- FINISHING EVEN WHEN MOTIVATION FADES

## **INTENTIONALITY**

- ACTING WITH PURPOSE INSTEAD OF AUTOPILOT
- MAKING CHOICES THAT ALIGN WITH WHAT MATTERS TO YOU

# FAMILY ACTIVITY EXAMPLES

- 1 - READ A QUESTION CARD AND EVERYONE ANSWERS.
- 2 - A FAMILY MEMBER THINKS OF A QUESTIONS TO ASK EVERYONE AT THE DINNER TABLE
- 3 - EACH PERSON SHARES ONE GOOD THING AND ONE HARD THING.
- 4 - EACH PERSON RATES THEIR WEEK FROM 1-10 AND GIVES ONE SENTENCE WHY.
- 5 - CHOOSE ONE NIGHT A WEEK/MONTH FOR A FAMILY SNACK OR DESSERT TOGETHER.
- 6 - SET A 30 -MINUTE TIMER AND PUT ALL DEVICES PUT AWAY.
- 7 - EACH PERSON SHARES ONE TIME THEY TRIED AGAIN AFTER FAILING.
- 8 - FAMILY LEARNS NEW YOGA MOVE ALL TOGETHER
- 9 - EACH PERSON SHARES ONE THING THEY TOOK RESPONSIBILITY FOR.
- 10 - PARENTS SHARE SOMETHING THEY STRUGGLED WITH AND THEIR PLAN TO IMPROVE IT
- 11 - PRACTICE OF WHEN A CONVERSATION GETS HEATED, PAUSE IT AND SCHEDULE A TIME TO RETURN.
- 12 - GO ON A FAMILY WALK
- 13 - EACH PERSON PRACTICE LISTENING WITHOUT INTERRUPTING.
- 14 - EACH PERSON SHARES A PHOTO THEY TOOK THAT CAPTURED A SPECIAL MOMENT
- 15 - SCHEDULE ONE FAMILY MOVIE OR GAME NIGHT EACH MONTH.
- 16 - THRIFTING SCAVENGER HUNT
- 17 - PREPARE A MEAL TOGETHER.
- 18 - RESPOND TO APOLOGIES WITH "THANK YOU FOR SAYING THAT."
- 19 - LEARNING A NEW FEELING FROM THE FEELINGS WHEEL
- 20 - GO AROUND THE DINNER TABLE AND EACH PERSON SHARE SOMETHING THEY APPRECIATED THAT SOMEONE ELSE AT THE TABLE DID

# INTENTIONALITY REFLECTION

## **INDIVIDUAL INTENTIONS**

*BREAK THIS SPACE UP INTO AS MANY BOXES AS NEEDED FOR YOUR FAMILY SIZE.  
EACH PERSON WRITES THEIR NAME AND 2-3 WORDS OR SHORT PHRASES THEY WANT TO BE MORE  
INTENTIONAL ABOUT THIS YEAR. (FEEL FREE TO REFERENCE EXAMPLE SHEET OR USE YOUR OWN)  
THERE IS NO PERFECT WAY TO DO THIS, GO WITH WHATEVER FEELS MOST INTUITIVE*

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## **FAMILY INTENTIONS**

*SAME AS ABOVE FOR FORMATTING. EACH PERSON WRITES 2-3 ACTIVITIES/BEHAVIORS YOU'D LIKE  
YOUR FAMILY TO START/DO MORE OFTEN.  
THESE ARE NOT RULES OR EXPECTATIONS. THEY'RE SHARED PRACTICES.  
THEY SHOULD BE SIMPLE AND LOW-PRESSURE, NOT THINGS TO HOLD AGAINST SOMEONE. DON'T BE  
PASSIVE AGGRESSIVE*

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