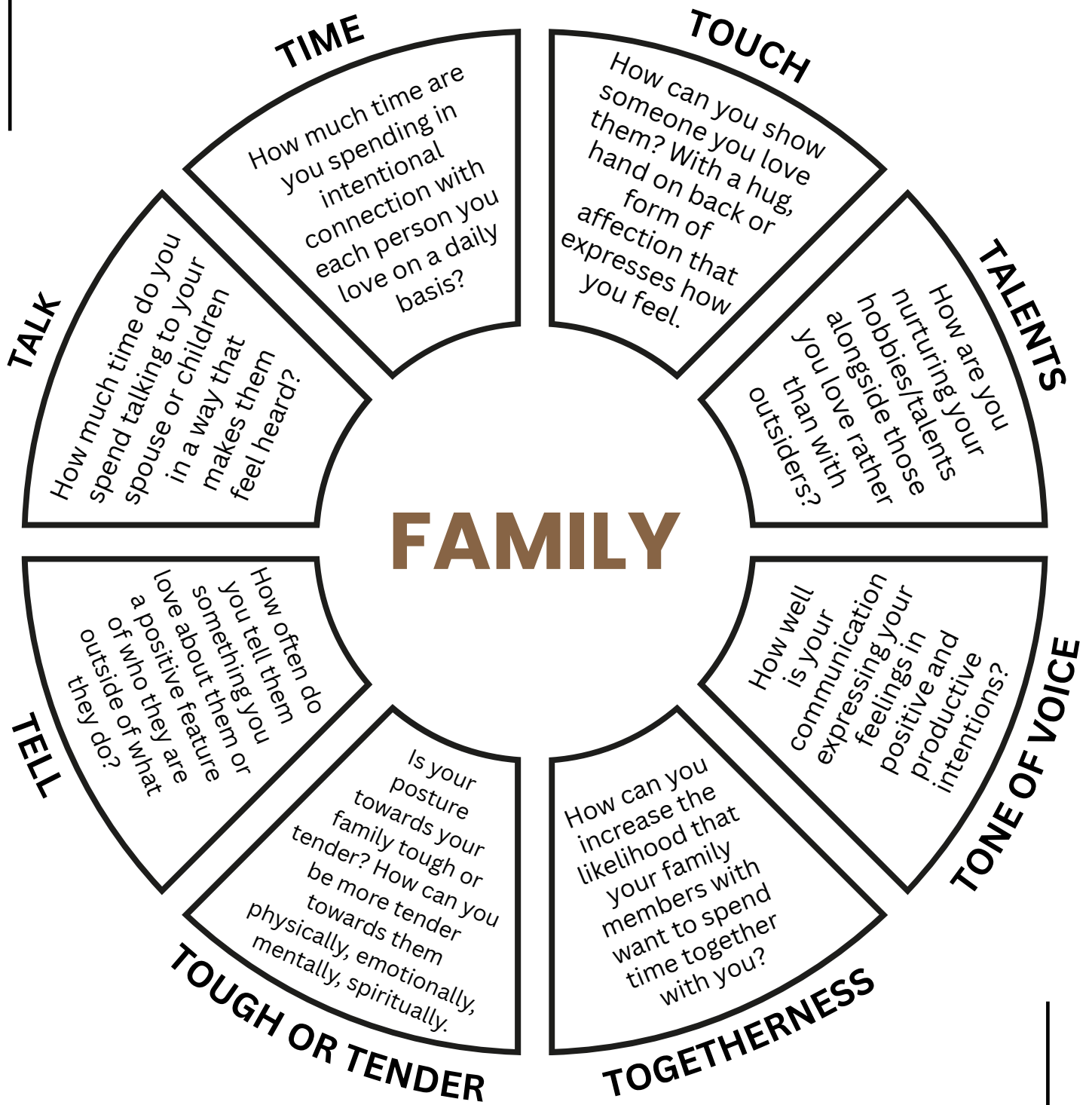




Family

Take a moment to reflect on what family looks and feels like in this season. This journal is your safe space to reflect, reconnect, and grow stronger with those you love.

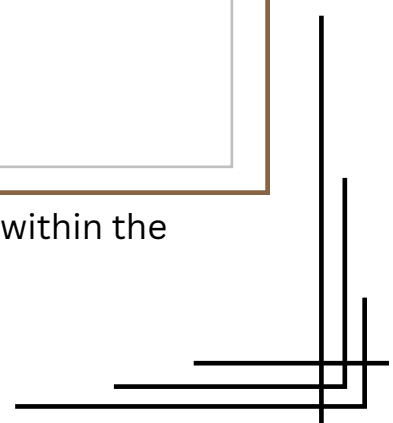
What does ‘family’ mean to you right now?

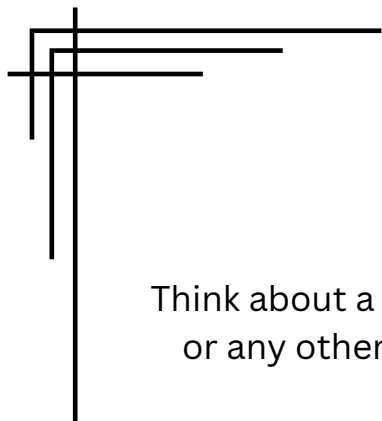
MEMORY MAKER

Insert a photo or draw your family below. You can include your immediate family, chosen family, or even the people who have shaped you most.

“The most important work you’ll ever do will be within the walls of your own home.”

— Harold B. Lee





FAMILY Touch

Think about a small, intentional way—like a hug, a gentle hand on their back, or any other form of loving affection—that reflects how you feel. Simple gestures can speak volumes.

Today, I will express love to _____ by _____.

REFLECTION

What was their response?

How did it make you feel?

What did you notice about the connection?

TODAY'S LOVING GESTURE

☐

Hug

☐

Acts of service

☐

Verbal Affirmation

☐

Quality time

☐

Gentle physical touch

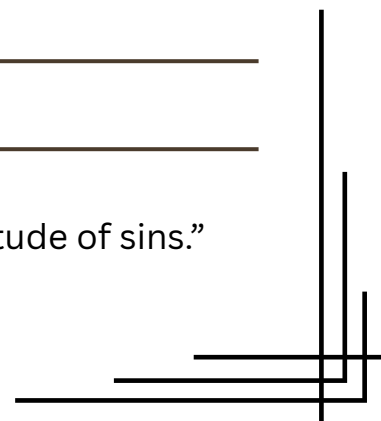
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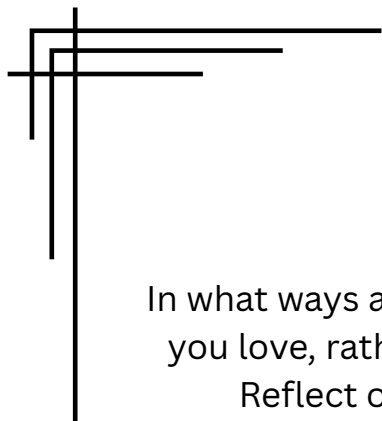
Other: _____

WHY DOES SHOWING AFFECTION MATTER IN MY RELATIONSHIPS?

“Love each other deeply, because love covers over a multitude of sins.”

1 Peter 4:8





FAMILY **Talents**

In what ways are you nurturing your hobbies or talents alongside the people you love, rather than separately or with those outside your closest circle?

Reflect on how shared passions can deepen connection at home.

WHAT ARE YOUR CURRENT HOBBIES OR TALENTS?

WHO IN YOUR FAMILY / CIRCLE CAN YOU INVITE INTO THIS WITH YOU?

LIST A FEW WAYS YOU CAN THINK OF TO NURTURE THIS CONNECTION TOGETHER THIS WEEK.

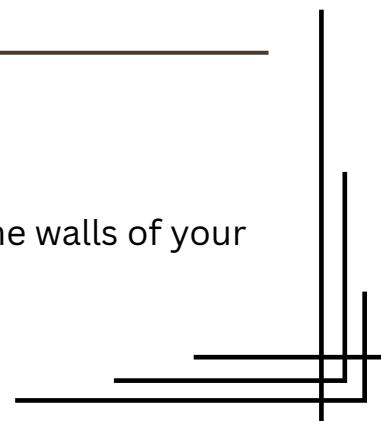
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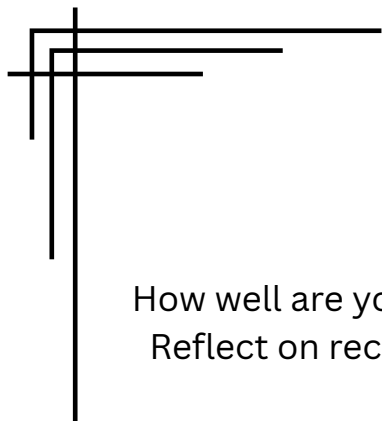
2.

3.

WHAT THIS COULD MEAN FOR US?

“The most important work you will ever do will be within the walls of your own home.” – Harold B. Lee





FAMILY Tone of Voice

How well are you expressing your feelings with clarity, kindness, and purpose?
Reflect on recent conversations—did your words build connection or create distance? What could shift?

REFLECTION

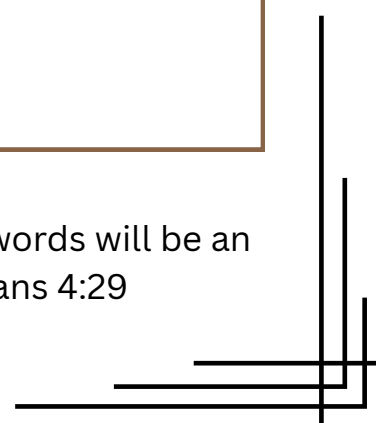
In my recent conversations, I noticed

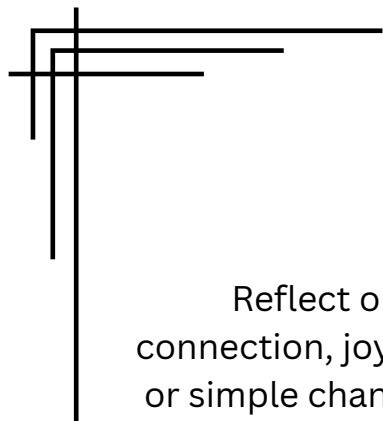
One area I can grow in is

TODAY'S INTENTION

Write a few phrase or habit you want to practice in your communication (e.g., “pause before responding,” “speak truth with grace”).

“Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.” — Ephesians 4:29





FAMILY **Togetherness**

Reflect on the ways you can intentionally foster an atmosphere of connection, joy, and belonging within your family. What habits, environments, or simple changes could make time together more appealing and meaningful for everyone?

WHAT MAKES TIME TOGETHER ENJOYABLE FOR YOUR FAMILY?

LIST 2-3 SMALL ACTIONS YOU CAN TAKE THIS WEEK TO ENCOURAGE SHARED TIME WITH YOUR FAMILY.

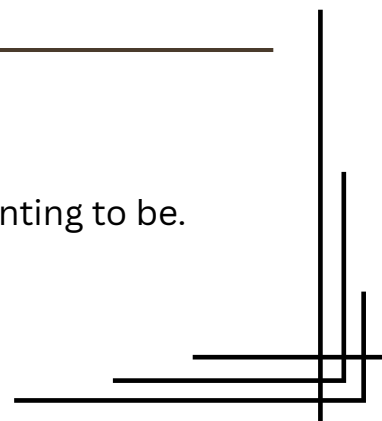
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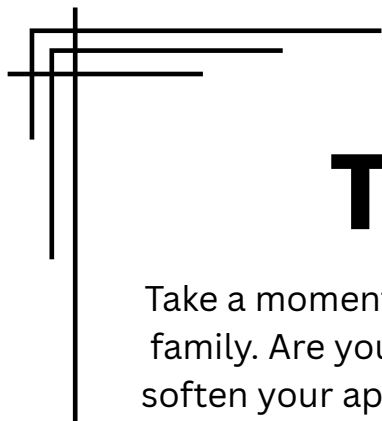
2.

3.

ARE THERE ANY HABITS OR ATTITUDES THAT GET IN THE WAY OF TOGETHERNESS? HOW MIGHT YOU SHIFT THEM?

"Family isn't just about being together—it's about wanting to be.
Create joy they want to return to."





FAMILY **Tough or Tender**

Take a moment to pause and consider the posture of your heart toward your family. Are you leading with tenderness or tension? Reflect on ways you can soften your approach—physically, emotionally, mentally, and spiritually—and allow more compassion to flow through your presence.

TENDERNESS MAP

Inside each box, write one way you can soften your approach this week.

PHYSICALLY

MENTALLY

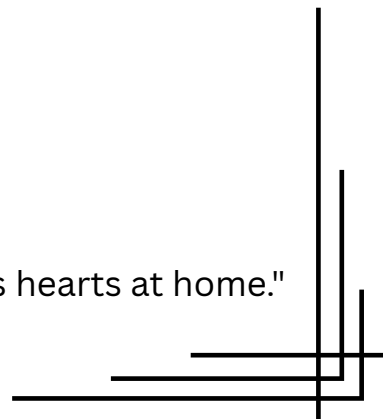
EMOTIONALLY

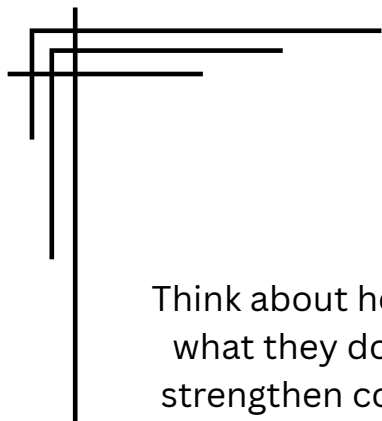
SPIRITUALLY

COMPASSION IN MOTION

List or sketch how you want to show up with more grace in the days ahead.

"Tenderness isn't weakness—it's the quiet strength that heals hearts at home."





FAMILY Tell

Think about how often you speak life into your loved ones—not just praising what they do, but who they are. When we affirm someone's character, we strengthen connection. Use this space to intentionally recognize and write out the beautiful qualities you see in the people closest to you.

FAMILY PRAISE GRID

Name:

One thing I love about who they are:

Why it matters:

Name:

One thing I love about who they are:

Why it matters:

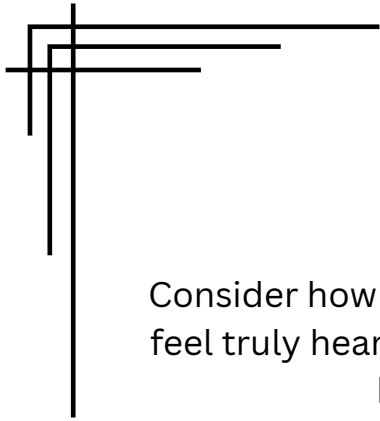
Name:

One thing I love about who they are:

Why it matters:

Affirmation is the echo of love—reminding others they are seen,
valued, and cherished.





FAMILY Talk

Consider how often your words and presence make your spouse or children feel truly heard. This space invites you to slow down, tune in, and reflect on how much space you're creating for connection.

COMMUNICATION TRACKER

Family member name:

Time Spent Listening:

What They Shared	
How I Responded	

Family member name:

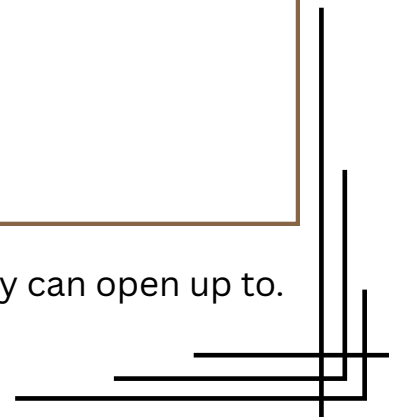
Time Spent Listening:

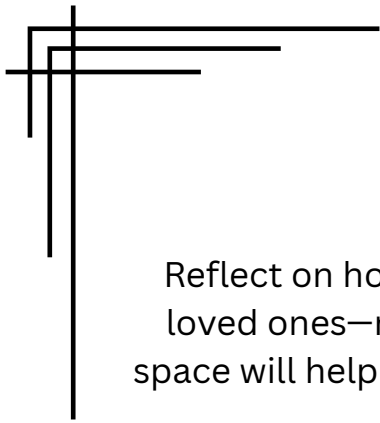
What They Shared	
How I Responded	

IMPROVEMENT PLAN

List 2–3 intentional changes to improve listening skills.

Listening is love in action. Be the calm, steady presence they can open up to.





FAMILY Time

Reflect on how much time you're intentionally spending with each of your loved ones—not just being in the same room, but truly being present. This space will help you become more aware of how you're nurturing relationships through meaningful time together.

DAILY CONNECTION LOG

Name	Time Spent	Type of Connection	How did I respond

REFLECTIONS

Write a few sentences about what connection looked like today. Was it enough? Was it meaningful?

Time spent with those you love is never wasted. It's where the heart heals and grows.

