

Clarifying Family Hopes and Dreams

What are your hopes and dreams for your family? Use the following topics to organize your ideas. Imagine what it means to create a healthy family in each of the following areas:

Social:

What do family relationships look like? What do outside relationships look like?

Emotional:

How do you express emotions? How do you accept others' feelings?
What does it look like to be emotionally healthy?

Physical:

What does physically healthy living look like? What activities do you want to include?

Spiritual:

What do you want your family to know about spiritually? What traditions do you already have in place?
How do you look for help outside yourself?