



## *10 Days to Strengthen Your Family Bond*

1. Share Your Dreams and Goals
  - Day 1. Share one of your personal goals for this year with your children. Ask your children if they have any dreams or goals.
2. Give Every Member a Job and Some Authority
  - Day 2. Praise your children for a job they are helping with at home. Discuss if they may be ready to advance to a more challenging job and what job they might enjoy learning.
3. Plan Outings and Trips Together
  - Day 3. Hold a family brainstorm session regarding future outings or a summer trip everyone would enjoy. If your children are older pass out details (pricing, hours) for them to investigate further.
4. Connect in With One Another
  - Day 4. Share with one another your favorite way to connect (phone, text, note, email) and then connect. You can even draw names and surprise the family member the following day.
5. Share a Meal Together
  - Day 5. Come together and have a favorite meal. You can even have one your kids come up with fun discussion starters.
  - Begin planning for a Family Night

## 6. Give Respect

- Day 6: Say or do something positive for your spouse when your children are around. If you are single, you can choose another role model in your child's life.

## 7. Family Night

- Day 7 (or sometime in the next week). Enjoy a family night. You may decide to play games, go do an activity together or have pizza and a movie.

## 8. Listen and Make it Safe to Share

- Day 8. Listen to a family member without interrupting today. Don't bring up any past offenses unless it truly is part of the conversation.

## 9. Gratitude

- Day 9. Each family member shares one thing for which they are thankful.

## 10. Guide With the End in Mind

- Day 10. You and your spouse (or a member of your support team) discuss what character quality you want to focus on with each of your children. Pick one or two specific ways you can work with your child in the next few months.

