

Our Family New Year's Resolutions for 2018

*New Year's Eve or New Year's Day - families talking (for just 30 minutes).
An opportunity to look back together on the year gone by and look forward to the year ahead.*

- ✓ Here are five easy steps for having a family chat that can result in up to three New Year's resolution that the whole family can commit to for the year ahead.
- ✓ Use this moment to foster communications and make decisions that build family life.
- ✓ Gather the family around the table or any place where you can talk to each other.
- ✓ One person leads the conversation by asking the questions below - give about 5-6 minutes to each question. Ensure every person in the family has a chance to speak.

STEP 1 - Looking back on 2017 - is there a family moment that I remember?

- A fun moment...
- A lovely moment...
- A sad moment...
- A moment I'll never forget!

STEP 2 - Looking forward to 2018 - what would I love for us as a family?

- Something we might do...
- Something we might stop doing...

STEP 3 - Is there anything in what Pope Francis says here about families that strikes me?

- Always remember to say please, thanks and sorry - doing this in the good times helps in the bad times
- If anyone has a success let's all celebrate - if anyone is in trouble let's all help
- We all need our own space - let's respect that for each other
- Practice forgiving - let's be slow to judge one another
- Listen to one another's stories - especially across the generations
- The family that prays together stays together

STEP 4 - In light of what we have all chatted about is there one resolution I'd love us to make for the coming year?

- Can we make our suggestions?
- Can we list these?

STEP 5 - From all we have heard which resolutions can we all sign up to?

- Can we write these up in simple, concrete language on our family New Year's Resolutions sheet? *
- Where will we place the sheet that we can all see it in our house?

*Keep the resolutions **concrete**, so that you will know whether they are done or not. Keep them **realistic** so that you have a good chance of success. An example of a concrete, realistic resolution might be - *We will celebrate each birthday in 2018 by having a meal together during the week of that birthday.*

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*Hope bids us live fully in the present, giving our all to the life of the family,
for the best way to prepare a solid future is to live well in the present.*

Pope Francis - Joy of Love (219)

As a family we all agree to the following:

1.

2.

3.

Signed by:

Date