

Our Family New Year's Resolutions for 2018

New Year's Eve or New Year's Day - 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 always 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, The Joy of Love (219)

As a Family, We Agree to the Following:

1.

2.

3.

Signed by:

Date: ____ / ____ / ____

