FAMILY STRENGTH BUILDING

with your

grown children

WORKBOOK

Every family experiences conflict, but when you have a solid, loving relationship with your family members, it's easier to resolve any issues that crop up. This workbook is designed to help build and strengthen family relationships.

The vision you have for your family is:

Benefits your family will receive by developing stronger relationships:

The things that hold you back from being closer:

How you can overcome the obstacles holding you back:

Common strengths families need to work on:

Tools & resources you can use to help improve those areas of your family relationship:

Steps you will need to take to deepen your family bond:

We're in this *together.*

How will you track your successes and missteps:

Incentives / rewards you will use to help keep everyone on track:

CHECK YOUR PROGRESS

What actions have you taken to achieve your goal:

Positive results you've experienced:

How can you continue to improve:

Setbacks you have encountered:

How have you overcome (or are working to overcome) them:

How is life different since you've been strengthening your family:

Notes / Thoughts: