

# Personal Reflection Exercises...

## **My family enjoys spending time together. I take the lead to plan activities.**



### **My family enjoys spending time together. I take the lead to plan activities.**

My family shares many exciting activities, and we spend as much time together as we can. We take turns picking out what we will do as a family and I take the lead in planning the outing so everyone finds something they enjoy.

### ***Most of all, we cherish our family activities simply because we are together.***

The activities I plan are many and encompass a full range of opportunities for our family.

I plan some activities that are just for fun and others that encourage us to expand our horizons and grow as individuals.

I plan some outings for healthful, vigorous exercise and others for calming relaxation.

We also use our family activities to give confidence and encouragement to each other. When any of the children have a show or sporting event, our family is there to cheer them on.

The children's many activities sometimes cause hectic schedules in order for us to be there for all the events. But I know that going out of my way to show my children love and support strengthens our family ties.

On especially hectic days, I simply explain to the children how very important it is for us to show our love to each other in this way.

### ***In the long run, it matters little what we do, just as long as we enjoy our time together.***

Today I will think of fun things to do with my family. I will focus my energy on providing a special activity that everyone will enjoy. I will work out a plan to include more family activities on a regular basis.

### **Self-Reflection Questions:**

1. What fun activities have my family and I done together?
2. What do my children especially like to do together?
3. Do I make a special effort to enjoy each precious moment with my family?