

DIY WORKSHOP

“My Family’s Good Stuff”

Being a parent can sometimes be hard. All the pressures to be the “ideal family” but, what does this really mean to you and your kids?

The good news is, you and your family alone get to define what it means to be a family. This DIY (Do-It-Yourself) workshop isn’t about rule setting or writing lengthy family purpose statements.

This workshop is a roll up your sleeves and talk about what makes your family uniquely “your” family. It’s about taking the time to talk about the good stuff that makes you who you are and then jotting down a short simple list that will help everyone in your family know how to act and just be.

Join us to put down on paper all the ideas of how you want to live as a family. We’ll chat about the things your family members have passed on to you from previous generations and let you determine what you want to keep, what you want to let go, and what you want to create new just for you.

It’s never too late to make a “My Family’s Good Stuff” list. We invite you to join us to start your list and then encourage you as a family to edit it often. 😊

Please share your family’s good stuff list on your social media by tagging @TalkHeart2Heart and/or using #TalkHeart2Heart in your post.

Your list may include good stuff about your family’s approach to:

- Balancing work, school and fun
- Bettering our community
- Laws and government
- Alcohol and drugs (for youth and adults)
- Beliefs and faith
- Stress management
- Good character

Making a “My Family’s Good Stuff” list helps everyone in your family:

- Define how you (as a family) are going to respond to various situations
- Make good choices as a family and as individuals
- Strengthen the relationship you have as a family

Want to learn more?

Here are additional resources about creating family values/standards lists:

<https://family.lovetoknow.com/list-family-values>

<https://www.pricelessparenting.com/documents/family-moral-values>

TALK

heart2heart

TalkHeart2Heart.org

My Family's Good Stuff:

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For more information on how to make a DIY “My Family’s Good Stuff” List (for your fridge!) go to TalkHeart2Heart.org and search “good stuff”. 😊

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