

THIS IS **US.**

Family Retreat Workbook

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## Family Conversation #1

### Remember, Reminisce, and Record

*Talk about the past year with your family. You might want to look through pictures on your phone to jog your memory. Once you have a good start, put the device away and engage in conversation! Focus on connection and make sure you listen to each other well.*

- What were some of the high points and low points last year?
- What were some funny and fun times last year?
- What were some of your favorite moments from last year, and why?
- How has God blessed your family and you individually last year? Do you see any answered prayers?
- What challenges did you face together or individually last year?
- Can you remember a time when you felt close to a member of our family? What makes you feel loved?

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## Family Conversation #2

### Dream Session

*Talk about dreams and future aspirations. Have fun, this is not a time to worry about whether a dream is unrealistic or not. Say "Wow!" instead of "How?" Even outlandish dreams contain something we can practically apply.*

- For my family, if money and time were not factors, I would...
- What dreams do you have for your family?
- What do you want more of or less of in your family?
- What makes you feel important to your family?
- What are some behaviors in our family that make you feel less important?
- What makes our family time special?
- What words do we want people to use when describing our family?

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## Family Conversation #3

### Uncovering Our Values

*Whether or not you know it, your family is already being shaped by your core values. We all have aspirational values (what we wish were true) and actual values (what is already true), and both of these are important to understand in terms of the culture and vision for your family. Your deepest core values are the things that are most important to you.*

#### Getting started - For the Parents:

- What are some things you loved about your family growing up?
- What are some things you didn't love about your family growing up?
- What makes you angry or reactive? What makes you especially happy?
- What is your family passionate about?
- What do you want your family to be known for?

**Family Core Values** - on the next page are a list of values that you may or may not prioritize. Start by identifying 20 of them with a check mark. Then, of that 20, underline the top 10. Out of the top ten, circle 5 of them that you think are really CORE. Write your top 5 on this page. Try to get down to 5 and discuss why these values matter.

#### Our Families Core Values:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

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## Family Core Values

Accountability	Faithfulness	Love	Submission
Discipleship	Hospitality	Purity	
Attitude	Fellowship	Loyalty	Teachable
Discipline	Humility	Relationships	
Authenticity	Generosity	Mercy	Teamwork
Diversity	Humor	Reliability	
Boldness	Gentleness	Obedience	Thankfulness
Education	Ingenuity	Respect	
Character	Godliness	Openness	Transparency
Efficiency	Integrity	Sacrifice	
Collaboration	Goodness	Orderliness	Trustworthiness
Encouragement	Intimacy	Self-discipline	
Compassion	Grace	Passion	Truth
Endurance	Joy	Selflessness	
Confidence	Gratefulness	Patience	Unity
Enthusiasm	Justice	Servant Leadership	
Courage	Growth	Peace	Wisdom
Evangelism	Kindness	Serving	
Creativity	Honesty	Perseverance	Worship
Excellence	Leadership	Steadfastness	
Dedication	Honor	Personal Growth	Zeal
Faith	Learning	Stewardship	
Devotion	Hope	Prayer	Other _____

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## Family Conversation #5

### Setting Goals

*Some good can come from having intentional conversations, but great good can come from putting ideas into action. Take some time as a family to identify and write down some individual goals and family goals. **Being disciplined over time will actually take your intentions and turn them into movement in the right direction.** Let your goals flow out of your values*

**Key Question: What does your family need to be more disciplined about?**

*Put these goals somewhere visible where you can see them frequently. Pray over your goals and ask God for help, and be sure to celebrate accomplished goals!*

**Write down 2-3 goals for each child.** They can be goals from parents or they can be self-identified goals. Goals can be about character or behavior, but remember that behavior changes are easy to measure while character changes might be more difficult to see.

Child #1 -

- 1.
- 2.
- 3.

Child #3 -

- 1.
- 2.
- 3.

Child #2 -

- 1.
- 2.
- 3.

Child #4 -

- 1.
- 2.
- 3.

**Write down 2-3 goals for each spouse.** These can be goals from your spouse, from the children, or self-identified goals. Goals can be about character or behavior, but remember that behavior changes are easy to measure while character changes might be more difficult to see.

Spouse #1 -

- 1.
- 2.
- 3.

Spouse #2 -

- 1.
- 2.
- 3.

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**Finally, write down 5-10 goals for the family.** These can be habits you want to develop, character traits you want to cultivate, or memories you want to create. These goals can be shaped by all members of the family. Let them focus on one important word: together.

## Family Goals:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### *Ideas to think about:*

- **Family Dinners** - what night of the week can we all eat together?
- **Family Nights/Activities** - when can we play together?
- **Date Night** - when can we regularly connect as a couple?
- **Kid Date Nights** - rotating with each child, 1 on 1 time
- **Vacations** - when can we retreat together?
- **Home Projects** - what can we build together?
- **New Experiences** - what can we learn together?
- **Church Involvement** - how can we prioritize worshiping together?
- **Serve Together** - what projects or causes can we help together?
- **Give Together** - evaluate and plan for your family's generosity