

Family abundance

WE GRAB LIFE BIG



FAMILY VALUES WORKBOOK

Adult & Next Gen Leader Packet

STEP 2 (ADULTS/NGLs)

PERSONAL ACHIEVEMENTS

Question: What moments, experiences and/or achievements are you most proud of in your life so far?

USE THE SPACE BELOW TO WRITE OR DRAW

STEP 3 (ADULTS/NGLs) OUR HIGHEST STRENGTHS

Question: Reflecting upon these achievements, proud moments and experiences what are your highest individual strengths, those that help you to be successful in your life and make a difference in the lives of others?

USE THE SPACE BELOW TO WRITE OR DRAW

STEP 4 (ADULTS/NGLs)

FAMILY LOVE

Question: What are 3-5 things that you love most about your family?

1. _____

2. _____

3. _____

4. _____

5. _____

USE THE SPACE BELOW TO WRITE OR DRAW

STEP 5 (ADULTS/NGLs)

MOMENTS OF FAMILY GREATNESS

Question: Think of all the times that your family has Grabbed Life Big together. Pick 1 or 2 of your favorite stories to share, and then write or draw the most important strengths and values that came out of those stories out on small post-it notes.

YOU'LL BE DOING THIS ACTIVITY ON A FLIP CHART PAGE, BUT FEEL FREE TO USE THE SPACE BELOW FOR BRAINSTORMING OR TAKING NOTES!

STEP 6 (ADULTS/NGLs)

IDENTIFYING OUR FAMILY VALUES

Question: Think about all of your Family Grab Life Big Stories that you, and the rest of your family, thought about and shared. Take a minute to appreciate how awesome your family is.

Now, think of all of your family's highest values. Write them down on post-it notes (3-5 per person).

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