

Family Dream Session

Welcome to the FamBundance Family Dream Session! This latest iteration of our format for the Family Meeting will help your family to connect with each other on a weekly basis, while focusing on your gratitudes, goals, strengths, family values, and even your schedules for the week!

This process will take you about an hour to complete with a family of 4. Start by grabbing this instruction sheet, a journal or notebook for every member of the family (it's great if you're able to use the same journal/notebook from week to week) and find a quiet, comfortable spot for the whole family to sit.

To complete this process, one person should be designated as the facilitator, who will ask the questions. (The first time, it's probably best if mom or dad acts as the facilitator, but after you've gone through the process a few times, it can be fun to take turns being the person running the conversation!) The facilitator should ask the question, and give everyone 30 seconds to a minute to write or draw an answer in their journal. Then, go around in a circle and everyone shares their answer!

Note: An important part of this process revolves around your Family Values. If you have not yet completed the FamBundance Family Values Workbook, you can get a copy at FamBundance.com/FamilyValues. The Workbook, as well as lots of helpful tools, are available there!

1. Check In: Why is our family important to you?
2. Family Values: Read your Family Values out loud, one at a time, and have the rest of the family repeat them back to the facilitator.
 - a. Next, pick a word or phrase from your Family values, and have everyone write down what it means to them in their journal. Do a round of sharing your answers with each other.
3. Gratitudes: Everyone should start by writing/drawing one thing that they're grateful for (it doesn't have to be family-related!). Do a round of shares.
 - a. Next, pick a family member, and everyone should write down what they're grateful for about that person (that person should write what they're grateful for about themselves). Some great things to include in this are what is a family value that you saw them living in the past week, or how they helped you this week. Go around the circle, and do a round of shares showering that person with love and gratitude! Repeat this step for everyone in the family.
4. High Point Moments: Think about your best moments from this past week, both for yourself and for you together as a family. Everyone should write/draw one of each in their journal, and then do a round of shares. Some examples of this are funny moments, activities you did together, challenges you overcame, or anything else you can think of that really made your week!
5. Goals: For this step, we'll be focusing on two areas: our One Big Goal for the year, as well as our small weekly goals that help us to work towards our big goals.
 - a. One Big Goal: Start by going around in a circle, and checking in on what your One Big Goal for the

year is, and where you currently stand in achieving this goal.

- b. **Weekly Goals:** What were your weekly goals from last week, and did you achieve them? What other goals do you need to set for the week ahead, both that will help you to achieve your One Big Goal and others that will help you have a great week.
6. **Schedules:** Go over the schedule for the next week, day by day, for each member of the family. This will help you to connect to what each person has going on, and gives you an opportunity to see how you can support each other in the days ahead.
7. **Family Pillar Goals:** Check in on your Family Pillar Goals. How have you done with them, what do you need to do in the days ahead to help get closer to achieving those goals?
8. **Upcoming Adventures:** Go through all of the upcoming adventures you have as a family. Check in on how many days there are until each trip, and what each of you is most excited about.
 - a. Are there any new adventures that anyone has an idea for that you can add to your list/
9. **Review:** What other activities do you do as a family that you need to check in on? If you do things like the FamBundance Stars System, or Spend/Save/Give accounts, or helping your kids keep a P&L of their finances, this is a great time to review those!

Close the meeting with a big family hug, and reflect on how you feel about the time you spent together.

Questions about our programs, or about how to set up your own Family Meetings?

Feel free to reach out to our JDL Lead Facilitator Matt Duncan: Matt@FamBundance.com

