


FamBundance Pillar Goals

In FamBundance, our 6 Pillars help us to define who we are and how we live our lives. By creating and focusing on goals within these 6 pillars, we are able to focus on the things that are most important to us, while living those 6 Pillars in our every day lives.

This activity can be done well as a family. Begin by printing out a copy of pages 1-2 for every member of the family. Spend a few minutes going through those pages individually. Once everyone has completed these pages, collect the supplies listed on page 3, and complete the activity together!

1: Outcomes: Imagine it's one year from today, and you're looking back over this past year and you are proud of yourself. What has happened? What have you accomplished in your personal life, your professional life and your family life? If you're looking back over the year what would have happened that would help you to feel fulfilled, proud and excited for the future?

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WE GRAB LIFE BIG

2: Focus on Pillars: Reflect on that future vision you just wrote about. Now, think about the FamBundance pillars. What are the 2 or 3 pillars that you need to devote your focus on in order for that outcome to be achieved? Put a 1, 2, or 3 next to the top pillars below. 

_____ **Financial Literacy**

_____ **Authentic Relationships**

_____ **Healthy Habits**

_____ **Genuine Contribution**

_____ **Bucket List Adventures**

_____ **Honoring Commitments**

3: Benchmarks: Fast forward 6 months from right now. What are 1 or 2 markers or benchmarks you could set that would let you know that you're on track to grow your top-priority pillars on the way to turning the visions you have for the year into reality.

Pillar 1:

Pillar 2:

Pillar 3:

1.
2.

1.
2.

1.
2.

4: Actions: What are the top 3 actions that you need to take in each of those pillars in the next 30 days, so that all of those benchmarks are hit by the end of the summer.

Pillar 1:

Pillar 2:

Pillar 3:

1.
2.
3.

1.
2.
3.

1.
2.
3.

5: Purpose: In no more than a sentence, explain why is it important for you to move forward with this plan and achieve these outcomes?

Hint: "I will achieve my goal of ____ by ____ because ____", or any format that feels good to you!

Shared Family Pillar Goals

Now that we've all shared our personal goals with each other, it's time for us to come together as a family and create a Shared Family Vision. As part of this activity, we're going to be co-creating family goals in each of the Six Pillars and Grabbing Life Big as a Family.

To get started, your family should grab the following items:

- A big stack of post-its, in all of the different sizes
- Sharpies, pens, and some colored markers
- A stand-up flip-chart

Take three flip-chart pages, and divide each of them in half either horizontally or vertically. Write the name of one Pillar at the top of each section.

As part of this activity, we want to make sure every member of the family has a role to play. If you have a large family, multiple people can fill each role.

- Discussion Leader**: Keeps the conversation on track. Ensures that each person who wants to speak is heard. Invites quieter voices to be included.
- Time Keeper**: Keeps group aware of time. Make sure the group dialogue stays within the process.
- Recorder**: Captures the outputs of the family in preparation for Part 2.
- Presenter**: Speaks for the group if/when there is an opportunity to present.

Part 1

1. Sit together in a circle, and take some time for each of you to share your vision, benchmarks, and purpose statement with each other. Listen attentively to each other, and once someone has shared, acknowledge each other for what they said that made you proud of them. **Each person should take about 60-90 seconds to share their future visions.**
2. Now that you've shared how each of you wants to be Grabbing Life Big over the next year, we're going to shift to thinking about the family as a whole. Everyone will write or draw one to two family goals (one on each post-it) for each pillar, i.e. one to two ways for Authentic Relationships, one to two ways for Healthy Habits, etc. (If there are four people in your family, there should be four to eight post-its on each pillar section) If you need a refresher on the pillars, flip to page 4.
3. Once you have all your post it notes up, look within each of the pillars for patterns, commonalities and/or themes. Even if the words are a little different, look for the similarities. This can also be a great spot to clarify what a family member means by the words they wrote down on the post it note.

As a family, organize the post it notes into two to four themes or shared goals within each Pillar. It's helpful to physically move the post-it notes as you create the themes. Once you have found the common themes or goals for the first pillar, immediately move to the next pillar and then the next.

4. **Option A (If your kids are younger):** Once you've sorted the post-its into themes or goals for each pillar, use a larger half-page post-it to make a list of all of those two to four goals within each pillar, so that you have an "overview" of your goals for each pillar. You will be making a total of six half-page post-its.

Option B (if you have NGLs or older kids): After you have created your two to four goals within each pillar, work together to craft a statement or affirmation representing your family's goal for each of the pillars. Your statement might include the daily rituals, routines, or habits that you need to start — or continue to develop — in order to ensure that your family to hit your goals in each of the Six Pillars.

For example, let's say in the Healthy Habits pillar you had eight post-its, and you narrowed it down to three themes (eating more plants, exercising as a family, and doing more meditation). You would then create a family statement or affirmation for each pillar, such as "The [Awesome] Family will Grab Life Big by focusing our Healthy Habits on eating more plants, exercising together 5 days a week, and spending time once a week meditating".

Part 2

Now, take a blank flip-chart page, and put on it the half-page post-its that you created for each of the Six Pillars. If you're feeling creative, you can also re-create those 6 half-page notes into a beautiful chart that you can hang up. Either way, once you've created your finished product, you should hang it up in a place that is central to the whole family, or in a place where you conduct your regular family meetings, so that you can quickly and easily refer back to it at all times!