

THE FAMILY RHYTHM BUILDER

SMALL MOMENTS. GREATER PURPOSE. STRONGER FAMILY CULTURE.

As a family, choose one simple rhythm to practice together. Once it's filled out, post it somewhere your family will see it. Practice your rhythm, and when it becomes part of your normal, come back and choose another!

1. CHOOSE IT

Which rhythm could make the biggest difference in our family right now? Talk about it and choose ONE.

☐ **REMEMBER**

Share family stories and what we've learned from them.

☐ **CELEBRATE**

Notice and celebrate the good we see in one another.

☐ **SAY IT**

Tell each other the good things we sometimes forget to say.

2. ATTACH IT

Where can we practice this rhythm? Choose a moment that's already part of our family's routine.

☐ Mealtimes

☐ Bedtime

☐ Other: _____

☐ Car Rides

☐ Weekends

3. REPEAT IT

Let's make the family rhythm plan. Complete these sentences by filling them in with the moment you chose and the action you'll take:

Every time we... _____

We will... _____

(Example: Every time we have Sunday dinner, we'll share one way we saw someone in our family showing kindness or courage.)

OUR FAMILY DECLARATIONS

This Is The Kind of Family We're Building.

REMEMBER

We will remember what God has done and share the stories that shape who we are. (Psalm 78:4-7)

CELEBRATE

We will celebrate who we're becoming, not just what we're accomplishing. (Hebrews 10:24)

SAY IT

We will speak love, gratitude, and encouragement instead of assuming they're already known. (Ephesians 4:29)