

Family Statements

Directions:

Use the two Family Statements handouts to start to identify your family’s values and strengths and come up with a family “mission statement.” First begin with the list of family statement prompts. This is an interactive way to begin or continue the conversation about your family and to invite each member to contribute their suggestions. Invite discussion around the family statement prompts. You can include more than one answer if there are several from each family member.

After working on the family statement prompts, your family can create a family “mission” statement as a unifying motto for your family in general, a positive reminder while going through a challenging time, or a concise way of summarizing the family goals you are

currently working on. Perhaps the statement defines the work your family is doing in FOCUS. The statement can be posted on the fridge or bathroom mirror, maybe in the car or family room — anywhere where it will be visible. Each statement will be as unique as the families creating them, and there is no right or wrong way to do the activity. Allow for any discussion that arises.



Family Statements

Our family is built on...

Our family is unique because...

The best thing about our family is...

Our favorite thing to do together is...

Our family really knows how to...

One thing our family has learned is...

One thing our family teaches other people is...

Our family makes the world a better place by...

Our family shows kindness by...

Our family shows honesty by...

Our family shows love by...

Our family believes...

We love our family because...

Our Family Silver Lining Statement:

Although our family has experienced challenges and changes, we view this as a positive

because together we are:

... and we hope and plan to ...

