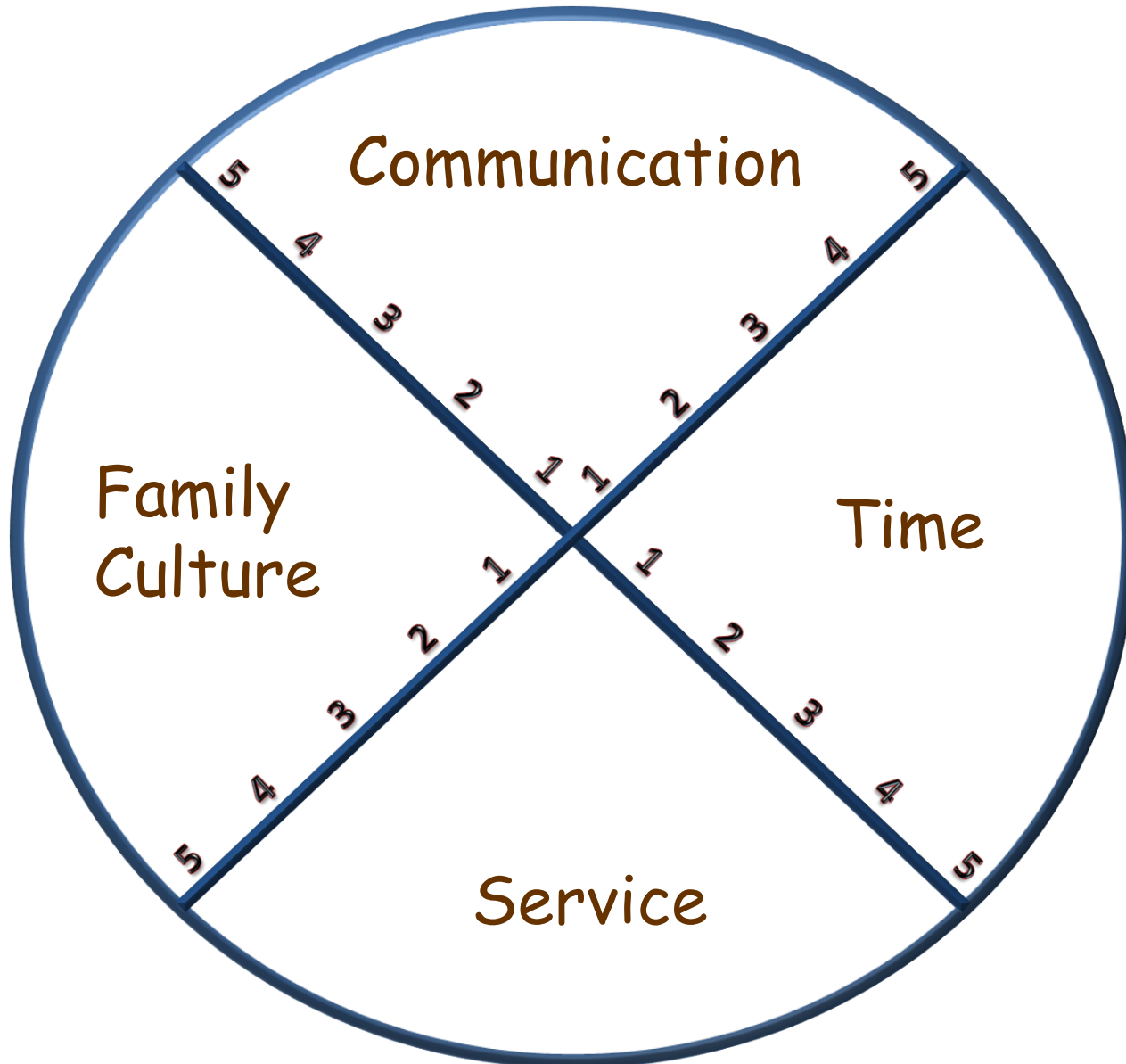


Week 5
Activity 1
Worksheets

Family Relationships



Week 5

Family Relationships

Who I Choose to BE

What I Choose to DO

What I Choose to HAVE

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In your journal

- Record your reflections on the communication within your family.

- What could you do to make it more positive and uplifting?

- Do you feel you are spending enough time with your family members?

- Is giving service something you do regularly in your family?

- In what ways do you serve your family members?

- Is service something you feel you 'have' to do, or is something you 'like' to do. Why?

- Do you appreciate the service that others do for you?

- What are some of the values, beliefs and boundaries of your family?

With a basic understanding of the 5 love languages, what can you do with this information?

My Journal

