

# FAMILY COMMITMENTS



Think about your next steps and set goals to achieve your family vision together.

Put your commitment in writing as a reminder to what your family is working towards!



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## WHAT IS OUR FAMILY VISION?

- What common family values do we have?
- What can we contribute to each other?

## WHAT DO WE NEED TO DO TO ACHIEVE IT?

- What do we need to improve or change?
- What step by step process do we need to take?

## WHAT GOAL CAN WE SET AS A FAMILY TO MOVE TOWARDS IT?

(For example, if your goal is to become physically healthier together, commit to replace ordering fast food with home cooking as a family, or set a goal to have exercise weekend as a family every 2 weeks)