Creating Your Family Saying for the Year

Gather your family around the table, grab some snacks, and follow these simple steps to create a meaningful family saying for the year. This step by step process is designed to be fun, easy, and inclusive for all ages. Let's begin!

Step 1: Set the Scene
- Choose a relaxed time when everyone is together, like after dinner or on a weekend.
- Have a few snacks or a treat to make it enjoyable.
- Turn off distractions (TV, phones, etc.) to focus on each other.

Step 2: Invite Everyone's Voice
- Start by explaining the purpose: "We're creating a family saying that will inspire us and guide our actions this year."
- Encourage each person to share their ideas by asking:
- What's something we value as a family?
- What would we like to achieve together this year?
- What words make you feel positive and motivated?
- Write down everyone's suggestions on a piece of paper or whiteboard.

Step 3: Find Common Themes
- Look for common words or ideas in what everyone has shared.
- Work together to combine these into a short, memorable saying. Keep it simple and positive! For example:
- "Kindness First, Always"
- "Together We Can"
- "Courage and Love Lead Us"

Step 4: Finalise Your Saying
- Read the draft aloud and ask: "Does this feel right for our family?"
- Make any tweaks until everyone is happy with it.

Step 5: Frame It
- Write or print your family saying neatly on a piece of paper.
- Decorate it together with drawings, stickers, or a fun design if you want to
- Frame it and hang it in a visible spot, like the kitchen, living room, or hallway.

Step 6: Reflect at Year's End
- At the end of the year, gather your family again.
- Look at your family saying and ask:
- How have we lived this out?
- What stories or moments show how we embraced our saying?
- What could we do better or celebrate from this year?

Your family saying is more than just words—it's a way to stay connected and focused on what truly matters. Start this simple tradition today and watch how it brings your family closer together!