FAMILY-BUILDING BLUEPRINT

Strong families spend time together. Just making a commitment to do things together on a regular basis is a step toward building a strong family.

After completing one or both of the activities in this chapter, celebrate what's good about your family! Reward yourself and then make your personal blueprint for building your family strengths.

Here's how to make your blueprint. Review the activities in this book and decide which ones you will do. Or think of alternatives that would fit your lifestyle better. There is no one right way to build a stronger family.

Step 1 Which chapter would you like to do first?
- Tradition
- Communication
- Praise, Affirmation, and Caring
- Family Wellness
- Healthy Conflict
- Family and Community Ties

Step 2 When and how often will your family do an activity?
- once a week
- twice a month
- monthly
- other

Step 3 List the activities your family has chosen.

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<thead>
<tr>
<th>Activity</th>
<th>Date and time</th>
<th>Family leader</th>
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Step 4 Make a commitment.
The undersigned family members have made a commitment to use this blueprint to build a stronger family.