

Family New Year's Resolutions



This is a good time to sit down together as a family and think about what we can do to encourage each member of our family to grow and flourish in the New Year.

"Hope bids us live fully in the present, giving our all to the life of the family, for the best way to prepare a solid future is to live well in the present."

-Pope Francis, the Joy of Love

On our 'Family New Year's Resolutions Page', we suggest a 4-step process towards drawing up some Family New Year's Resolutions.

1. Looking back on 2017 ... Is there a family moment that stands out in my memory?
a fun moment - a sad moment - a moment I'll never forget!
2. Looking forward to 2018 ... What would I love for us as a family?
something we might do - something we might stop doing
3. Let's each make our resolution suggestions... for example
listen to one another ✨ enjoy playtime with the children
plan time together ✨ find ways to improve communication
share spiritual growth ✨ appreciate one another
celebrate important events ✨ pray together
4. Which resolutions can we all sign up to?
Let's write these in language we all understand on our Family New Year's Resolutions Sheet.
Let's put the Sheet in a place in our house where we can all see it.

If you would like to see what Pope Francis has to say about the Family, the Joy of Love is available at <https://amoris.ie/amoris-laetitia/>