



# AFMC Connect Family Connection



## TAKE IT TO THE TABLE

It is important to make time to come together as a family to strengthen our bonds. A family bond is the connection that exists between you and the people closest to you. These crucial connections create a safe place to support one another with the challenges that may present themselves as part of our daily life. This meaningful time together may look different from family to family because of varying goals.

However you choose to connect, the most important aspect is to maintain good communication. Learning how to listen and respect each other can have a positive impact on our connections. As you spend time together, share how you are feeling and find ways to support one another.

## LET'S DO IT

**Create a 'connection jar'.** Have each member write down activities you can do as a family and draw from your jar as needed.

**Focus on quality over quantity.** Life is busy, so schedule your time together. Even twenty minutes of time together has a lasting effect. Be sure to minimize distractions from technology to ensure positive engagement.

**It's the small things.** It doesn't take a big gesture for family members to feel connected. You can greet one another with a hug first thing in the morning, ask someone how their day was, or simply find ways to laugh together.

**Create a family mission statement.** Develop a family road map that outlines values and goals that are important to your family. This is a great way to get everyone involved and create a sense of direction for your household.

## KEEP IT SIMPLE

At the end of each day, ask everyone to share something they appreciate about a family member.

## RESOURCES

Build your own Family Mission Statement utilizing the Franklin Covey activity worksheet and electronic Mission Statement Builder at: <http://msb.franklincovey.com>

We would love to hear your thoughts on AFMC Family Connect. Please take our survey at: <https://www.surveymonkey.com/r/connectfamily>



*Family is not defined simply by blood. "Family" is those in your life who accept you for who you are. The ones who would do anything to see you smile and love you unconditionally. Family stands by you and will always support you no matter what.*

*The objective of AFMC Connect is to reinforce the importance of creating and maintaining connections. Maintaining relationships with family is essential to our overall wellbeing.*