



# FAMILIES

## TACKLING TOUGH TIMES

# TOGETHER



**FAMILY**

## **We Tell Each Other the Truth! Clear, Consistent Messages**

Many families are spending more time in their homes, working from home, learning remotely, and finding a balance between personal space and togetherness. While more time together can be great, it can also come with challenges. For example, conflict that existed before the pandemic might now seem worse. Families may also have new emotions related to their current situation and may not be feeling as unified the longer this pandemic continues. Families can work together to strengthen their bond and focus on what they do right and a simple way to accomplish that is to create a family mission statement.

### **Family Mission Statement**

Each family has a set of values and beliefs that are important and meaningful to them. It is important that we identify questions with our family members that are important in helping us to craft our mission statement, and reflect on how our family lives, laughs, loves, learns, and relates.

### *Mission Statement Activity*

Creating a family mission statement can help your family to understand the values that are most important and help you work together to imagine your best possible self. Have each person in your family answer each question on their own. Work together to create a clear vision of what you and your family are all about and the qualities that are most important to you. Post your mission statement in a noticeable place in your home so your whole family can be reminded of your family's mission and values.

- What are our family's values?
- What are our family's strengths?
- What is important to us?
- What do we really love to do together?
- What makes us want to come home (from school, from practice, from work, or an errand)?
- What is embarrassing about our family?
- What impact do we want to have on others?
- What is a way our family helps each other?
- What is one way our family is unique?
- If our home could be filled with one emotion, what would it be?
- If our home could be described with one adjective, what would it be? (examples: functional, busy, calm, rustic, odd)

To learn more about the science behind focusing on family strengths and creating a mission statement, you may wish to read the below research:

- [Strong Families Around the World](#)
- [How to Develop a Family Mission Statement. The 7 Habits Family Leadership Series](#)