

What's one unexpected blessing from 2020?

12 DAYS OF CHRISTMAS

Spend 5 minutes as a family to create the longest list possible of all the new things you learned this year.

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What is one thing from 2020 you are proud of?

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Who helped you through this year? Call them & tell them why.

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When did you make a hard decision this year? What values guided you?

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What did you learn about your ability to get through hard things this year?

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What unhelpful feelings/thoughts/memories do you need to leave behind in 2020?

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What strengths or lessons will you bring with you into 2021?

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What did you learn about how to move forward through the unknown?

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How have you noticed
one another grow this
year?

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Imagine looking back in 10
years: what would you
want to say about how
you navigated these
times?

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What's one
funny/strange thing you
did to cope/stay busy
during covid?

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What's one you can't do
now that you realized isn't
important and you won't go
back to doing after
restrictions are lifted?

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Spend some time writing
freely about your
experiences this year.

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Take a break from
news/social media today.
Notice every time you
think about checking them.
Spend a few moments on
self-care instead.

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Regardless of covid,
vaccines, etc. what are
your goals for 2021?

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Go thru pictures or
memories from 2020.
Journal about them...some
day you may cherish
these details.

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Share an example of
when someone showed
kindness/grace.

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What have you learned to be more intentional about?

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What Bible verse or song has helped you through this year?

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Try out one new self-care practice together as a family. Some examples are here:
<https://bit.ly/3mdu09K>

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What does it mean to give yourself "permission" to take care of yourself?

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Ask a senior how events from their past impacted how they experienced, navigated, or equipped them to be resilient during covid?

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What do you think it means to do your "pandemic best?"
Let go of the things you couldn't do as well as usual.

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What is "self-compassion?"

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Share an example of when someone showed bravery.

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Think of 5 things you have been grateful for this year.

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How were you creative + intentional with

- a) your relationships
- b) using/sharing your gifts
- c) self-care

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How were you "salt + light" during covid? (i.e. helping improve the experiences of others, igniting hope, etc.)?

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What has anchored you or given you hope during the toughest times?

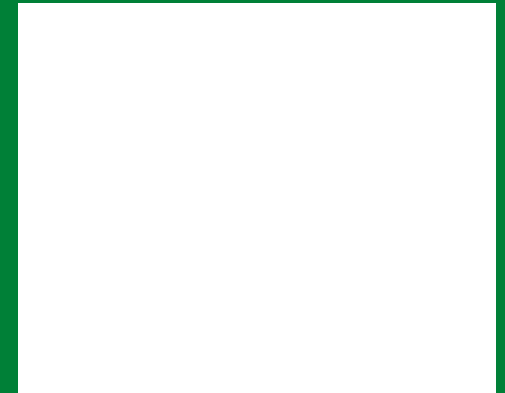
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How do you hope to heal in 2021?

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