

BUSY MOM WELLNESS COLLECTION

FAMILY CONNECTION CARDS

STARTER PACK

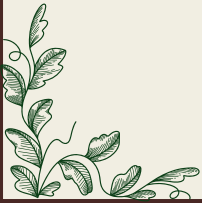
40 GENTLE PROMPTS FOR MORE MEANINGFUL EVERYDAY CONVERSATIONS

ASK • SHARE • DO • NOTICE

MEANINGFUL FAMILY CONNECTION DOESN'T REQUIRE A PERFECT MOMENT, A SPECIAL ACTIVITY,
OR A LONG CONVERSATION. SOMETIMES IT BEGINS WITH ONE THOUGHTFUL QUESTION, ONE
SHARED MEMORY, OR ONE SMALL MOMENT OF CURIOSITY AROUND THE TABLE.

ASK

WHAT MADE YOU LAUGH TODAY?



ASK

**WHAT WAS THE BEST PART OF
YOUR DAY?**



ASK

**DID ANYTHING SURPRISE YOU
TODAY?**



ASK

**WHAT ARE YOU LOOKING
FORWARD THIS WEEK?**





ASK

**IF TODAY HAD A TITLE, WHAT
WOULD IT BE?**



ASK

**WHAT IS ONE THING YOU LEARNED
TODAY?**



ASK

**WHAT WOULD MAKE TOMORROW
LIKE A GOOD DAY?**



ASK

**WHO MADE YOUR DAY A LITTLE
BETTER?**





ASK

WHAT IS SOMETHING YOU WISH
WE DID MORE OFTEN?



ASK

WHAT IS ONE SMALL WIN YOU HAD
TODAY?



SHARE

SHARE ONE THING YOU ARE
PROUD OF THIS WEEK.



SHARE

TELL US ABOUT A TIME YOU
TRIED SOMETHING NEW.



SHARE

**SHARE ONE THING THAT FELT
DIFFICULT TODAY.**



SHARE

**TELL US ABOUT SOMETHING KIND
SOMEONE DID FOR YOU THIS WEEK.**



SHARE

**SHARE A FAMILY MEMORY THAT
ALWAYS MAKES YOU SMILE.**



SHARE

**NAME ONE THING SOMEONE AT
THIS TABLE DOES REALLY WELL.**





SHARE

**SHARE SOMETHING YOU ARE
CURIOUS ABOUT RIGHT NOW.**



SHARE

**TELL US ABOUT A PERSON WHO
INSPIRES YOU.**



SHARE

**SHARE ONE THING YOU WOULD
LOVE TO LEARN.**



SHARE

**SHARE ONE SMALL MOMENT TODAY
THAT MADE YOU FEEL HAPPY.**



DO

**EVERYONE COMPLIMENT THE
PERSON ON THEIR RIGHT.**



DO

**DESCRIBE TODAY USING
ONLY THREE WORDS.**



DO

**TAKE TURNS FINISHING:
“IN OUR FAMILY, I LOVE
THAT WE...”**



DO

**CHOOSE ONE SONG THAT
MATCHES YOUR MOOD
TODAY.**



DO

**EVERYONE NAME ONE THING
THEY WOULD LIKE TO DO
TOGETHER THIS MONTH.**



DO

**TAKE TURNS NAMING ONE
STRENGTH YOU SEE IN ANOTHER
FAMILY MEMBER**



DO

**EACH PERSON SHARES ONE TINY
THING THEY CAN HELP WITH
TOMORROW.**



DO

**SHARE THE BEST ADVICE YOU'VE
EVER RECEIVED.**



DO

**PLAN ONE SIMPLE FAMILY
RITUAL TO REPEAT THIS
WEEK.**



DO

**EVERYONE CHOOSES ONE WORD
THEY WANT MORE OF THIS WEEK.**



NOTICE

**WHAT SMALL THING MADE
TODAY BETTER?**



NOTICE

**WHAT DID SOMEONE DO TODAY
THAT MAY HAVE GONE
UNNOTICED?**



NOTICE

WHAT ORDINARY MOMENT FROM
TODAY WOULD YOU LIKE TO
REMEMBER?



NOTICE

WHAT'S SOMETHING BEAUTIFUL
YOU ALMOST MISSED TODAY?



NOTICE

WHEN DID YOU FEEL MOST
RELAXED TODAY?



NOTICE

WHAT IS SOMETHING IN OUR
HOME YOU ARE GRATEFUL FOR?



NOTICE

WHAT MADE TODAY FEEL A LITTLE
EASIER THAN YESTERDAY?



NOTICE

WHAT SIMPLE THING MADE
YOU SMILE THIS WEEK?



NOTICE

WHAT IS ONE THING OUR FAMILY
DOES THAT FEELS SPECIAL TO
YOU?



NOTICE

WHAT IS SOMETHING GOOD
THAT IS ALREADY HERE?

