

Strengthening Our Relationships

Weekly Quality Time Assessment

Person	Day	Duration	Activity (New/Same)	Did I Give My Full Attention?	Did it Strengthen Our Relationship?	Comment

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Fun & Firsts List & Ideas

List Ideas for New Places, Destinations, Experiences, Resources, and Activities You Can Do with Your Family

This year

New or First Idea	Timeframe to Complete	Person/People	Did You Complete the Idea? Y/N and When	What was the benefit of adding in this new first or fun activity or experience?

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Reach Out List

Fill in information below

Month	Person to Reach Out to	How to reach out (ex email, card, text, call,etc)	What You want to mention to them	Date Reached Out	Next Step	Result of Reaching Out?