

# THE FAMILY *Recipe*<sup>TM</sup>

10 INGREDIENTS  
FOUND IN  
STRONG FAMILIES



# 🌿 WELCOME 🌿

Every family has a recipe.

Ours is made up of the moments we share, the lessons we learn, and the love we pass down.

Researchers have spent decades studying strong families. While every family is different, certain ingredients consistently appear in healthy, resilient families.

These 10 ingredients are not about perfection. They are about showing up, growing together, and choosing one another—every day.

Use this guide to reflect, connect, and strengthen your family's recipe.



*Strong families are built  
one moment at a time.*





# COMMITMENT

The choice to show up and stay invested in one another.



## WHY IT MATTERS

Commitment creates stability, security, and a foundation kids can count on.

## REFLECTION QUESTION

What is one way our family shows commitment to one another?

## ACTION STEP

This week, spend one uninterrupted hour with a family member.



LISTEN FOR IT IN FAMILY RECIPE™

*“It’s showing up, rain or shine.”*



# TRUST

The confidence that we can count on each other.



 **WHY IT MATTERS**

Trust creates safety and allows us to be real with one another.

 **REFLECTION QUESTION**

What actions help build trust in our family?

 **ACTION STEP**

Keep one promise this week, no matter how small.



**LISTEN FOR IT IN FAMILY RECIPE™**

*“I’m trusting you,  
hope you’re trusting me too.”*



# COMMUNICATION

The ability to speak openly and listen with respect.



## WHY IT MATTERS

Good communication reduces misunderstandings and strengthens connection.



## REFLECTION QUESTION

Do family members feel heard when they speak?



## ACTION STEP

Practice listening for understanding before responding.



## LISTEN FOR IT IN FAMILY RECIPE™

*“We talk it out, we take our time.”*



# RESPECT

Valuing each person’s thoughts, feelings, and role in the family.



 **WHY IT MATTERS**

Respect builds dignity and encourages healthy relationships.

 **REFLECTION QUESTION**

How do we show respect when we disagree?

 **ACTION STEP**

Offer one sincere compliment to each family member this week.



**LISTEN FOR IT IN FAMILY RECIPE™**

*“We blend together,  
don’t always agree.”*



# FORGIVENESS

The choice to let go of hurt and move toward healing.



## ♥ WHY IT MATTERS

Forgiveness allows relationships to heal and grow stronger.

## 💬 REFLECTION QUESTION

Is there a situation where forgiveness could improve a relationship?

## ✓ ACTION STEP

Take one step toward reconciliation with someone you've been avoiding.



### LISTEN FOR IT IN FAMILY RECIPE™

*“We worked it out,  
yeah, it turns out fine.”*



# SHARED EXPERIENCES

The memories, traditions, and moments we create together.



## WHY IT MATTERS

Shared experiences build connection and a sense of belonging.



## REFLECTION QUESTION

What family memory makes you smile every time you think about it?



## ACTION STEP

Create a new family tradition this month.



## LISTEN FOR IT IN FAMILY RECIPE™

*“How big is the table, who’s coming through?”*



# GRATITUDE

Recognizing and appreciating the people and blessings in our lives.



## WHY IT MATTERS

Gratitude improves relationships, well-being, and life satisfaction.

## REFLECTION QUESTION

Who in our family deserves more appreciation than they currently receive?

## ACTION STEP

Write a thank-you note to a family member.



### LISTEN FOR IT IN FAMILY RECIPE™

*“We thank the ones who paved the way.”*





# SERVICE

Helping and supporting one another without expecting anything back.



## ♥ WHY IT MATTERS

Service strengthens bonds and teaches empathy and responsibility.

## 💬 REFLECTION QUESTION

How can our family better serve one another?

## ✓ ACTION STEP

Perform one unexpected act of kindness for someone in your family.



### LISTEN FOR IT IN FAMILY RECIPE™

*“It’s lending hands when there’s a bind.”*





# ENCOURAGEMENT

Supporting and uplifting one another through every season.



## ♥ WHY IT MATTERS

Encouragement builds confidence, hope, and resilience.

## 💬 REFLECTION QUESTION

Who was the last time someone in our family encouraged you?

## ✓ ACTION STEP

Send a text or note encouraging a family member this week.

### LISTEN FOR IT IN FAMILY RECIPE™



*“Trust yourself child,  
you’ll find your way.”*



*Gratitude is the key.  
Love is the secret.*



# ADAPTABILITY

Thriving through change and growth while holding on to what matters most.



## WHY IT MATTERS

Adaptable families navigate change and challenges without losing connection.



## REFLECTION QUESTION

How has our family successfully adapted to a major change?



## ACTION STEP

Discuss one upcoming challenge and identify how to face it together.



## LISTEN FOR IT IN FAMILY RECIPE™

*“Our family’s blended,  
no big fuss.”*

*Change is the main ingredient.  
Connection is the recipe.*



# OUR FAMILY RECIPE™

## RANKING THE INGREDIENTS

*List the 3 ingredients that are most important in your family.*

|                          | Rank (1–10) |
|--------------------------|-------------|
| Commitment .....         | .....       |
| Trust .....              | .....       |
| Communication .....      | .....       |
| Respect .....            | .....       |
| Forgiveness .....        | .....       |
| Shared Experiences ..... | .....       |
| Gratitude .....          | .....       |
| Service .....            | .....       |
| Encouragement .....      | .....       |
| Adaptability .....       | .....       |

Now write your Top 3 Ingredients:

- 1 .....
- 2 .....
- 3 .....

Use these questions to spark meaningful conversations and grow closer.



### OUR HISTORY

What family story or tradition should never disappear?



### OUR STRENGTHS

What do we do really well as a family?



### OUR LESSONS

What lesson should future generations learn from us?



### OUR FUTURE

What do we want our family to look like 10 years from now?

*The best conversations happen around the table and in the heart.*



*What's your Family Recipe?*

The Family Recipe is at the heart of everything we do.



## FRIENDSGIVING



Celebrating  
friendship and  
lifelong bonds.



## VETSGIVING



Honoring service  
and supporting  
our veterans.



## FAMGIVING



Strengthening  
families and  
building legacy.



## SOULGIVING



Uplifting yourself  
and embracing  
the gift of life.

🌿 ONE SEASON. MANY REASONS. ONE PURPOSE. 🌿

## NEXT STEPS



Share your Family Recipe at  
**TheThanksgivingSeason.com**



Listen to the song “Family Recipe”  
by **Lou Ward**



Explore activities, resources, and the  
**Gratitude Tree™**



🌿 *Together, let's make gratitude, connection,  
and service a way of life.* 🌿

*What's in your  
Family Recipe?*

