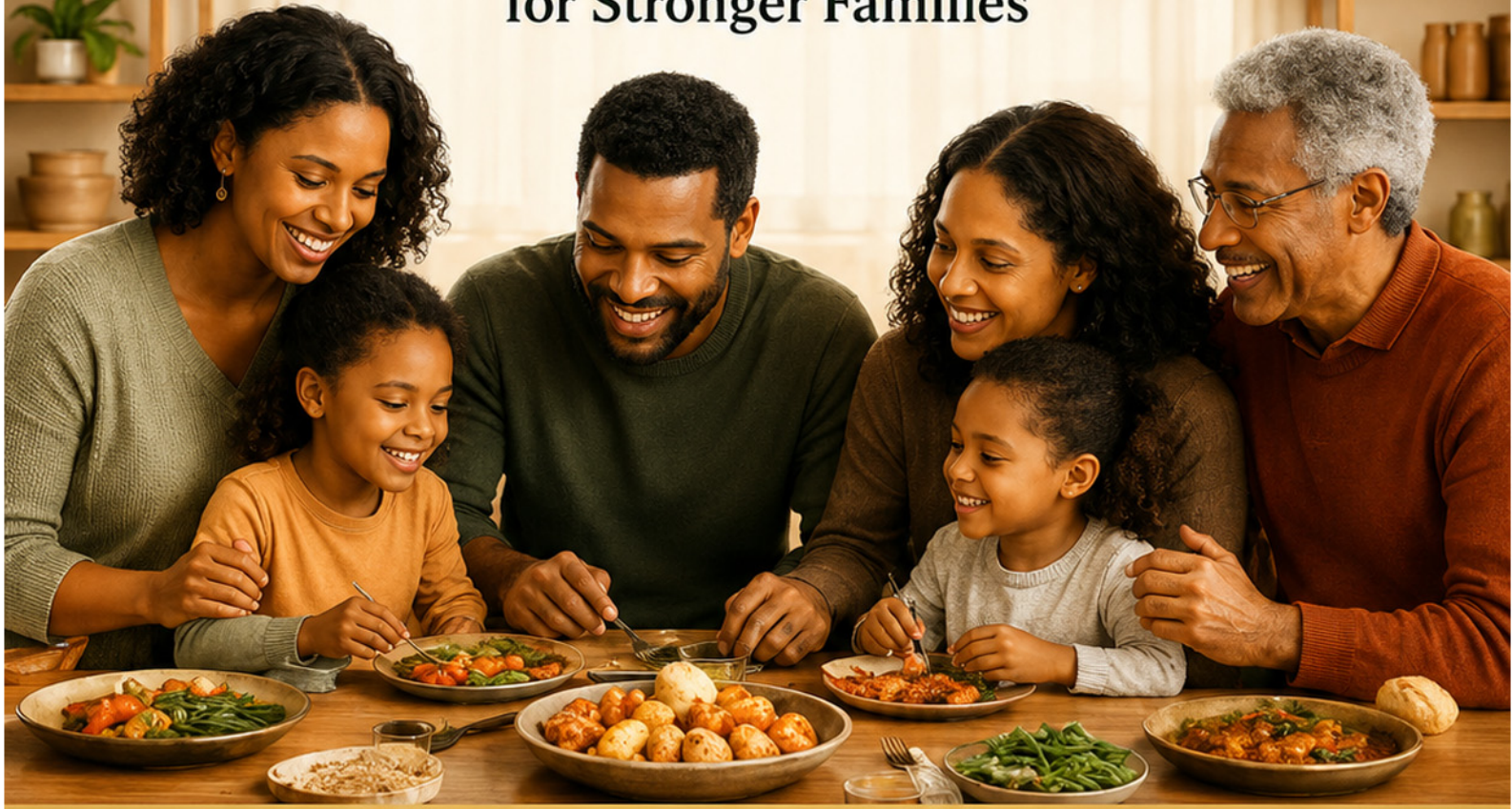


THE FAMILY *Recipe*TM

DISCUSSION GUIDE

Meaningful Conversations
for Stronger Families



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



WELCOME



Strong families don't happen by accident.
They are built through:



Shared stories



Honest conversations



Listening



Understanding



This guide is designed to help your family
pause, connect, and grow stronger together.

Pull up a chair. Let's begin.





HOW TO USE THIS GUIDE



- 1 Pick a question or activity.
- 2 Take turns answering.
- 3 Listen with an open heart.
- 4 Respect different viewpoints.
- 5 Enjoy the conversation!

DISCUSSION TIP



There are no wrong answers.



AROUND THE DINNER TABLE

LOOKING BACK



What is one lesson you learned from a family member?



What family tradition should never disappear?



What is one memory that always makes you smile?



Who had the biggest influence on your life?

REFLECTION

What are you most grateful for that others shared?



AROUND THE DINNER TABLE TODAY



What does our family
do really well?



What makes us unique?



Which Family Recipe ingredient
is strongest in our family?



Which ingredient needs
more attention?

FAMILY NOTES

AROUND THE DINNER TABLE LOOKING FORWARD



What do we want our family
known for?



What values should continue
for generations?



What new tradition
should we start?



What hopes do we have
for the future?



MULTI-GENERATIONAL QUESTIONS

ASK GRANDPARENTS



What was family life like growing up?



What lesson do you wish everyone knew?



What challenge shaped you the most?



What family story should never be forgotten?

STORY NOTES

Write down stories and memories you want to remember.



MULTI-GENERATIONAL QUESTIONS

ASK PARENTS



What values are most important to pass on?



What family traditions matter most to you?



What family achievement makes you proud?

NOTES



MULTI-GENERATIONAL QUESTIONS

ASK CHILDREN



What makes our family special?



What is your favorite family tradition?



When do you feel most loved?



What would you like our family to do more often?

NOTES



FAMILY RECIPE RANKING WORKSHEET



Rank the 10 ingredients below from 1 (most important)
to 10 (least important) for your family.

- 1 Commitment
- 2 Trust
- 3 Communication
- 4 Respect
- 5 Forgiveness
- 6 Shared Experiences
- 7 Gratitude
- 8 Service
- 9 Encouragement
- 10 Adaptability



OUR TOP 3 INGREDIENTS



1

2

3

DISCUSSION PROMPTS

- ✿ Why did we choose these?
- ✿ What stories support these choices?
- ✿ How can we continue to grow in these areas together?



FAMILY STORY PAGE



Share a story about a moment that reflects
your family's values.

Add a photo or draw
a picture of your story.





FAMILY TRADITIONS PAGE



TRADITIONS WE WANT TO KEEP

1. _____

2. _____

3. _____

4. _____

5. _____

TRADITIONS WE WANT TO START

1. _____

2. _____

3. _____

4. _____

5. _____



OUR FAMILY PROMISE



Together, we promise to...

SIGNED WITH LOVE,

Parents

Children

Grandparents

Family Members

SHARE YOUR FAMILY RECIPE™

We would love to hear
about your family!

What are your Top 3
Ingredients?

1

2

3

Why did you choose them?

Upload a photo (optional)



Share your story, inspire others, and be part of our community!

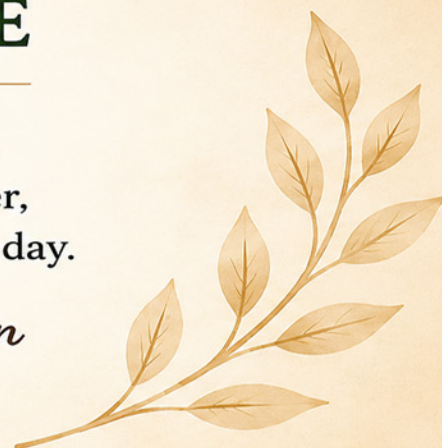
Visit TheThanksgivingSeason.com/family-recipe
or scan the QR code to share.



EVERY STRONG FAMILY HAS A RECIPE

Strong families are not perfect.
They show up, they grow together,
and they choose one another every day.

*Thank you for investing in
your family's future.*



THE
THANKSGIVING
SEASON

Learn more. Get inspired.
Make a difference.

TheThanksgivingSeason.com

