



# FAMILY MEETING

Attendance: \_\_\_\_\_

Date : \_\_\_\_\_



## OPENING

Have each person say something they love about the other(s). (Not about what they do - but who they are)

## SCHEDULING

What events are happening?  
What is needed for these?

## PRAISES

What things went well?  
What did we do to help the family?

## CHORES/HOUSEWORK

What's needing done? Who will do it?  
When will it be done?  
Be as specific as needed

## APPRECIATION

Share when you felt loved by another?

## SCHEDULE FUN!

Find some time this week to connect and play a game / go out / etc.  
(hint: Take turns picking this event)

## PAIN POINTS

What were the frustrations this week?  
What can we learn from them?  
How can we fix them in the future?

## PERSONAL GOALS

Each person should share at least one personal goal for this week.  
What support do you need?



Permission to copy and reproduce for personal use granted.  
Copyright 2022, Covenant Family Wellness, LLC.  
[www.OurCFW.com](http://www.OurCFW.com)

## FUTURE MEETING NOTES:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

