



4 Steps to Rhythm

Step 2:
Imagine

Imagine your perfect day:

In the mornings we:

After Lunch:

Dinner & Bedtime Look like:



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The overall feeling in our home is:

In my perfect Rhythm I feel:

I want you to think about the way this new rhythm is affecting your family. How would they be changed if your days were peaceful?



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Family Values.....

Values I want for my children:

My Family's Goals/Focus:

What is important to do together as a family? (Mealtimes, family game night, walks...)

What do we want for ourselves & our family? (Ex. Vacations, camping, living eco-friendly, increase our spirituality...)

Am I currently in-line with my family goals and values?
