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EMBRACING CHANGE THROUGH CONNECTION



LOVE YOURSELF PROJECT 2020



EXPECTATIONS

Think about the priorities for your family and list these.
What are the priorities for your family for the next month(s)?

Consider the expectations you have for your family and what role they might play in achieving your families priorities.

What are your expectations of yourself?

What are your expectations of your children?

What are your expectations of your hubby (or partner)?

PREPARE FOR YOUR FAMILY MEETING

What things do you want to discuss?

What feelings do you want to express?



Simple things you can do to support your family

Supporting Your Kids	
Are your kids getting enough sleep?	Yes/No
What changes do you want to make in this area:	
Are your kids eating a balanced diet?	Yes/No
What changes do you want to make in this area:	
Are your kids getting enough physical activity?	Yes/No
What changes do you want to make in this area:	
Do you have time to listen to your kids?	Yes/No
Are you able to help them articulate their emotions?	
Do you listen or do you try to fix the problems they discuss with you?	

Supporting Your Partner

Are you able to have a buffer between work/home? Yes/No

Is there anything you can do to improve this situation?

Is your partner able to get enough exercise? Yes/No

Is there anything you can do to improve this situation?

Is your partner making good food decisions? Yes/No

Is there anything you can do to improve this situation?

Is your partner putting down the device? Yes/No

Is there anything you can do to improve this situation?