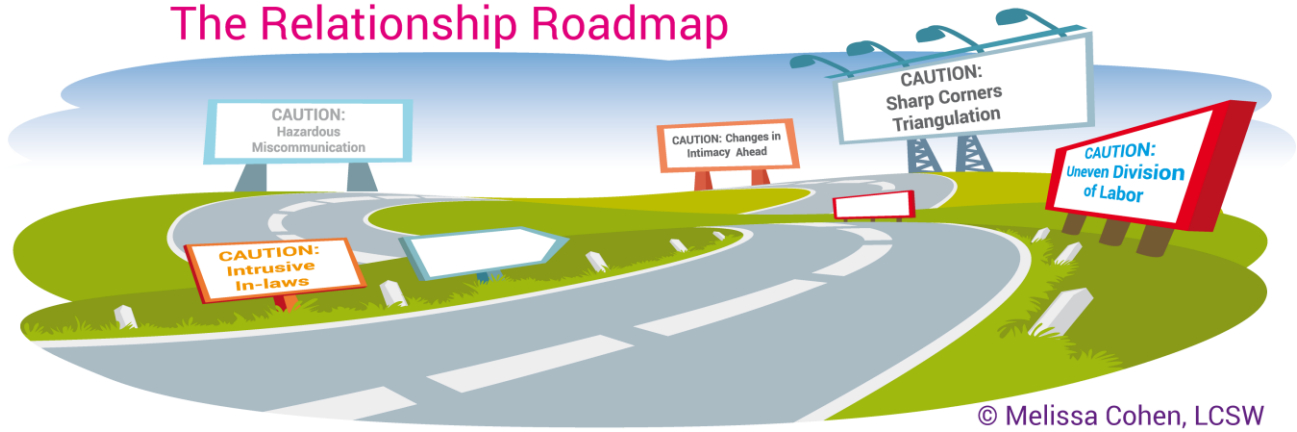


# The Relationship Roadmap



## Navigation: Creating a Family Culture

In the following exercise, create your own family culture by talking about what it was like for you growing up and what you want for your own family.

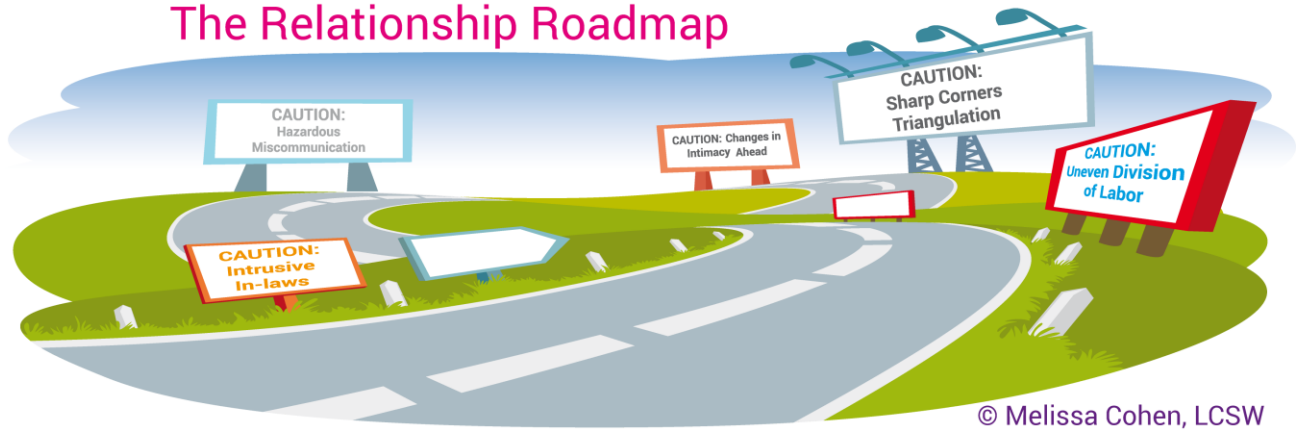
### Rituals:

1. Should we eat dinner as a family every night? What is the meaning of dinnertime in to you?
2. How should bedtime be? Should we try to go to bed together every night?
3. Pick one important holiday. What is the true meaning for you? How would you like to celebrate this year?
4. How do we get rested and renewed? How do we take care of ourselves?
5. How do you want weekends to be? How do we balance the kids schedules with our own?

### Roles:

1. How do you feel about your role as husband or wife? What is meaningful about this role?
2. How do you feel about your role as son or daughter? What is meaningful about this role?
3. How do you feel about your role as father or mother? What is meaningful about this role?
4. How do you feel about your role as a friend? What is meaningful about friendships?
5. How do you feel about your role in the community? What is meaningful about belonging to a larger community?

# The Relationship Roadmap



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## Goals:

1. What goals do you have for yourself? What do you want to accomplish in the next 5 years?
2. What is one life dream that you want to fulfill before you die? What is meaningful about this?
3. What is the role of spirituality in your life?
4. We spend so much time on things that need immediate attention. What are the important things in your life that keep getting postponed or neglected?