

Our Family Culture

We will Pray Together

We will Play Together

We will Establish Family Practices

We will Form our Minds and Hearts

Instructions

Use the back of this page to brainstorm how you will develop the four pillars of family culture in your home.

Then, decide as a family which ones you will commit to doing. Jot down a rough idea of when/how often you will practice these - don't worry if you need to adjust as time goes on. Try to make them specific enough that you can "measure" whether you are achieving your goals.

Write down those that you commit to on the lines above.

Brainstorm a few ideas under each pillar below.

Some sample ideas are listed to get you started; circle any that you like and add more of your own:

Pray Together -

dedicate each day to God with a morning offering pray before/after meals pray before bed
place a crucifix visibly in your home enthrone the Sacred Heart pray the rosary (even one decade)
pray for vocations spend moments in silence together

Play Together -

play board or card games, have a movie night go for a walk or bike ride
play games outside like tag or soccer or catch do a puzzle go on seasonal outings
spend time in nature

Establish Family Practices -

make Sunday a day of family leisure schedule family meal times and intentionally practice dialogue
work as a family around the home whether hobbies or chores (cooking, gardening, etc.)
invite extended family, friends, or neighbors over Create a family rhythm or rule of life

Form the Heart and Mind -

read good books: classics, Catholic authors, lives of the saints
limit technology usage: emphasize imagination/creativity
practice virtue within the home - Generosity, Forgiveness, Service, Patience...
Avoid "brain trash" - fill your mind with what is true good and beautiful