

Family Commitments

Lesson 4 – Bringing it Home

Family Commitments

Tonight, as a way to bring together our experiences, we are going to take a few minutes to think about how we want to bring our experiences home, individually and as partners. You are going to get two sheets, one that gives you space to reflect and make individual commitments, and one that allows you to make commitments as a couple. We hope that these worksheets help to guide you in the coming months and years.

Personal:

What is one aspect of our discussions that was personally meaningful to you?

What is one cooking technique or recipe that you found useful?

When you envision the perfect family table, what do you see?

I _____ commit to _____

_____ each week.

Family:

Why is it important to eat family meals together?

What is one way that we can create a family ritual around the table?

We, the _____ family commit to _____

_____ each week.