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Guilt **FREE**

New Year's

Resolutions

1

Put notes of encouragement in your children's lunch boxes periodically this year.

Ask. Listen. Take a family
walk around
the block.



Camp out overnight **with your kids** in the living room...

or for the more adventurous - the back yard.

3

Switch places at the dinner table.



Create your own
family holiday.

Set a specific date

now

and invite each
family member

to **help**

with planning a

unique

celebration.





Avoid unintended science experiments...
Clean out the family car together.

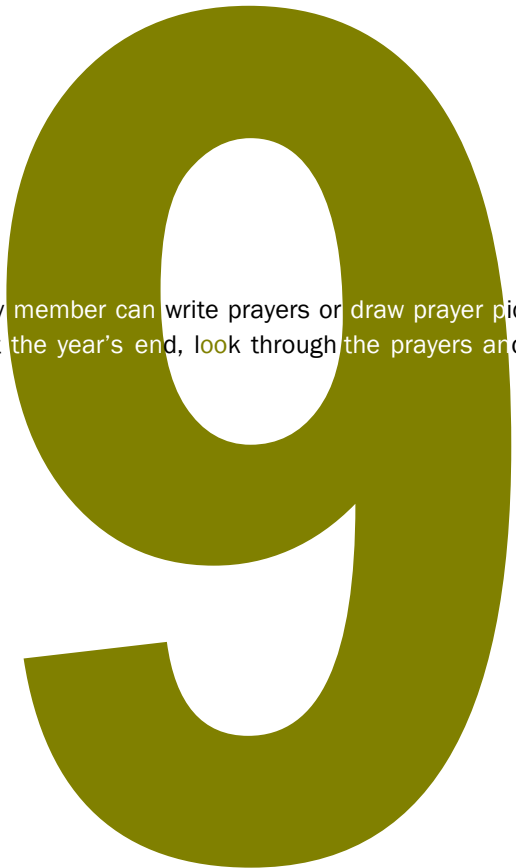


During family TV, **turn off the sound** and let everyone make up dialogue! **You won't believe** how much more fun you will have.

8

Once a week leave an "I love you" note in a family members shoe.

Start a prayer jar. Each family member can write prayers or draw prayer pictures and leave them in the jar. At the year's end, look through the prayers and talk about God's faithfulness.



10

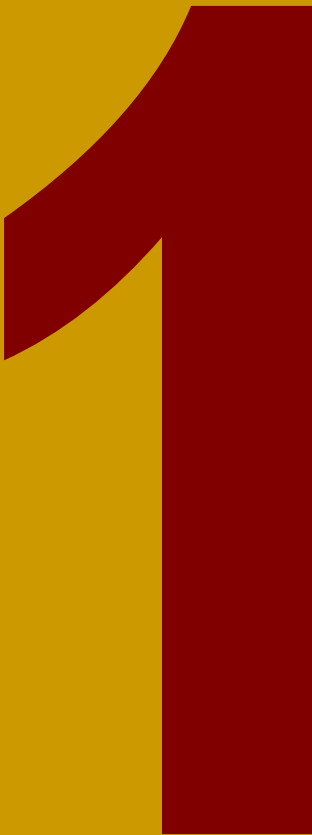
Give something away every month this year. Be looking for the needs of friends and how their needs may overlap with what you own. Give freely.

When your child shares something

with you, **stop** what you are

doing and **look** him or her in

the eyes. **Ask** a follow up question.



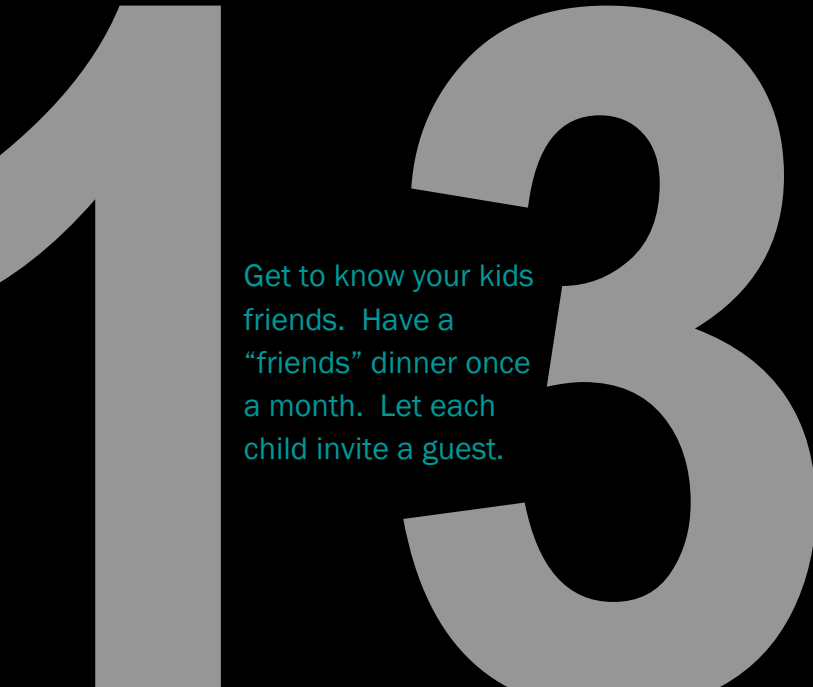
12

Say


“I love you” to your spouse
at the start of each day.

Learn how to say it
in a different
language.

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Get to know your kids friends. Have a “friends” dinner once a month. Let each child invite a guest.



Have a different family member call grandma and/or grandpa every week.

140

Stop communicating in only 140 characters or less.

**Choose someone
from a news story
and pray for them.**

16



- Keep a running list
- of things
- your family
- is thankful for.
- Post it on
- the refrigerator door.

18

Fill a jar with “fun things to do” and draw one to do each week.

19

Put all your Christmas cards in a pile
and draw one each week
and have the family pray for them.

Pick a night of the week to be “No Screen Night” ...turn off all televisions, computers and phones to do something fun as a family.

Write a love letter to your spouse... or even a prayer for them.





Make a point of
noticing the positives
in your spouse
and children.
Let them know
what you see.
NO CRITICISMS.

23

Pray a blessing
over your child
each morning.

Make the start of the week a bit easier with

"messy Mondays"

...give your family a pass

on making their beds

or cleaning their rooms...

that includes you.

24

If you do one of these each week and repeat the list you will have changed the way your family lives life this year. While you are at it, don't forget to pray and read God's Word. Do it together and watch the transformation in your family, your kids and YOU.

Happy New Year from New Hope Church!