

# ABOUT OUR FAMILY

Think of someone in your life that you'd like to thank.  
Write a message and tell them what they did and how  
they made you feel.

Family Name:

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Number of Family Members:

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Names of Family Members and Fun Facts:

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1.

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Fun Fact:

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2.

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Fun Fact:

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3.

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Fun Fact:

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4.

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Fun Fact:

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5.

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Fun Fact:

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Pets in Our Family: (If any)

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1.

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2.

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# CONNECTION CONTRACT

TODAY'S DATE:

## 1. Parent Promises:

- We, as parents, promise to create a fun and safe space for our child(ren) to share their thoughts and feelings openly.
- We, as parents, commit to actively listening to our child(ren) without judgment during our journal discussions, encouraging their self-expression.

## 2. Child Promises:

- I promise to share my thoughts and feelings openly and honestly in our family journals.
- I promise to actively listen to my family members during our journal discussions and respect their thoughts and feelings.

## 3. Family Commitments:

- We, as a family, will dedicate at least 15 minutes every day to our activity journal.
- Our daily journal time will be at \_\_\_\_\_ (specify time) each day.
- If we miss our daily journal time, we will make up for it by \_\_\_\_\_ (describe how you plan to make it up).

## 4. Family Promises:

- We, as a family, will embrace change and challenges as opportunities for growth.
- We, as a family, will respect and support each other's goals and dreams.
- We, as a family, commit to preserving our family memories through our journals.
- We, as a family, will cherish the time spent together and the connections we build.

By signing below, we pledge to honor these commitments as a family and make the most of our Shared Connections Journals.

Parent / Guardian

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Parent / Guardian

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Child

Child

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Child

Child

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Child

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# WHAT IS GRATITUDE?

Gratitude is the expression of appreciation for what one has. Practicing gratitude means making conscious efforts to count one's blessings and notice the goodness in life.

## BEING GRATEFUL...

- keeps you calm and joyful
- boosts mood and self-esteem
- reduces feelings of loneliness and isolation
- helps develop stronger relationships
- improves quality of sleep
- encourages positivity and optimism
- makes life more enjoyable

**START EACH DAY WITH  
A GRATEFUL HEART.**



# GRATEFUL TO BE ME

What is something you are grateful for about yourself? Why?

How do you plan to become a better 'you' in the upcoming year?



Three things you love about yourself:

# GRATEFUL FOR MY FAMILY

How does your family make your life better?

What is a special memory or experience you've had with your family that brings a smile to your face every time you think about it?

What is something unique about your family that you are thankful for?





# FUTURE FAMILY DREAMS!

Brainstorm a memorable activity or adventure you would like to experience as a family. Outline a simple plan on how you will make this family dream a reality.

A large rectangular area with a blue border and a dotted line, containing 20 horizontal black lines for writing.

# Daily Gratitude

**Acts of Kindness:** Recall a time when a family member did something exceptionally kind for you or someone else. Write about how that act of kindness made you feel and how it strengthened your family bond.

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Parent:

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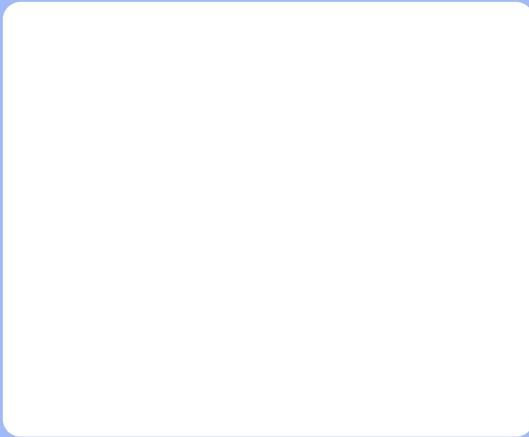
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Date:

# GRATEFUL FOR MY FRIENDS

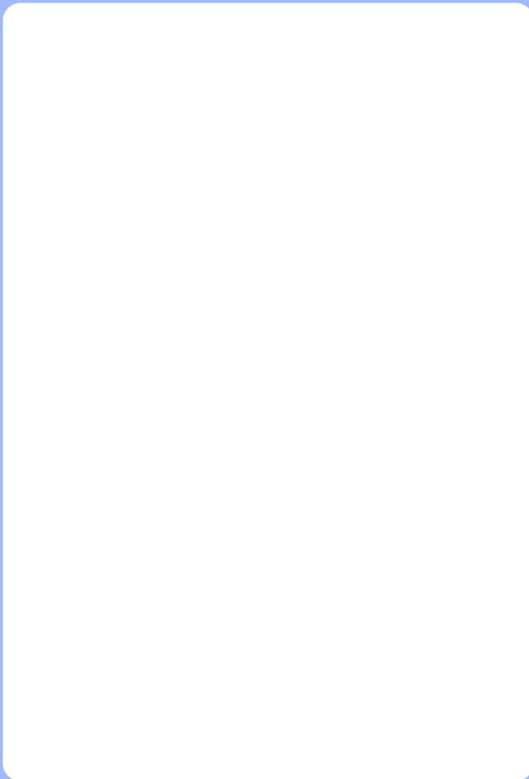
What are the names of  
your friends?



Draw a friend you are  
grateful for.



What are you grateful for  
about your friends?







# DAILY GRATITUDE

Date: \_\_\_\_\_

Three moments you're grateful for

--	--	--

One person you're grateful to have in your life:

--

One amazing thing that happened today:

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One thing you accomplished today:

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One thing you're looking forward to:

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# WEEKLY GRATITUDE

Write about something you are thankful for each day.



Monday

Tuesday

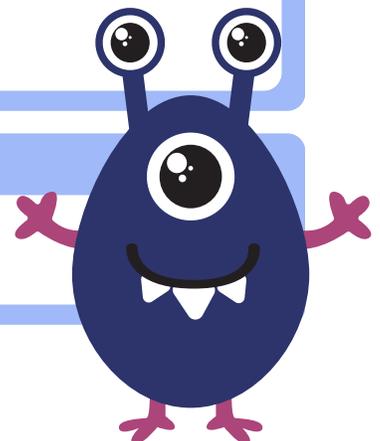
Wednesday

Thursday

Friday

Saturday

Sunday



# Family Reflections

**Instructions:** Use this page to write down any main points of reflection shared during today's family journaling activity.

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Parent:

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Date:

# Check-in

## “Time to Share Your Day’s Story: Find Your Rose, Bud, and Thorn 🌹🌱🌿”

Encourage kids to reflect on their day by identifying the highlights (rose), their anticipations (bud), and any challenges (thorn). This interactive activity invites them to become storytellers, sharing their unique experiences and feelings if they choose to do so, fostering communication and connection.

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Parent:

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Date:

JOIN OUR

## *Exclusive Membership*

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Join our RBN community for an exclusive all-access pass to content including: members-only bookstore discounts on custom journals and other merchandise. as well as, events, newsletters, podcasts, blog. RBN members will also have the opportunity to directly interact with the author herself, C. E. Daniel.

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