

Family Questions & Mantras

Why?

We all know that asking the right question can hugely impact what happens and where we go to next.

Questions can help, open our minds, create opportunity...

And questions can hinder, close something off, cause us to withdraw...

And some questions beautifully support our wellbeing & growth

Knowing what questions will be most powerful for your family hinges on having a sense of your blind spots as a family.

Doing this exercise together will uncover what those are and support you in creating some powerful questions that will really support you when you most need it and help you to grow as a family.

How?

Complete the family survey together.

Use the opportunity to hear from everyone (there is always more than one version of the truth!)

Come to a consensus.

Talk about what you notice.

Reflect on your answers... what would you say are your blind spots as family?

What do you forget & need to remember?

Use this to create some powerful questions and/or mantras that will serve you all when you most need it!

Consider what will help you to stop, connect in, focus on what's most important and support your wellbeing & growth.

Create space
and connect in

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Family Questions & Mantras

Questions

1. What's our natural energy as a family? (High, low, medium, fluctuating, all over the place, hard out then crash & burn, open & serene) Pick one or use your own concise description:

2. Do we tend to move towards things or away from things?

3. How do we communicate? (we don't listen to one another, we talk things through & share, we shout & feel bad afterwards, unclearly, always distracted, openly & lovingly) Pick one or use your own concise description:

4. What does our communication as a family need most?

5. I would like our communication to be:

6. As a family we tend to lead most with our Minds/Hearts/Bodies (gut knowing)? (pick one)

7. We describe our listening skills as a family as:

8. When we are not communicating well the things we forget are:

9. What we need to remember most is:

Our top 5 family questions or mantras are:

- 1.
- 2.
- 3.
- 4.
- 5.

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