

APPENDIX B

Shared Meaning Worksheet

The GPS Shared Meaning Worksheet

Working to build shared meaning within our family relationships is one of the most enriching activities we could ever engage in. Use this worksheet to help kickstart you and your family on the way to a life full of shared meaningfulness!

1

RITUALS.

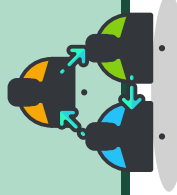
Make a list of all the things you and your family LOVE doing on a regular basis together. Make a plan to making them happen.



2

ROLES.

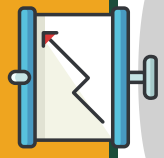
Identify what each other's roles are in the family.
What's Mom's role?
What's Dad's role? What's the sibling's role? What's the children's role?



3

GOALS

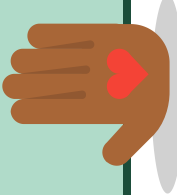
Take some time to identify each other's current longterm and short term goals. Ask each other how you can help.



4

SYMBOLS

Take some time to identify the symbols that represent the love and connection you have with one another.



Rituals	Roles	Goals	Symbols
<p>Rituals are structured family events (e.g., vacation) or routines (e.g., Saturday breakfast) that you enjoy together.</p> <p>What rituals does your family like best?</p> <p>Birthdays? Vacations? Holidays Dinners? Lunches? Breakfasts? Bedtime?</p> <p>Why?</p> <p>What barriers prevent our rituals from occurring?</p> <p>What can we do to keep them alive?</p>	<p>It can be surprising to learn about all the roles the individuals in our families take on.</p> <p>Take a minute to identify everybody's roles across the following domains:</p> <p>Home:</p> <p>School:</p> <p>Work:</p> <p>Friends:</p> <p>What are Mom's roles across these areas?</p> <p>What are Dad's roles across these areas?</p> <p>What are our siblings roles across these areas?</p> <p>What are the children's roles across the areas?</p>	<p>Understanding each other's goals in life are powerful ways to connect.</p> <p>Take some time to share your goals and inspirations regularly with one another and then....</p> <p>That's it!</p> <p>Just listen.</p> <p>Listen to each other's goals and then take some time to reflect how you can help each other reach their goals.</p>	<p>Dust off the symbols your family recognizes as meaningful.</p> <p>Symbols in our families can range from anything like a physical place (e.g. park, family room) to an actual symbol like a clock or baseball mitt.</p> <p>Work to keep these symbols alive in the family by referencing them or even creating them!</p> <p>Take a minute to identify certain symbols you all believe represent something about your family.</p> <p>What are they?</p> <p>List them below:</p>

Source: Author created using Venngage.com

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