

# APPENDIX F

## Family Branding Exercise



# FAMILY BRANDING EXERCISE

### What are our family's strengths?

Use this prompt to discuss all the things you and your children enjoy about being "part of the family."

### What are our family's struggles?

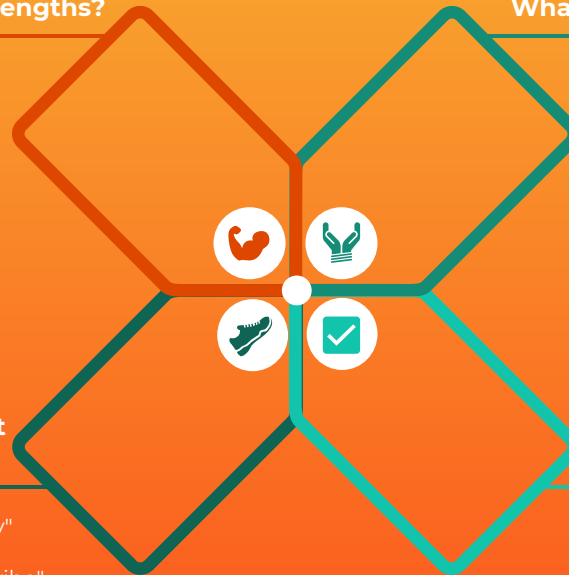
Use this prompt to discuss all the things you and your children are facing together. Try not to turn this into a "solution" process but a "listening and support" process.

### What would our family "logo" be? What would it look like? Why?

Use this prompt to "get crafty" and really attempt to find a symbol that represents "the vibe" of your family. This little exercise can actually become quite powerful. Visual representations of our families (think "crest" or "coat of arms") help build our sense of belonging.

### What do we want to accomplish together, as a family?

Use this prompt to set some goals as a family. Think "New Years Resolutions," or even just small scale daily, or weekly goals!



Source: Author created using Venngage.com

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