

HomeLink 10

WORKSHOP 10

HEALTHY RELATIONSHIPS AND CELEBRATION!

Recipes for Success

Share your recipe for success with your family, and write a family recipe for success together.

Take It to the Next Level!

Post your family's recipe for success somewhere where everyone can see it often, perhaps on the refrigerator. Refer back to it periodically to see if your family is following it or if it needs amending.

Affirmations

Some people find it helpful to keep affirmations they have received, to boost their confidence or self-esteem during hard times. What will you do with the affirmations you received as part of this last Our Whole Lives workshop? In what other ways will the program assist you in the future?