

31 days of family ties

simple ways to strengthen your family

1. Make eye contact
2. Just say no
3. Say yes more
4. Do something unexpected
5. Turn on the tunes
6. Get some fresh air
7. Banish hurry
8. Stop, drop, & pray
9. Prioritize your spouse
10. Hug it out
11. Be an early riser
12. Make a plan & reevaluate
13. Get moving
14. Watch your mouth
15. Step away from the iPhone
16. Eat good food
17. Eliminate negative influences
18. Get some alone time
19. Memories with extended family
20. Catch them doing good
21. Know your limits
22. Let them see you kiss
23. Become more disciplined
24. Give them space to be kids
25. Take more pictures
26. Date night
27. Share the workload
28. Respect and honor
29. Do what you love together
30. Serve together

31. LAUGH!