

BUILDING RECREATIONAL CONNECTION

Shared Experience: Relational Joy! I am happy to BE with YOU!

You will want to start here with this worksheet. Download this first!

https://experiencelife.lifetime.life/wp-content/uploads/2021/06/Mar12_Ren_WE.pdf



Step 1

List all activities that were either a 0,1,2,3 for BOTH People:

Step 2

List activities that were either -1,-2, or -3 for BOTH People:

Step 3

Of the activities that were 0-3 for BOTH People, which ones would require low energy/bandwidth for you personally?

Step 4

Of the activities that were 0-3 for BOTH People, which ones would require moderate energy/bandwidth for you personally?

Step 5

Of the activities that were 0-3 for BOTH People, which ones would require high energy/bandwidth for you personally?

Step 6

What activities are you already doing together?

Step 7

Of the activities that were 0-3 for BOTH People would you consider doing?

FINDING SHARED EXPERIENCES THROUGH ACTIVITIES

Activities: Low Energy for Both

Activities: High Energy for Both

Activities: Moderate Energy for Both

Indoor Activities

Outdoor Activities

Travel Only Activities

Seasonal Activities

CONNECTING THROUGH FAMILY ACTIVITIES

(You & Your Kids- Not Extended)

What Are We Doing Now?

What Are We Willing to Try?

What is the most connecting to ME doing an activity with my spouse?

BARRIERS TO SHARED ACTIVITIES: BRAINSTORM

What are potential work arounds or supports we would need?

Does our family system or way of life need to shift to make more time for US? Has Family or Church or Work Life crowded out US?