

#### **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



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<b>OUGU</b>	

Step I
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:

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### Step 3

Of the activities that were 0-3 for BOTH People, which ones would require low energy/bandwidth for you personally?
Step 4
Step 4  Of the activities that were 0-3 for BOTH People, which ones would require moderate energy/bandwith for you personally?
Of the activities that were 0-3 for BOTH People, which ones would require moderate energy/bandwith for
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### Step 5

Of the activities that were 0-3 for BOTH People, which ones would require high energy/bandwidth for you personally?
Step 6
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

ndoor Activities
Outdoor Activities
Travel Only Activities
Seasonal Activities

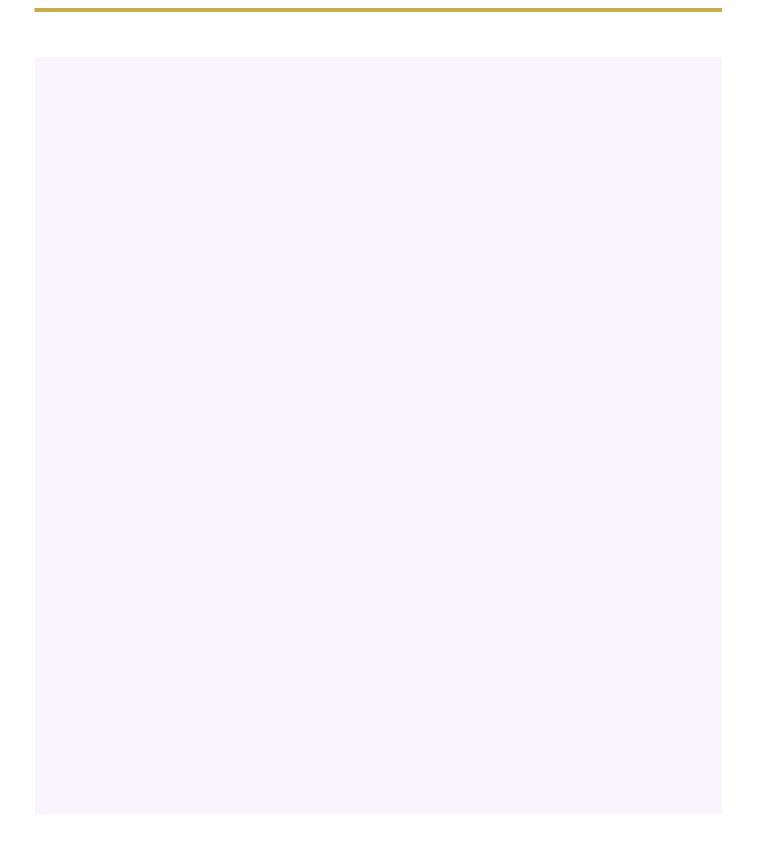
## **CONNECTING THROUGH FAMILY ACTIVITIES**

(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?