

Looking Back, Looking Forward



Looking Back, Looking Forward is a reflective activity designed to help family members appreciate their past successes and set inspiring goals for the future, fostering personal growth and a stronger family bond.



Family Objects

Celebrating Our Past Wins:

Family members take a moment to reflect on their personal achievements and appreciate the good things they've accomplished together, building self-awareness and gratitude.

Setting Meaningful Family Goals:

Together, we'll create clear and realistic goals for the future, inspiring personal growth and encouraging everyone to look forward with excitement.

Boosting Self-Awareness and Confidence:

Each family member will explore their strengths and qualities, helping to build a positive self-image and greater confidence as we move forward as a team.



Success Milestones

Thoughtful Reflection on Past Achievements:

Family members thoughtfully answer reflective questions about their past year's accomplishments and the qualities they value in themselves, sharing genuine insights.

Clear and Achievable Goal-Setting:

Everyone sets specific, measurable, and realistic goals for the coming year, demonstrating an understanding of how to plan for personal and family growth.

Open Sharing and Engaging in Discussion:

In a relaxed group setting, each person shares their reflections and goals, contributing to a supportive family environment where open discussion about personal growth is encouraged.



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Objective:

Looking Back, Looking Forward is a reflective activity designed to help family members appreciate their past successes and set inspiring goals for the future, fostering personal growth and a stronger family bond.

Players:

Suitable for family members of all ages; can be done individually or in small family groups.

Materials:

- A printed copy of the provided PDF (or your own version of the reflective questions).
- A pen for each participant.

Setup:

Make sure each family member has a copy of the reflective questions and a pen. Gather in a comfortable space where everyone feels at ease.

Gameplay:

• Reflect:

Each family member answers questions about their achievements over the past year and reflects on the qualities they appreciate about themselves.

• Plan Ahead:

After reflecting, everyone sets personal goals for the coming year.

• Share:

Optionally, share your reflections and goals with the family to inspire discussion and support, or keep them private if you prefer.

Winning the Game:

This activity isn't about competition—it's all about personal growth, self-discovery, and strengthening family connections. The real win is in learning more about ourselves and supporting one another.



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Variations:

- **Tailor the Questions:** Adjust the reflective questions to suit different age groups or focus areas within your family.
- **Group Discussions:** Incorporate a group discussion session after the activity to share experiences and insights, further building family unity.

Additional Notes:

Looking Back, Looking Forward is a meaningful family activity that encourages everyone to acknowledge their strengths, celebrate past achievements, and look ahead with optimism. It's a great way to create lasting memories and inspire positive changes within the family. Enjoy the process of self-reflection and goal-setting together!



LOOKING BACK

LOOKING FORWARD

WHAT THREE QUALITIES DO YOU LOVE ABOUT YOURSELF?

- 1.
- 2.
- 3.

WHAT ARE THREE THINGS YOU ARE PROUD OF THAT YOU ACHIEVED LAST YEAR?

- 1.
- 2.
- 3.

WHAT THREE THINGS WERE YOU GRATEFUL FOR LAST YEAR? THESE CAN BE PEOPLE, PLACES, ITEMS ETC.

- 1.
- 2.
- 3.

WHAT DID YOU DO LAST YEAR THAT CHALLENGED YOU AND MADE YOU PROUD WHEN YOU COMPLETED IT?

LOOKING FORWARD TO THIS YEAR. WHAT ARE THREE GOALS YOU WOULD LIKE TO ACHIEVE INDIVIDUALLY?

- 1.
- 2.
- 3.