



FBG FAMILY ROUNDTABLE

Family Life

Use this worksheet as a guide to think talk about how you can capture the heart of your spouse and kids

List three specific things you could do for someone with each love language (it will be harder than it looks). Then discuss what love language each of your family members has. Remember, this is art not science and some people may feel like they have more than one!

Words of Affirmation

Physical Touch

Acts of Service

Receiving Gifts

Quality Time

Discuss things that each of your family members would like to do and then calendar some of them as "family activities" and some as "parent/child activities."