

FAMILY

2015

BE BLISSFUL, BOUNTIFUL +
BEAUTIFUL TOGETHER

A 4 WEEK COURSE BY RAEKA YASSAIE
LOVEMINDBODYHEART.COM

GOALS

TAKE A MOMENT TO SET YOUR GOALS FOR THE THEME 'FAMILY' -
YOU CAN WRITE LONG FORM, BULLET POINTS OR DOODLE!

YOU CAN USE THIS E-BOOK AS A 4 WEEK COURSE GUIDED BY THE
CONTENT IN THE BBB FACEBOOK GROUP, OR PICK + CHOOSE WHAT
YOU WANT TO WORK ON AS TIME ALLOWS :) ENJOY!

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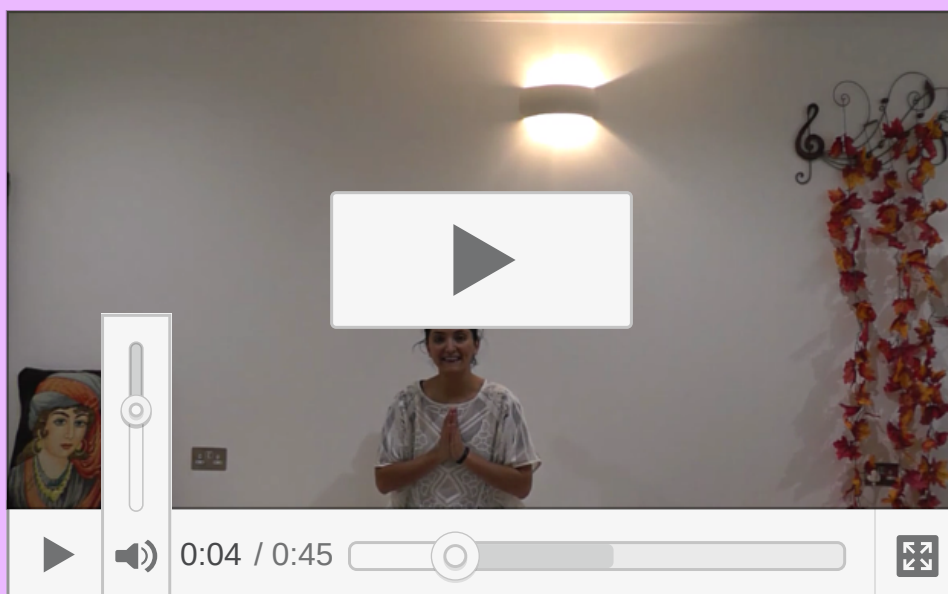
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WEEK 1

THIS MONTH'S YOGA VIDEO RELEASE IS A YOGA KRIYA CALLED "THE ESSENCE OF SELF".

IT GUIDES YOUR PRANIC ENERGY (LIFE FORCE) THROUGH YOUR BODY TO YOUR HEART CENTRE. YOUR OPEN CAN OPEN SO THAT YOU CAN GIVE + RECEIVE LOVE WITHOUT FEAR; ANGER; OR RESENTMENT.

ALLOW THIS KRIYA TO HELP YOU TO REFLECT LET GO OF WHAT YOU DON'T NEED SO YOU CAN BE PRESENT + OPEN-HEARTED WITH YOUR FAMILY. CLICK BELOW, PASSWORD IS KY4U



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WEEK 1

WEEK 1 WORKSHEET: 4 THINGS TO REMEMBER WHENEVER YOU'RE TALKING WITH YOUR LOVED ONES

ALWAYS BE GENTLE

Hold gentleness in your heart. If there's any possibility that things might heat up speak gently, let your body language be gentle + relax your face.

BE WILLING TO ACCEPT YOU MIGHT BE WRONG

If you are always open to different opinions then your time together will be about coming together rather than defending our own opinion

BE PREPARED TO APOLOGISE

Following on from the previous point - it's worth being prepared to apologise + being gently aware of how others might interpret your behaviour

NO GENERALISATIONS

If things do heat up + you need to talk things out, don't use generalisations. So no "You always make feel..." focus on what has just happened + deal with that.

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REFLECT ON THE 4 THINGS ABOVE + USE THIS SPACE AS A PLACE TO REFLECT ON HOW THESE FOUR TIPS IMPACT YOUR WEEK. DON'T FORGET TO ALSO POST IN THE FACEBOOK GROUP:

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WEEK 2

WEEK 2 WORKSHEET: THE 5 LOVE LANGUAGES + YOUR FAMILY MEMBERS

Although the 5 love languages (coined by Gary Chapman) are often used in relation to couples, I think it's equally important to take this into account for your family. Talk to each other about how you like to receive love

WORDS OF AFFIRMATION

They like being told they have done a good job / look great / are brilliant.

ACTS OF SERVICE

Empty the dishwasher or help them with their homework + they'll love you forever

RECEIVING GIFTS

Flowers, love notes, a regular little gift will keep them feeling loved.

QUALITY TIME

Put some time in with them, whether it's watching their favourite show together or just having a chat.

PHYSICAL TOUCH

A kiss, a hug.

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REFLECT ON WHAT YOUR LOVE LANGUAGE IS (YOU CAN HAVE MORE THAN 1). MAKE A NOTE OF WHAT YOUR FAMILY MEMBERS LOVE LANGUAGES ARE + WRITE DOWN 2 THINGS PER FAMILY MEMBER THAT YOU COULD DO WITH/FOR THEM TO SHOW THEM YOU LOVE THEM.

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WEEK 3

WEEK 3 WORKSHEET: FAMILY BUCKET LIST

A BUCKET LIST IS A LIST OF THINGS YOU WANT TO ACHIEVE BEFORE YOU 'KICK THE BUCKET'.

TO BRING YOUR FAMILY TOGETHER, WHY NOT AGREE A FAMILY BUCKET LIST? WHAT 100 / 50 / 20 THINGS WOULD YOU LIKE TO DO TOGETHER? KEEP A RUNNING LIST AND CELEBRATE WHEN YOU TICK THEM OFF. SHARE YOUR IDEAS IN THE FACEBOOK GROUP!

HERE ARE SOME PROMPTS TO HELP YOU

GO:

TRY:

READ:

EAT:

PLAY:

EXPLORE:

MAKE:

SEND:

COOK:

CREATE:

DO:

GIVE BACK:

GROW:

TRAVEL:

ENJOY:

VISIT:

WATCH:

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WEEK 4

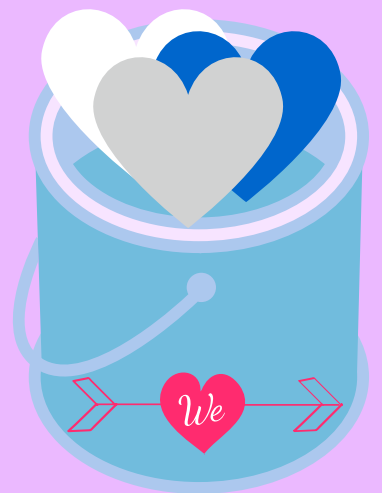
WEEK 4 WORKSHEET: CARVING OUT QUALITY TIME

WE'RE ALL BUSY. HERE ARE SOME TIPS ON CARVING OUT QUALITY TIME WITH YOUR FAMILY. SHARE IN THE FACEBOOK GROUP:

- 1) USE MEAL PREP TIME TO TALK + CATCH UP WHILE YOU CHOP VEGETABLES
- 2) CATCH UP IN THE CAR WHEN YOU'RE TRAVELLING TOGETHER
- 3) WATCH SHORT VIDEOS TOGETHER ON YOUTUBE + DISCUSS THEM

START A BLESSINGS JAR:

GRAB A JAR. MAKE SURE YOU WRITE DOWN YOUR FAMILY BLESSINGS PERIODICALLY + ADD THEM TO THE JAR. AT THE END OF THE YEAR YOU CAN REVIEW THEM ALL. IT'S A GREAT WAY TO REMEMBER HAPPY OCCASIONS + BE GRATEFUL FOR THE YEAR YOU HAVE HAD.



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BONUS

BONUS: FAMILY RULES

AGREE SOME FAMILY RULES THAT YOU ALL AGREE TO WORK WITH

IF A DISAGREEMENT OR ISSUE ARISES YOU CAN THEN REFER BACK TO THE FAMILY RULES TO HELP YOU ADDRESS THEM

SOME EXAMPLES:

NO YELLING

NO HITTING

RESPECT EACH OTHER'S PROPERTY

PAY ATTENTION TO EACH OTHER'S LOVE LANGUAGES

DO YOUR CHORES

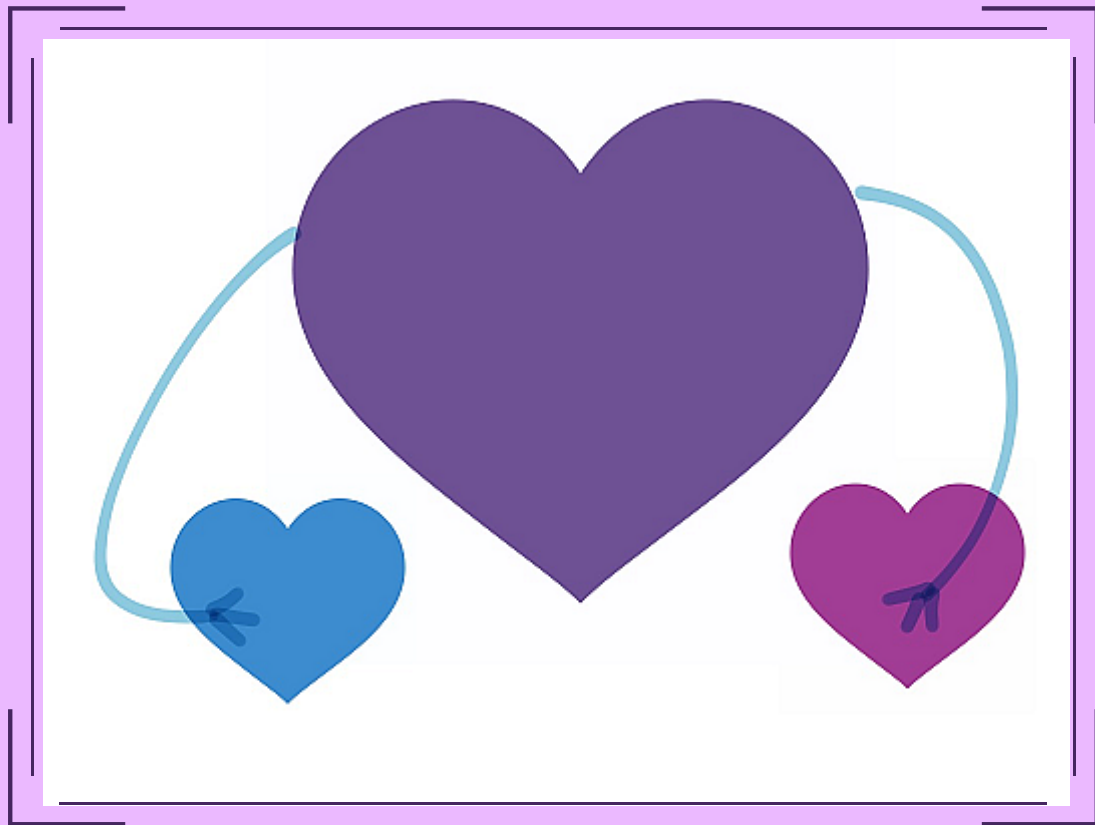
SAY I LOVE YOU

BE HONEST



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