December Project

Project:

Video or written interview…

Interview each of your parents separately. Ask them each the 3 main questions and use the other questions to help you fill in the gaps. Please feel free to add in your own questions as well!

We will either be posting your video interviews on a private YouTube channel so we can all enjoy or there are a couple of other options I will discuss with parents. Written interviews will be able to go on the Pinterest page however we need to take really good pictures so they can be read!

**-What was the best childhood memory of one of the holidays? Why?**

Ask questions to help you understand your parent’s feelings about the memory.

1. Who was involved?

2. How old were you?

3. Tell me the whole story with detail?

4. Did it happen once or many times?

5. How did it make you feel?

6. Does it have any impact on how you do that holiday now? If yes, how? If not, why?

**-What is your favorite or most important Christmas Tree Ornament?**

1. Where did it come from?

2. Tell me the story of why it is important.

3. How old is it?

4. How old were you when you got it?

5. What do you think about when you hang it?

**-What is the Christmas tradition that is most important to you? Why?**

1. Name the tradition

2. When did the tradition start?

3. Who started it? How do you feel about them?

4. How old were you when it started?

5. Why do you continue the tradition?

6. Is it okay with you if I keep the tradition going when I am older?

November Outline and Project

SO as we look at continuing to work on our identity.

Let’s look at how we think about our whole story.

How does it affect our daily life, our thinking our decision making and especially how we do relationships.

Remember how we talked about that every one of our pieces has value – every piece is important!

Remember how we talked about that sometimes our beliefs were born out of the past and we have to make sure they are still applicable. Make sure they still make sense.

So if we haven’t been able to check on those beliefs or tweak them. Or even if we have done some thinking about it and we are working on it and life gets stressful - we can get caught in the old ones.

Like…. people don’t really think I am valuable, or I am not good enough, or I can’t, or it’s always my fault, it doesn’t matter it won’t work out anyway. And more.

I call that victim thinking.

Unfortunately victim thinking leads to victim choices

–missing out cause you don’t try. (jobs, sports, a part of a team, or a club

--struggling with friendships because they are not equal, you don’t put as much in cause you might get hurt.

How do we stop victim thinking?

Well we have to start seeing the world and ourselves differently!

-That can take practice.

-It for sure takes intention and commitment.

You are not victims at this point in your lives! You have so much ahead of you. Lots of opportunities. Lots of people that love and support you and always will.

It is important to always work to heal the wounds from the past so the rest of your puzzle pieces are created with beliefs that get you ready to have it all!

One way to do that is to CHOOSE to focus on the GOOD!

Project

21 Pics of the GOOD in your world. Take a picture every day for 21 days and post pics on Pinterest every few days.

-4x/week a pic of something that is good about your world because of YOU!

(you made your bed, you cooked a meal for everyone, you took the garbage out, you giving your Mom a hug)

-3x/week a pic of something that is already good about our world!

(a sunrise, a pet, your home, etc)

??Create your own Pinterest Page and post your pics there as well as on our group page.