

What I admire & appreciate in you



Next to each name that is relevant to your family. Think about something you appreciate about each person and write something nice, kind, or loving against each name.



Grandma



Grandpa



Aunt



Uncle



Mum



Dad



Child 1



Child 2



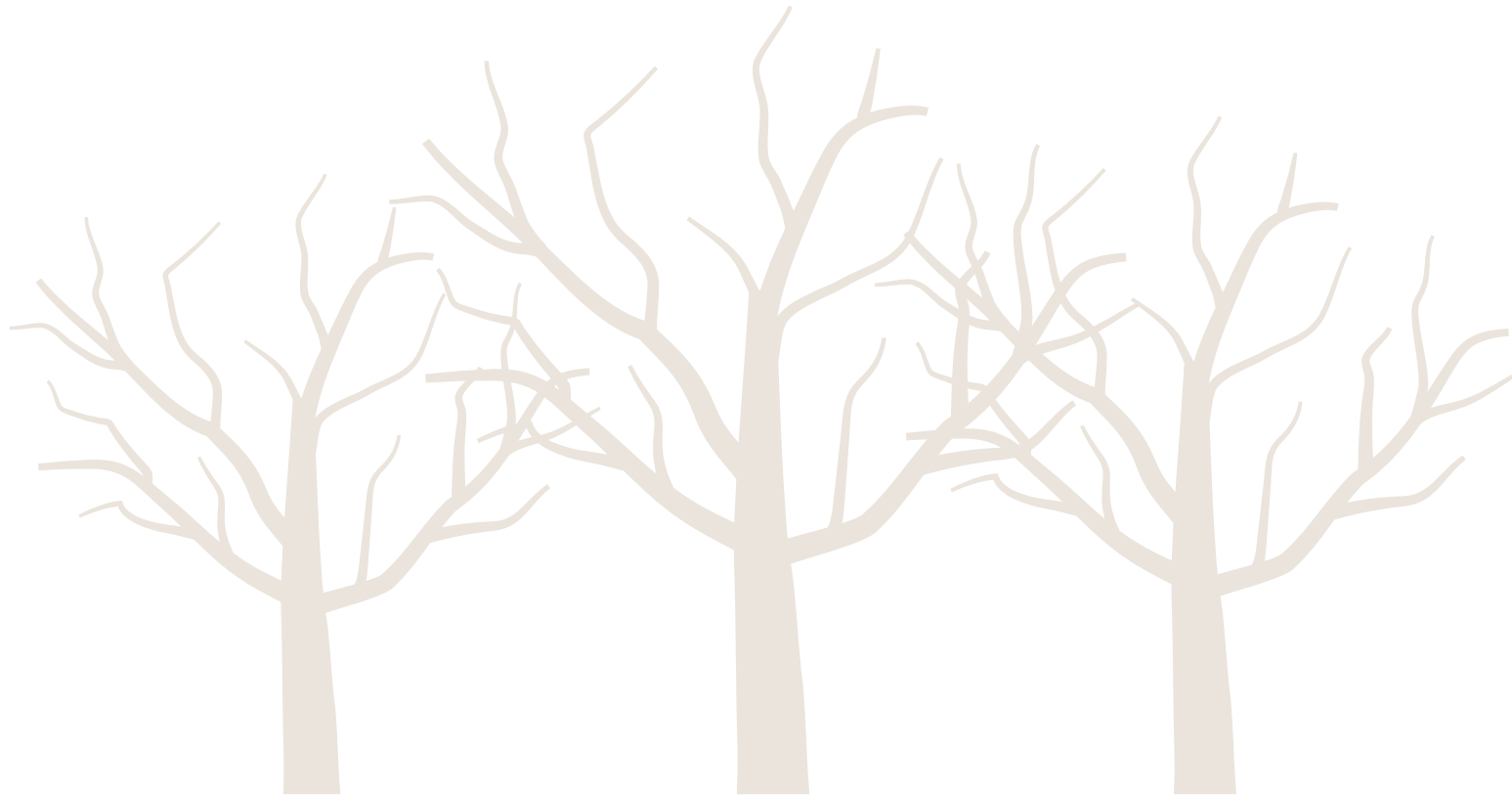
Child 3



Who is in your family forest?



Grandparents, Uncles, Aunties, Cousins, Nieces, Nephews, Brothers, Sisters...



Relationships

- Strong
- Challenging
- Influential
- Positive
- Supportive
- Disconnected