



FROM DIVORCE TO DESTINY

FAMILY LEGACY WORKBOOK

**CONSCIOUS LIVING MEANS BEING INTENTIONAL ABOUT ALL
ASPECTS OF YOUR LIFE.**

**YOUR FAMILY LIFE IS KEY TO YOUR JOY AND WELLBEING,
ESPECIALLY AS A PARENT**

**USE THIS WORKBOOK TO PLAN A RICH PARENTING
EXPERIENCING FOR YOURSELF AND YOUR CHILDREN**

UPDATE IT YEARLY AS YOUR LIFE EVOLVES



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ADVENTURES BUCKET LIST

This section is for planning trips and expeditions with your family. Planning is a fun group activity that can prolong the enjoyment of the experience

How many years do you have to complete this list?

LOCATION

DATE

WHAT YOU WANT TO DISCOVER

WHAT YOU WANT TO
EXPERIENCE

HOW YOU CAN START
PLANNING

LOCATION

DATE

WHAT YOU WANT TO DISCOVER

WHAT YOU WANT TO
EXPERIENCE

HOW YOU CAN START
PLANNING

LOCATION

DATE

WHAT YOU WANT TO DISCOVER

WHAT YOU WANT TO
EXPERIENCE

HOW YOU CAN START
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LOCATION

DATE

WHAT YOU WANT TO DISCOVER

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VALUES TO SHARE

This section is for intentional passing on of values and family legacy

Start with a long values brainstorm and whittle the list down to max 7 words

LIST OF VALUES

HOW TO TEACH THE VALUES

HOW TO LIVE THE VALUES

HOW TO TEST THE VALUES



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PLANS FOR FUN

This section is for intentionally planning fun and laughter

Share you passions and magical moments

MOVIES & SHOWS TO SHARE

MUSIC TO SHARE

EXPERIENCES TO SHARE

HIGH VALUE MOMENTS



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PRACTICAL SKILLS

This section is for imparting key skills and useful tools

List the skill and how and when to impart it

HOME SKILLS

ART

HEALTHCARE

USEFUL SKILLS



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EMOTIONAL FOUNDATION

This section is for securing a solid emotional health foundation

List the state of being and how to build it

MENTAL HEALTH CHECK PLAN

EMOTIONAL SKILLS TO BUILD

KEY RELATIONSHIPS/MENTORS

HEALTHY HABITS FOR MENTAL HEALTH



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