

The Star of our Family

How does your family's star shine?

You can use this star for making a situation assessment: Are you satisfied with the time spent together as a family? Each family member fulfills her own star. For each topic, think about how satisfied you are with this theme in your everyday life

Please circle your level of satisfaction on a scale of 10 to 1.

10=completely satisfied,

1= dissatisfied.

When you have circled the numbers, connect them with a line. Compare the stars.

Which topics need your positive attention in your everyday life?

