



# Making Family Resolutions for 2026: Growing Together, One Step at a Time

The start of a new year is always exciting—a fresh calendar, a chance to reset, and a little nudge to dream bigger. But while most of us think about personal resolutions, it's easy to forget that families can make resolutions together too. Family resolutions aren't about perfection; they're about connection, growth, and creating habits that bring everyone closer.

## Why Family Resolutions Matter

Life moves fast. Work, school, social activities, and digital distractions can easily pull us in different directions. Making family resolutions gives everyone a shared focus and a reason to spend quality time together. It doesn't have to be complicated. Even simple goals—like having dinner together twice a week or starting a monthly game night—can strengthen bonds and create memories that last a lifetime.

## Start with Conversation

The first step is talking as a family. Gather everyone, from the youngest to the oldest, and ask: "What would make this year better for our family?" Listen carefully. Sometimes kids' ideas are surprisingly insightful—they may wish for more walks together, a pet, or even just time to read side by side. Writing these ideas down gives everyone a sense of ownership.

## Set Realistic, Fun Goals

Family resolutions should be achievable and enjoyable. For instance:

- Health and wellness: Take evening walks together or try a new family sport.
- Learning together: Start a small family book club or explore a hobby, like cooking or gardening.



- Acts of kindness: Create “kindness challenges” within the family.

The key is consistency, not perfection. Celebrating small wins along the way keeps everyone motivated and turns resolutions into lasting habits.

### Keep Each Other Accountable with Grace

Remember, family resolutions aren't a competition—they're a shared journey. Check in regularly and support one another without judgment. If someone forgets or falls short, use it as a chance to encourage rather than criticise. A little humour goes a long way, too—laughing together over a missed goal can be just as bonding as achieving one.

### Reflect and Adjust

By mid-year, take a moment to reflect. Which resolutions are working? Which ones need tweaking? The best family resolutions are flexible and adaptable—they grow with you. And at the end of the year, celebrate together. Even small improvements deserve acknowledgement.

Here are 10 simple, fun ideas to inspire your family this year:

1. Weekly Family Night – Pick one evening a week for games, movies, or storytelling—no phones—just laughter and togetherness.
2. Cook Together Once a Week – Let everyone help make dinner, even the little ones. Try a new recipe each

month to make mealtime exciting.

3. Monthly Adventure Day – Visit a park, museum, or local attraction once a month. Small outings create big memories.
4. Gratitude Jar – Everyone writes one thing they're thankful for each week. Open the jar at the end of the year and relive the joy.
5. Digital Detox Hour – Choose one hour a day to turn off devices and connect—talk, play, or go for a walk.
6. Volunteer as a Family – Once a month, find a local charity or community project to help. Giving together strengthens hearts.
7. Movie Club – Pick a movie each month to watch and discuss together. Share thoughts, laughs, and lessons.
8. Random Acts of Kindness Challenge – Challenge each family member to do one small kind act for someone each week. Celebrate the stories together.
9. Seasonal Fun Project – Plan one creative project for each season: spring planting, summer crafts, fall decorating, winter baking.
10. Family Fitness Challenge – Set simple fitness goals like walking 5,000 steps a day, biking together, or trying a fun exercise video as a family.

These easy resolutions can turn ordinary days into lasting memories.



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# The Gratitude Scavenger Hunt

## A Game for All Generations

As life grows busier and more fast-paced, families often juggle packed schedules, responsibilities, and distractions that make it harder to slow down and notice the good around them. Yet gratitude—one of the simplest and most powerful tools for happiness—can transform ordinary moments into meaningful memories. That's where the Gratitude Scavenger Hunt comes in: a delightful, flexible game for families of all ages that encourages everyone to slow down, look around, and celebrate the people, places, and moments that make life rich.

Unlike traditional scavenger hunts, which focus on finding objects or completing tasks, a gratitude-themed hunt centres on noticing and naming what brings joy, comfort, and connection. It can be played indoors on a rainy afternoon, outside on a weekend walk, or even during a family gathering with relatives spanning several generations. The goal isn't to "win," but to create an

experience that leaves everyone feeling a little lighter, closer, and more thankful.

### How the Game Works

The beauty of a Gratitude Scavenger Hunt lies in its simplicity. Start by choosing a setting—your living room, backyard, neighbourhood park, or even a grandparent's home filled with memories. Then give each participant or team a list of gratitude prompts to find or identify.

These prompts can vary based on age, interests, and location. For example:

- Find something that makes you smile.
- Point out a place where you feel safe.
- Show an object that reminds you of someone you love.



- Find something that helps you learn.
- Spot something beautiful in nature.

You can keep the list short for younger children or expand it with more reflective prompts for teens and adults, such as: "Find something that symbolises a challenge you've overcome" or "Choose an item that represents kindness you've received."

Participants can collect items physically (when appropriate), snap photos, or simply point them out. After the hunt, gather as a group—on the couch, on a picnic blanket, or around the dinner table—to share what everyone found and why it matters to them. This sharing circle is where the magic happens. Stories unfold, laughter fills the room, and family members gain new insights into each other's hearts.

### Why It Works for All Ages

A Gratitude Scavenger Hunt is an engaging way to bridge generational gaps. Younger children delight in the exploration aspect, hunting for colourful toys or interesting textures. Teens often enjoy the opportunity to express themselves creatively through photos or storytelling. Adults and grandparents appreciate the chance to slow down, reminisce, and connect on a deeper emotional level.

Gratitude itself is universal. Research shows that practising gratitude can improve mood, empathy, and resilience at any age. When families practice it together, they reinforce shared values and create moments of bonding that last long after the game ends.

### Adding Special Touches

To personalise your hunt, consider incorporating elements unique to your family. You might include prompts like "Find something that represents a favourite family tradition" or "Discover an item that tells a story from your childhood."

Seasonal versions can make the activity even more fun. In autumn, look for signs of change and cosy comforts. In winter, search for symbols of warmth and togetherness. In summer, let nature guide the prompts—sunshine, water, adventure, and play.

### A Tradition Worth Keeping

The Gratitude Scavenger Hunt is more than a game—it's a tradition that reminds families to pause and appreciate what truly matters. Whether played once a year or once a month, it nurtures awareness, strengthens relationships, and fills the home with positivity. In the end, the real treasure isn't what you find on the hunt but the gratitude you carry forward together.



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# Living Family Life God's Way

By iThrive

Family life can be wonderfully joyful—and wonderfully messy. Between busy schedules, personality differences, and the everyday challenges of modern living, it's easy to feel overwhelmed. But the Bible offers a steady, hope-filled foundation for how families can grow together with love, patience, and purpose.

One of the most beautiful starting points comes from *Psalms 127:1*: "Unless the Lord builds the house, the builders labor in vain." This verse reminds us that the strongest families aren't built on perfection but on partnership with God. When we invite Him into our conversations, decisions, and even our disagreements, our home becomes more than a place—it becomes a ministry of love.

## Practice Love That Goes the Extra Mile

Paul gives us a practical blueprint in *1 Corinthians 13:4-7*, describing love as patient, kind, not self-seeking, and always persevering. Imagine how different family life feels when we slow down enough to show this kind of love—when we let patience soften frustration, or choose kind words even when we're tired.

These are small decisions, but they build the emotional climate of the home. Families thrive not because everyone gets along all the time, but because they commit to loving each other through the times they don't.

## Build Each Other Up Daily

Words matter, especially at home. *Ephesians 4:29* encourages us: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up." Think of your words like construction tools—they can either strengthen the family or chip away at it.

A simple compliment, a sincere thank you, or a gentle response in tense moments can shift the whole atmosphere. Encouragement doesn't need to be poetic; it just needs to be genuine.

## Share the Load With Humility

Healthy families practice mutual support. *Galatians 6:2* says, "Carry each other's burdens, and in this way you will fulfill the law of Christ." Sometimes that means sharing chores with a cheerful heart, checking in on each other emotionally, or giving grace when someone falls short.

Humility also means apologising when needed. Even a short, honest "I'm sorry" can heal more than we realise.

## Keep Christ at the Centre

When Jesus is the anchor of the family, everything else can fall into place more easily. *Joshua 24:15* declares, "As for me and my household, we will serve the Lord." This doesn't mean a flawless Christian home—it simply means choosing to follow Christ together in your own imperfect, everyday ways.

Family prayer, short devotionals, shared worship, and conversations about faith help keep hearts aligned.

Family life isn't about having it all together—it's about growing together. When we root our homes in God's love and wisdom, we create a place where grace flows freely, joy grows steadily, and each person feels valued. And in a world full of pressures and noise, that kind of home becomes a true light.



# Talking About Feelings Without the Drama

Big emotions show up in every family—whether it's a toddler's meltdown, a teenager sighing like the world is ending, or an adult carrying stress so quietly you almost miss it. But talking about those feelings? That can feel like stepping into a storm without an umbrella. The reassuring part is that with just a few intentional habits, emotional conversations can shift from tense and dramatic to honest and connecting.

A helpful starting point is remembering that feelings aren't problems to fix; they're signals. They tell us something about what we care about or what we need. When families stop reacting defensively and start getting curious, everything becomes softer. The focus shifts from blame to understanding, and even tough conversations start to feel a little safer.

Because emotions tend to run high in the moment, it helps to create a calm setting before diving in. Trying to talk while someone is overwhelmed or upset is like trying to fill a cup that's already overflowing—it just doesn't work. Sometimes the best thing everyone can do is pause, take a breath, move to a quieter space, or agree to revisit the conversation after a short break. Even very young kids can learn that taking a moment first helps them explain what they're feeling without everything spilling out all at once.

How adults express themselves also sets the tone. Children learn emotional language by watching, so using a gentle "I feel..." statement teaches them that sharing emotions doesn't have to sound like an accusation. Saying something like "I feel unheard when our conversations get rushed" lands a lot better than "You never listen," and it keeps the door to understanding open instead of pushing someone into defence mode.

Listening with real attention is another game changer. Putting down distractions, making eye contact, and reflecting back what you hear shows that you're fully present. Sometimes saying, "So you felt left out when that happened?" is enough to help someone feel seen. For children, especially, being heard is often half the healing.

Validation also helps. You don't have to agree with someone to acknowledge their emotions. A simple "That sounds really frustrating" or "I can see why that upset you" goes a long way in calming the moment. Once someone feels understood, they're much more willing to problem-solve or find a compromise.

Over time, little communication routines can build a sense of emotional safety. Maybe your family does a quick weekly feelings check-in, or maybe the best talks happen during car rides or at bedtime. These predictable moments make it easier for everyone to open up.

Above all, staying interested keeps conversations from turning combative. Asking open-ended questions like "What would help?" or "What bothered you the most?" shows genuine interest in understanding, not judging.

And when someone expresses their feelings calmly and respectfully, acknowledge it. Celebrating those moments reinforces the idea that honesty is welcome.

Talking about feelings without the drama isn't about perfection—it's about intention. When families choose curiosity, validation, and genuine listening, emotional conversations stop feeling like battles and become opportunities to connect.





# Jerelyn Callwood

## The Woman Behind the iThrive Movement

By iThrive

At its core, my story is about resilience, faith, and deep transformation in every part of my life. I often say that God used both quiet moments and hard times to shape who I am becoming. Today, I am the founder of Thrive Education Consultancy and the heart and visionary behind iThrive, a movement I truly feel called to start.

iThrive emerged from a place of compassion and conviction. Over the years, I sat with many women, listening to their stories, their silent struggles, and the cries they often hide behind strength. I saw a pattern that felt painfully familiar: women pouring so much of themselves into others that they slowly disappeared from their own lives. I knew they needed more than encouragement; they needed a safe and uplifting space that would nourish their whole being. iThrive was created to be exactly that.

Creating the iThrive WhatsApp Channel has been one of the most meaningful parts of this journey. Each day, women receive messages meant to lift their spirits, offer insight, remind them of their worth, or help them find a moment of calm. These daily reflections, health tips, and spiritual reminders have become a source of hope and positivity for many.

But the vision does not stop there. iThrive is growing into its next chapter as I prepare to launch the iThrive podcast series. This platform will amplify women's voices, share real, raw stories, and spark meaningful conversations about healing, purpose, personal growth, and faith. Special workshops and events are also on the horizon—intentional gatherings designed to celebrate

sisterhood, create connection, and offer women the chance to rest, learn, laugh, and reconnect with themselves. Through these curated workshops and events, women would be able to explore personal growth, wellness, and spiritual nourishment.

Another component of *iThrive is Thrive by God's Design*, the ministry side of this work. Through church workshops and women's empowerment sessions, I aim to help women find deeper spiritual renewal, live with intention, and discover their God-given identity and purpose.

Through Thrive Education Consultancy and iThrive, my desire is simple yet profound: to help women grow confidently, find balance and peace, embrace change with courage, and pursue lives rooted in wellness and spiritual strength. It is my hope that every woman touched by this movement will not just survive but truly thrive.

To begin this journey today and become part of our supportive community. To join, text **'THRIVE'** to my number **(284) 340-8038** and start getting daily inspiration and support on your phone through my WhatsApp Channel. To get updates about what's happening in our iThrive Community, follow us on Facebook at Thrive Consultancy. Additionally, visit [www.consultingthrive.com](http://www.consultingthrive.com) for interesting reading material and resources.

Ladies, take this first step towards thriving, and together, we will continue to build a life filled with purpose and positivity.





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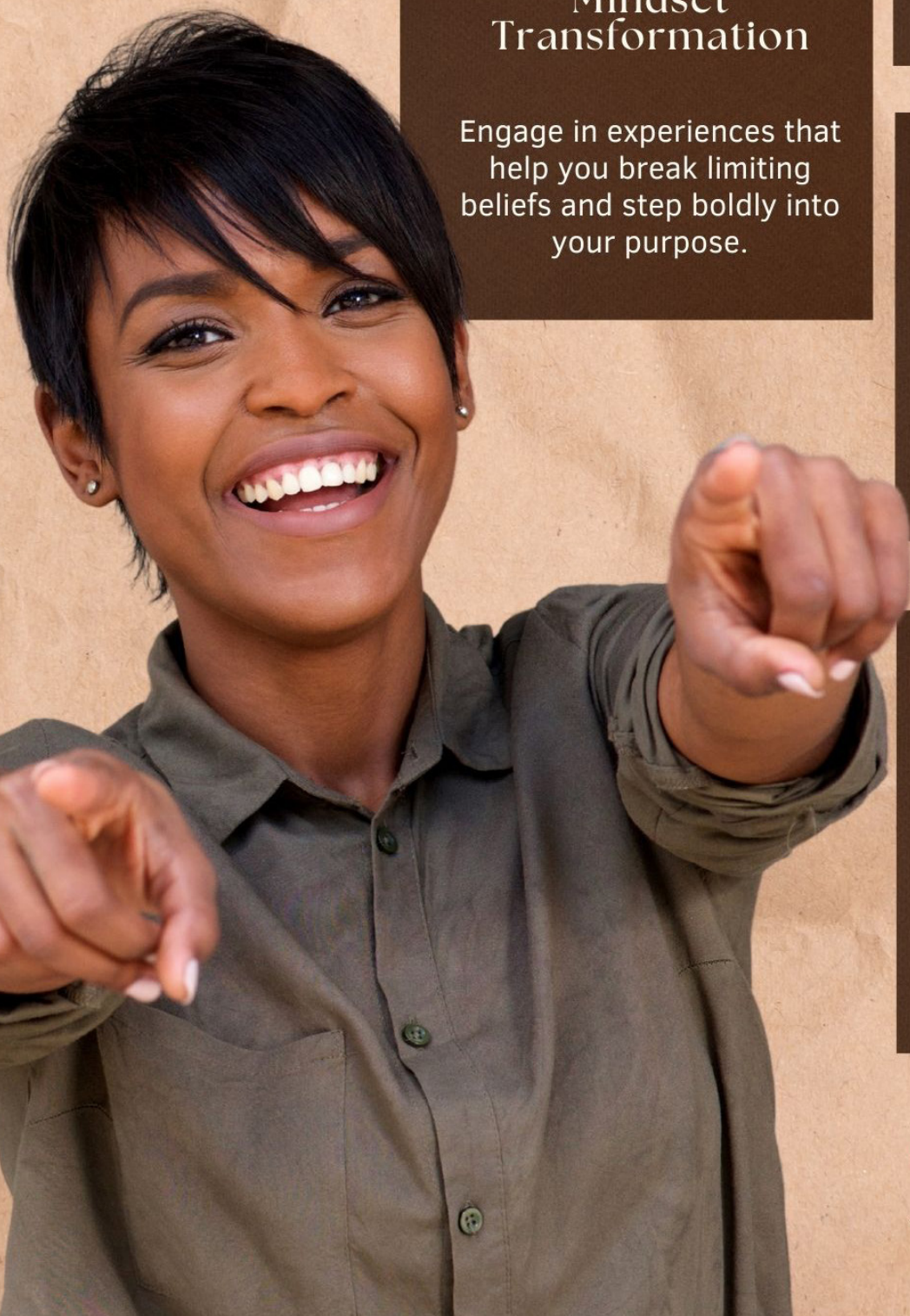
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# Embrace Change Without Resolutions

## 7 Tips for Women to Redefine a “Fresh Start”

By iThrive

As you welcome a new season, you might feel the urge to set resolutions, but what if you redefined “fresh starts” without the pressure of lists and goals? Here are some empowering tips to embrace change and renewal in a more fulfilling way:

**Reflect, Don’t Resolve:** Take a moment to reflect on what truly matters to you. Instead of setting rigid goals, consider what brings you joy and fulfilment. This reflection can guide your actions in a more meaningful way.

**Embrace Small Changes:** Focus on small, manageable changes that align with your passions. Whether it’s picking up a new hobby, learning a skill, or dedicating time to self-care, little steps can lead to meaningful transformations.

**Prioritise Self-Care:** A fresh start often begins with self-love. Dedicate time to activities that rejuvenate you—be it yoga, meditation, or a hobby you’ve always wanted to explore. Prioritising self-care can pave the way for personal growth.

**Practice Self-Compassion:** A fresh start is not about perfection. Be gentle with yourself and recognise that growth is a journey filled with ups and downs. Celebrate

your progress, no matter how small.

**Cultivate Curiosity:** Instead of setting specific goals, adopt a mindset of curiosity. Explore new interests, meet new people, and try new experiences without the pressure to achieve a specific outcome. This openness can lead to unexpected joys and opportunities.

**Build a Support Network:** Surround yourself with positive influences. Connect with friends and mentors who inspire you to grow. Sharing experiences and challenges can encourage and foster a sense of community.

**Reflect and Reassess:** Take time to reflect on what truly matters to you. Regularly reassess your priorities and adjust your path accordingly. This fluid approach allows for greater adaptability to life’s changes.

For 2026, let’s redefine what fresh starts mean by focusing on growth, joy, and connection rather than pressure-filled resolutions. Embrace the journey, and remember—every day is a chance for a new beginning.





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