

Establishing Boundaries

One of the best ways to establish boundaries in your home is to identify the values that are most important to your family.

As a family, write down the values you would like your family to be based on. Love, Service, Compassion? This would be a great addition to your family meetings. Then, write down why the value matters. Finish by writing down a few things you and your family can do to learn and develop that value.

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