

FINDING THE RECIPE FOR OUR REAL LIFE

THE INGREDIENTS: MY CHILDHOOD MEALS

WHAT DID FAMILY MEALS LOOK, FEEL, & SOUND LIKE
WHEN I WAS GROWING UP?

NAME WAS 3-5 EXPECTATIONS, ROUTINES, OR
RULES AROUND MEALS IN MY HOME?

MIXING IT TOGETHER: MY CURRENT FAMILY MEALS

WHAT DOES DINNER LOOK, FEEL, & SOUND LIKE IN MY
HOME TODAY?

WHAT ARE THE MOST COMMON CHALLENGES OR
STRESSORS DURING MEALS?

THE PERFECT DISH: MY IDEAL FAMILY MEALS

IF I COULD DESIGN MY IDEAL FAMILY MEAL, WHAT WOULD IT
LOOK LIKE? IMAGINE FOODS, BEHAVIORS, TIMING,
LOCATION, ATTITUDES & THE PEOPLE PRESENT.

RECIPE TWEAKS: ADJUSTING EXPECTATIONS FOR REAL LIFE

WHAT EXPECTATION AM I HOLDING ONTO THAT MIGHT
NOT FIT MY FAMILY'S REALITY?

WHAT IS ONE SIMPLE CHANGE I CAN MAKE TO
IMPROVE MEALTIME?