

Have the **Talk**
of a **Lifetime**®



New Family Traditions **Activity** GUIDE

A fun, interactive way to learn
what matters most to your loved ones!

How to Start New Family Traditions

Starting new traditions can be just as rewarding as, if not more than, participating in old ones. Developing new family traditions will provide you and your loved ones with memories to last a lifetime and can allow for new conversations about your lives that haven't been discussed yet.

We understand that it may be difficult to start a new tradition when your family already has so many great old traditions. That's why we've provided this list of tips to help you along the way:

Start with what you know. Find an activity you know your family will enjoy. If you love the arts, plan an annual trip to the art museum or a play at the local theater. If you enjoy the outdoors, suggest a family camping trip every year. If you're a little competitive, turn any night into game night. If you love cooking, plan an annual cook-off.



Make it easy. Too much planning or coordination may take the fun out of your new tradition. Make sure the plan is simple and easily adaptable for every member of your family.

Be open. If your entire family has difficulty deciding on a new tradition, be open to others' ideas. Maybe make a tradition to try a new food, play a game no one has played, or let a new person decide what you'll be doing on a certain day each year.

Don't forget to keep the old. Starting new traditions is exciting and often a fun change of pace. But don't forget to honor your original family traditions that have lasted generations! Eventually, your new traditions will become the old; you'll certainly want to make sure those stay, too.

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TIPS

Tradition

The empty chair

How it started

After Grandpa died, we left an empty chair at the table in remembrance of him at our holiday dinners. We realized it helped us remember all those we missed, and brought them near to us as we gathered.

Tradition

How it started

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Thank you for your participation.
We hope you and your loved ones
enjoyed using this guide as you
began, or continued, to Have the Talk.

We'd love to hear your stories! Go to
talkofalifetime.org/your-story to share
yours today.