



THE *joy*-FILLED HOME guide

a simple workbook to help you cut through
the distractions, dream big, and get crystal
clear on what a life-giving home means to you



Thank you for downloading the Joy-filled Home Guide from The Littles & Me.

I have spent many late nights and early mornings putting this together and I'm so thrilled to offer it as a resource to you. If you love it and want to share it with a friend I do ask that you would point them to my website so they can download their own copy rather than just forwarding them the PDF. Thanks in advance!

You are more than welcome to print as many copies of the included files as you need for your personal use only. I simply ask that you do not resell or redistribute this PDF in any way.

Please **DO:**

- + Print as many copies as you need (for personal use only, please).
- + Direct people to The Littles and Me blog when sharing with others.
- + Share how you are using them (be sure to tag @thelittlesandme).

Please **DO NOT:**

- + Sell the files in any way (printed or digital) or claim them as your own.
- + Link to or pin directly to the file you downloaded.
- + Alter these files in any way.

If you have any questions, please feel free to email me at hello@thelittlesandme.com. I'm more than happy to help!

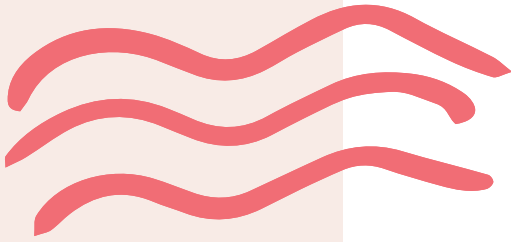
Best,
Ashley

let's connect!

www.thelittlesandme.com



@thelittlesandme



welcome, friend!

Imagine what it would feel like if your home was a place of connection, celebration, and belonging — a haven in a weary world. The heart beat of your home can be intentional and life-giving. But it isn't going to happen by accident.

This guide was designed to give you a starting point to begin dreaming about what a life-giving home might look like for your unique family. The day-to-day life of your home will look way different than mine. Your family is one-of-a-kind. Isn't this an incredible gift? As moms, we get to use our unique passions and wirings to help create the culture and atmosphere of our homes. That my friend is worth celebrating.

It probably goes without saying, but real life with kids is messy. It's imperfect, challenging, and refining. The pages of the joy-filled home guide might seem simple and great on paper, but please don't be discouraged as you try to implement some of the ideas you come up with. It's not going to be perfect, and that's okay. My prayer is that thinking through the prompts on these pages will help you to choose intentional and purposeful motherhood — messy moments and all.

As you walk through these pages I hope that you will take a deep exhale and feel inspired to get your thoughts out on paper — no perfect ideas or words necessary!

Home shapes us through the atmosphere, celebrations, traditions, rhythms, and the ordinary family anchors that add up day by day. Your home matters, sweet friend. It has the potential to change generations. Ready to get started? Let's go!

OUR unique FAMILY

our core values

Values give your family purpose and focus. What words do you want to describe your family? What values do you want to pass on to your children?

take action

From the list of words above, circle your top 5. Write the values you circled below and brainstorm a few ideas how you will live out these values as a family.

1.

We will live this out by...

2.

We will live this out by...

3.

We will live this out by...

4.

We will live this out by...

5.

We will live this out by...

HERE'S what matters

In our busy world that's constantly fighting for our attention, it's so important to guard your YES with a million no's. Get crystal clear on what is important to your family so that you can say a big resounding YES to what matters and a confident no to everything else that's draining and distracting.

we are saying **YES** to...

we are saying **NO** to...

OUR home ATMOSPHERE

family brainstorm questions

Take some time to sit down with your family and work through the following questions together. Be sure to give each family member the opportunity to share their ideas.

What is our family's purpose/mission?

What kind of family do we want to be?

What makes you want to come home? What things do you love about our family?

What things are important to us as a family?

How do we want to treat each other and speak to each other?

What unique talents and gifts does each member of our family have?

What do you want your home to be like?

This part is where it gets really fun. Close your eyes and imagine with your five senses what you want your home to be like, look like, and feel like. What smells, sights, sounds, and overall feelings do you want your children to remember of home? Get creative!

What words do you want to describe the look of your home?

OUR HOME culture

How do you want your home to feel?



THE LITTLES & ME

For personal use only. Please do not resell or claim as your own.

OUR celebrations & TRADITIONS



WHY? Celebrations + Traditions...
+ strengthen and shape families
+ give consistency and rhythm
to your family
+ create strong and lasting
memories

What holidays, special days, milestones, or traditions does your family currently celebrate?

Why do you celebrate these holidays, special days, milestones, or traditions? If you need more space, feel free to use the back of this page.

Ready to get really honest? Are there any holidays, special days, traditions, or milestones that you're celebrating out of pressure from society or elsewhere? From your list, circle the ones that are life-giving to you and cross out any that feel draining, stressful, or unnecessary. There's no need to celebrate everything if it's spreading you out too thin. Pick what really matters to your family and celebrate really well.

OUR FAMILY celebrates

Jot down what holidays, special days, milestone, or traditions your family celebrates throughout the year! Don't forget about the big, small, and in-between ways that you celebrate life.

JANUARY

MAY

SEPTEMBER

FEBRUARY

JUNE

OCTOBER

MARCH

JULY

NOVEMBER

APRIL

AUGUST

DECEMBER

OUR rhythms & FAMILY ANCHORS

the _____ family

What do we really enjoy doing together?

What hobbies and interests do we have?

If we had all the time in the world we would...

OUR FAMILY rhythms + anchors

Whether you are aware of it or not, your days are most likely already filled with some sort of a rhythm. Rhythms give your days a familiar cadence, flow, and movement. An anchor by definition, serves to hold an object firmly. Anchors are things that your kids will come to appreciate and remember fondly because they stand firm throughout the seasons of life and often happen week after week or year after year. What things do you do daily, weekly, monthly, and yearly? These simple anchors give rhythm to your weeks, months, and years. And those little repeated anchors just might add up to be the memories your kiddos will cherish forever.

daily

weekly

monthly

yearly

USING THE ORDINARY *moments intentionally*

There is beauty in the ordinary moments. How can you infuse your unique family culture and breathe intentionality into the seemingly ordinary moments of your days?

MEALS

DRIVING IN THE CAR

EVENINGS + BEDTIME

tie it all TOGETHER

Flip through all of the previous pages to help you create a short sentence to remind you what your family is all about.

You may want to include and/or consider the following questions...

- + What values guide your family?
- + How does everyone in your family want your home to feel?
 - + How does your family treat and speak to one another?
 - + What things are important to your family?
- + How does your family want to love and serve others in your community?
 - + What unique talents and interests does your family have?

 cut this out and hang it up somewhere where you'll see it often

OUR FAMILY
mission statement

What small steps can you take right now? Print and fill out this monthly action guide to help you focus on what matters and take intentional steps within the walls of your home this month.



OUR HOME matters

Encouraging Words for the Month:

My Priority This Month:

THIS MONTH'S TOP 3:

This month I will take intentional steps towards creating a joy-filled home by...

1.

2.

3.

TAKE ACTION!

What small steps can I take right now?

ONCE A MONTH:

☐

☐

ONCE A WEEK:

☐ ☐ ☐ ☐ ☐☐ ☐ ☐ ☐ ☐

DAILY:

CELEBRATE the BIG, small, & IN-BETWEEN

This month we are celebrating...