

5 Ways to Get Closer to Your Family

1. Show interest in them and ask questions. So often it is exactly because we are family that we take each other for granted. Make it a point to ask your loved ones what is going on in their lives, how they are feeling, and what they are hoping for. And then listen to what they have to say, don't just assume you know what their answers will be.
2. Plan a sacred time once a week to spend some quality time with the ones you care most about. This could mean planning a special activity together or it could mean sharing a weekly meal as a family. Whatever it is make sure it is something that everyone involved will enjoy and make sure to be completely focused on the activity and the people you are with. Make sure there will be no distractions, telephone calls, texting, or other interruptions during this sacred time.
3. Look at old photo albums together or watch old home movies. Reminiscing in this way is a wonderful reminder of great times you have shared and good times sure to come. Plus, this is a great way to spark intergenerational dialogue as younger people will often have lots of questions about places, events, and people they don't remember.
4. Put together a new photo album *as a family*—don't wait and try and do it all by yourself. So many people have a ton of loose photos sitting in boxes or basements and procrastinate organizing them. Why not set aside one of your weekly family times together to go through them and place them into albums. This again will create a chance for family members of all ages to be involved and interested in a common project.
5. Twice a year set a family goal to work towards something together. Maybe you all decide to run a marathon together, or do some volunteer work. Maybe you start a genealogy project or decide to all read the same books and discuss them. Whatever it is, the act of working towards a common goal will bond you and your family like nothing else. Long terms projects especially can have the greatest payoffs as they provide ample opportunities for encouraging one another and overcoming obstacles together.

Bio

Arielle Nobile specializes in helping people connect to their loved ones' stories, creating legacies of belonging. Since founding Legacy Connections Films in 2005, Arielle has helped hundreds of people reconnect and share their stories with their loved ones. She has directed, produced, and edited over 60 private films and interviewed over two hundred people on three continents. For more information visit www.legacyconnectionsfilms.com.



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