## TEN

## essentials to meaningful family time

- 1. Make Grace a Priority
- 2. Release Expectations
- 3. Value Opinions
- 4. Create Conversation
- 5. Embrace Spontineity
- 6. Play Together
- 7. Share Memories
- 8. Embrace Stillness
- 9. Cultivate Spiritual Connections
- 10. Savor Meals Together