

Dream Walk

Share ideas about
your future



DREAM WALK



Take a walk together in this reflective exercise.

Have a natural conversation that allows both of you to relax and express your thoughts

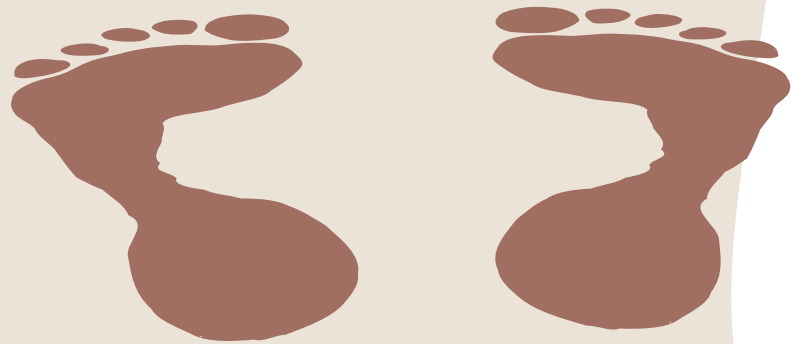
Ensure open communication and uncover each partner's deeper hopes for the family. Without the pressure of immediate decisions

No decisions
Only talking

Instructions

What are your dreams?

- Take a 30-minute walk with your partner in a relaxed environment (such as a park or quiet neighborhood).
- During the walk, each partner should ask and answer ideas for the future of their family (see examples below)
- The goal is not to debate or make decisions, but to listen to each other's thoughts and dreams, and begin the process of creating a shared family vision.
- After the walk, take 10 minutes to write down some of the key ideas that emerged and revisit these in the future as you develop your family dream.



Examples

Question: "Imagine it's a weekend morning five years from now. What does our perfect family day look like?"

- Answer: "We're all having breakfast together—maybe pancakes, with the kids helping out. Then we head to the park for a walk or a game of soccer, ending the day with a family movie night, cozy on the couch."

Question: "Picture our family dinners five years from now. What kind of atmosphere do you see?"

- Answer: "We're sitting together at the table, no phones, just talking about our day. The kids are helping set the table, and we're sharing stories or jokes, with everyone laughing and feeling connected."

Question: "Think about our family holiday celebrations. How do you imagine us celebrating special occasions?"

- Answer: "We have a mix of our cultural traditions, like decorating the house together and cooking our favorite holiday meals. The kids are excited, participating in every step, and we make it a fun, inclusive experience."

Question: "Envision our family vacations a few years from now. What do those trips look like?"

- Answer: "I see us traveling together, exploring new places, whether it's a beach or a city. The kids are curious, asking questions, and we're all making memories—taking lots of pictures and trying new things as a family."

Question: "Imagine our family facing a challenge in five years. How do we handle it together?"

- Answer: "We talk it through calmly, involving the kids if it's appropriate, and come up with solutions as a team. I see us sitting down as a family, supporting each other, and knowing that no matter what, we have each other's backs."



Remember

1. This is a reflection exercise. No decisions are needed
2. Be open and honest with each other. There is no right or wrong
3. If you did not finish your talk, make a detour or repeat the walk tomorrow
4. Enjoy talking about your dreams!

Let's go for a walk

Whenever time
allows

