



STACEY N. GREER



RELATIONSHIP REPAIR COACH
FOUNDER, THE UPSTREAM METHOD™

Our Family *Compass*



A simple conversation about
what matters most in your home.

♥ A FREE PRINTABLE GUIDE FOR FAMILIES





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Our Family *Compass*

A simple conversation about what matters most in your home.

There are things we hope our children can experience at home today — kindness, love, honesty, laughter, trust, belonging, or simply the feeling that home is a good place to be.

This conversation is a chance to name what matters most to your family and become a little more intentional about bringing those things into the everyday moments you share.

BEGIN WITH ONE QUESTION



What do we want it to *feel like* to be part of our family?

Let everyone answer and listen for the words that seem especially important.

You might hear:

Kindness • Love • Honesty • Laughter • Trust • Respect • Belonging •
Patience • Compassion • Adventure • Courage • Generosity

The examples are suggestions, and your family might come up with different words.

Then, together as a family, choose three words or qualities that feel most meaningful to your family right now.

ON YOUR FAMILY COMPASS, YOU'LL ANSWER



What matters to us



What these words look like in our family



When life gets busy or hard, what do we want to remember

*When you're ready, turn the page and
create your Family Compass together.*



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OUR FAMILY COMPASS

WHAT DO WE WANT
IT TO FEEL LIKE TO
BE PART OF OUR FAMILY?

WHAT DO WE
WANT TO
REMEMBER





WHAT
MATTERS
TO US



1. _____
2. _____
3. _____

THIS IS WHAT OUR
WORDS LOOK LIKE
IN OUR FAMILY



Created together by our family on _____



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Keep your compass *somewhere you can see it.*

The words your family chose today are more than words on a page.

They tell you something about what matters to the people who share your home.

Your Family Compass can be a small reminder of the kind of home you want to keep creating together — one where love, honesty, patience, belonging, laughter, or kindness are not just ideas, but things you keep practicing in everyday life.

You may notice those words showing up in ordinary moments:

- ♥ A little more patience.
- ♥ A conversation that feels honest.
- ♥ A moment of laughter.
- ♥ Someone making room for another person's feelings.
- ♥ A hug after a hard day.
- ♥ A choice to turn toward one another.

Those ordinary moments are family life.

And little by little, they become the story of what home feels like.

ONE FINAL QUESTION

*What is one thing you hope you will always
feel when you are at home with your family?*

With love,

STACEY N. GREER

Relationship Repair Coach
Founder, The Upstream Method™
Founder, The Family Peace Project



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