



12 Weeks to Greater Peace, Joy & Love in Your Family - Surveys

Sometimes life pulls our attention in so many ways that we don't focus on the important things in life, like our families. These four assessments will give you a "snapshot" of the strengths and weaknesses in your family.

You will gain a greater clarity of the areas to strengthen within your family and an idea of the areas that are already working well. The surveys are quick and easy to score. Don't think too hard on your scoring choices or worry about your overall score.

These surveys were originally written as a supplement to the Amazon Best Selling book "12 Weeks to Greater Peace, Joy & Love in Your Family." The empowering self-help book is written in a clearly outlined form. The author and parent contributors share heart-felt stories that apply to us all. Mantras and specific assignments help readers connect with their own affirmative life force.

If you don't have your own copy, you will want this great family resource. After reading and implementing ideas from the book, you can take the surveys again at the end of 12 weeks to compare your growth. You can purchase a copy of this book at www.myheartfelthealing.com/love

All About Me Survey

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

- _____ 1. I feel connected to each moment of my life.
- _____ 2. I have feelings of gratitude each day.
- _____ 3. I look at challenging situations as an opportunity for growth.
- _____ 4. I think more positive thoughts about myself than negative.
- _____ 5. I feel I have a divine mission and purpose.
- _____ 6. I love and accept myself.
- _____ 7. I do not stay in a bout of depression for more than a day or two at a time.
- _____ 8. I value good memories from the past and do not dwell on the negative memories.
- _____ 9. I look forward to the future.
- _____ 10. I am generally cheerful and calm.
- _____ 11. I feel grateful for the skills and talents I have.
- _____ 12. Generally speaking, I am in control of my life.

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

_____ 13. I am always divinely guided and protected.

_____ 14. I feel I'm of great worth.

_____ 15. I believe in myself.

_____ 16. I forgive myself.

_____ **Total score for "All About Me" Survey**



Go to next page for Relationships Survey

Relationships Survey

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

_____ 1. I feel worthy of love and acceptance.

_____ 2. I feel worthy of unconditional love.

_____ 3. I feel safe to give unconditional love.

_____ 4. Others value what I have to offer.

_____ 5. I am respected.

_____ 6. I never feel inferior to others.

_____ 7. I communicate well with others.

_____ 8. I attract healthy relationships.

_____ 9. I always look for the good in others.

_____ 10. I give sincere compliments to others.

_____ 11. I enjoy being around other people.

_____ 12. I easily forgive others.

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

_____ 13. I feel joy when others succeed.

_____ 14. I don't compare myself to others.

_____ 15. I admit when I make a mistake and apologize when necessary.

_____ 16. I never speak negative of others even if it's the truth.

_____ **Total score for Relationships Survey**



Go to next page for Parenting Survey

Parenting Survey

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

- _____ 1. I'm confident in the decisions I make as a parent.
- _____ 2. I set clear and fair rules for my child.
- _____ 3. I am consistent in the rules and discipline I use for my child.
- _____ 4. My spouse and I agree and understand the rules we set up for our child.
- _____ 5. I understand what behavior is appropriate for the developmental level of my child.
- _____ 6. My expectations are neither too high nor too low for my child.
- _____ 7. I spend quality time with my child each week.
- _____ 8. I am loving and kind without expecting anything back.
- _____ 9. My communication with my child is kind without irritation or angry tones.
- _____ 10. I never call my child demeaning names or make rude remarks about my child.
- _____ 11. I easily forgive my child's mistakes.
- _____ 12. I give sincere compliments to my child.

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

_____ 13. I look for the good in my child.

_____ 14. I listen intently to my child when they are speaking.

_____ 15. I respect and consider my child's individual wants and needs.

_____ 16. I have a good relationship with my child.

_____ **Total score for Parenting Survey**



Go to next page for Family Unit Survey

Family Unit Survey

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

Consider *your* perception of your family. Do not ask other family members what their opinions are on this survey.

_____ 1. We can say and express what we are truly feeling.

_____ 2. We compliment each other.

_____ 3. We know we can handle problems that come up.

_____ 4. We do nice things for each other.

_____ 5. We focus on and listen to what each other says.

_____ 6. Our family often does fun things together.

_____ 7. Children have a say in the rules and discipline.

_____ 8. We agree about what is right and wrong.

_____ 9. We express love for each other.

_____ 10. We believe it's important to understand other's feelings.

_____ 11. Chores are divided up fairly in our family.

1- Never 2- Seldom 3- Sometimes 4- Most of the Time 5- Always

_____ 12. We have traditions that we carry on.

_____ 13. We feel very close to each other.

_____ 14. We can talk about things without arguing.

_____ 15. We have friends and relatives we can count on.

_____ 16. Our family discusses problems to find a solution for everyone.

_____ **Total score for Family Unit Survey**



End of surveys. Take the surveys again after reading *12 Weeks to Greater Peace, Joy and Love in Your Family* and putting heartfelt effort into the weekly recommendations.

Read the next page for an EXTRA SPECIAL BONUS!

Best-selling author, speaker, parent consultant and energy healing practitioner, Jennifer Jones Smith, would like to extend a unique opportunity to participate in a Whole Heart Family strategy call to offer guidance and resources to empower your family with the most deeply connected, harmonious relationships ever!

Let's face it – family and marriage relationships are challenging, and so easy to mess up! Sometimes it takes someone on the “outside looking in” to really see the big picture of areas where our relationships and family unit can be strengthened.

With over 27 years in child development and working with hundreds of families and children, Jennifer offers a unique perspective when it comes to family relationships. Add that experience to parenting six of her own children and facilitating energy healing work for hundreds of families as well, and you have an ally who can offer amazing support to any family who struggles with the following:

- **Contention/Anger/Grief**
- **Low Self-Esteem/Fears/Phobias**
- **Poor Communication**
- **Forgiveness Issues**
- **Negative Self Talk**
- **Lack of Motivation/Procrastination**
- **Financial/Money Issues**
- **Emotional Pain/Anguish from Past Trauma**
- **Depression/Suicidal Thoughts**
- **Addictions/Strange Habits/Porn Issues**
- **Disrespect from Children or Spouse**
- **Marital Intimacy Problems**
- **Uncooperative Children**
- **Tantrums/Sibling Rivalry/Power Struggles**
- **Child Entitlement Issues**

As a child advocate of over 30 years, Jennifer knows that the best gift anyone can give their child is a nurturing, safe and loving home environment. As someone who married her high school sweetheart, she puts a high priority on marriage relationships as well. To get your

Complimentary 45-minute Whole Heart Strategy Session - \$97 VALUE

- Visit MyHeartfeltHealing.com
- Click “Book a Session” under the Services Tab.
- Choose the Whole Heart 45 min Strategy Session
- Enter the code: Power2Fam
- Choose your appointment time and call the appropriate number then