

Have the **Talk**  
of a **Lifetime**®



# Activity GUIDE

A **fun, interactive** way to learn  
what matters most to those you love!



**NELSON BROS**  
FUNERAL SERVICES

# How to Start New Family Traditions

Starting new traditions can be just as rewarding as, if not more than, participating in old ones. Developing new family traditions will provide you and your loved ones with memories to last a lifetime and can allow for new conversations about your lives that haven't been discussed yet.

We understand that it may be difficult to start a new tradition when your family already has so many great old traditions. That's why we've provided this list of tips to help you along the way:

**Start with what you know.** Find an activity you know your family will enjoy. If you love the arts, plan an annual trip to the National Gallery of Victoria or a play at the local theatre. If you enjoy the outdoors, suggest a family camping trip every year. If you're a little competitive, turn any night into game night. If you love cooking, plan an annual MasterChef contest.



**Make it easy.** Too much planning or coordination may take the fun out of your new tradition. Make sure the plan is simple and easily adaptable for every member of your family.

**Be open.** If your entire family has difficulty deciding on a new tradition, be open to others' ideas. Maybe make a tradition to try a new food, play a game no one has played, or let a new person decide what you'll be doing on a certain day each year.

**Don't forget to keep the old.** Starting new traditions is exciting and often a fun change of pace. But don't forget to honour your original family traditions that have lasted generations! Eventually, your new traditions will become the old; you'll certainly want to make sure those stay, too.

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# TIPS

## Tradition

The empty chair

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## How it started

After Grandpa died, we left an empty chair at the table in remembrance of him at our holiday dinners. We realised it helped us remember all those we missed, and brought them near to us as we gathered.

## Tradition

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## How it started

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Thank you for your participation.  
We hope you and those close to you  
enjoyed using this guide as you  
began, or continued, to Have the Talk.

We'd love to hear your stories! Go to  
**[talkofalifetime.org/your-story](https://talkofalifetime.org/your-story)** to share  
yours today.