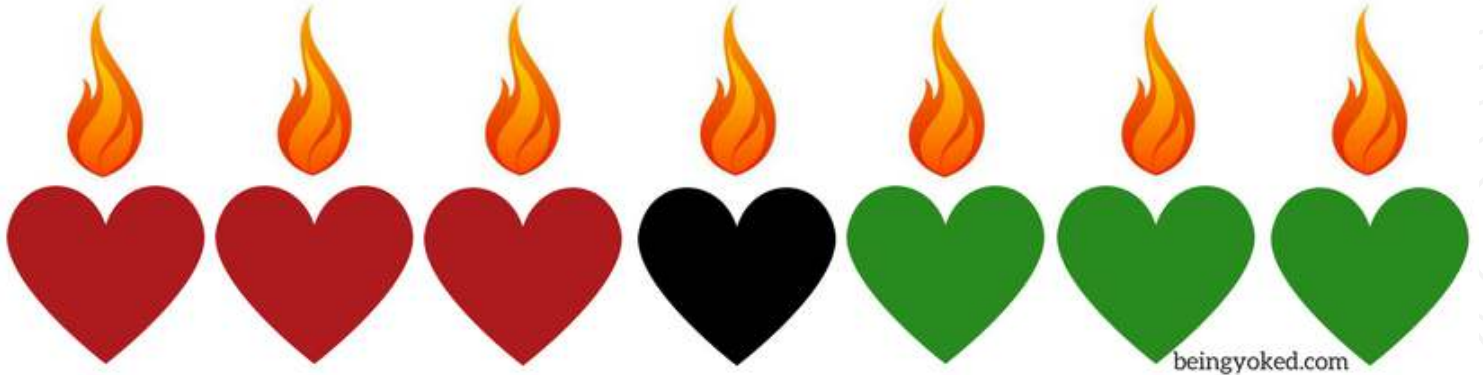


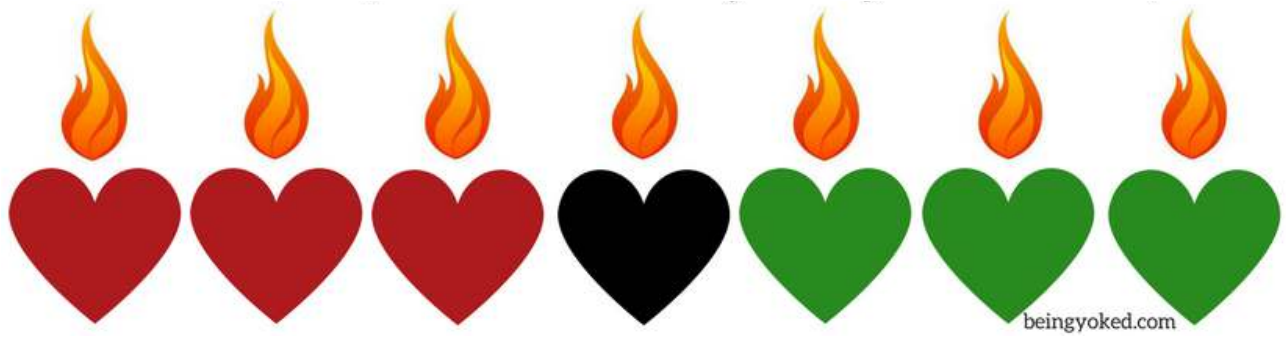
FIRST FRUITS OF LOVE:

The Principles of Kwanzaa as the Keys to a Great Relationship



beingyoked.com

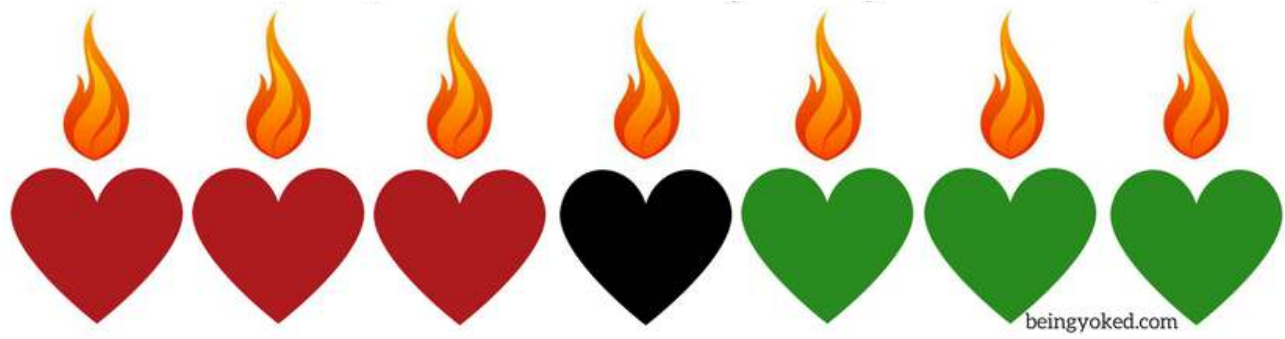
**PRACTICAL WAYS TO USE THE
PRINCIPLES OF
KWANZAA
TO CREATE A BEAUTIFUL
RELATIONSHIP
{WORKBOOK}**



Umoja is exploring the value of unity and learning how to exist peacefully with family + community

This time of the year is often the hardest when you have unresolved issues with friends and family members. What is one grievance for which you can...and are willing to...forgive someone close to you?

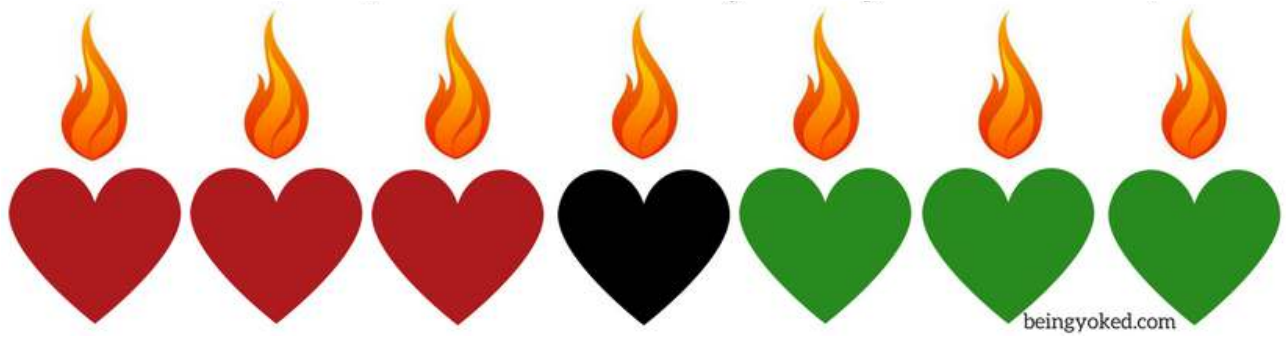
What have you done to offend or hurt someone this year? In what way do you think you can make amends with them? Write down one person with whom you have a strained relationship and commit to mending the relationship.



Kujichagulia is the principle of self-determination. It encourages you to be proud of who you are and to know your identity.

Who are you? This question is often harder to answer than most think. Are you a spouse, parent, aunt, sibling, child? Are you presenting your true self to the world?

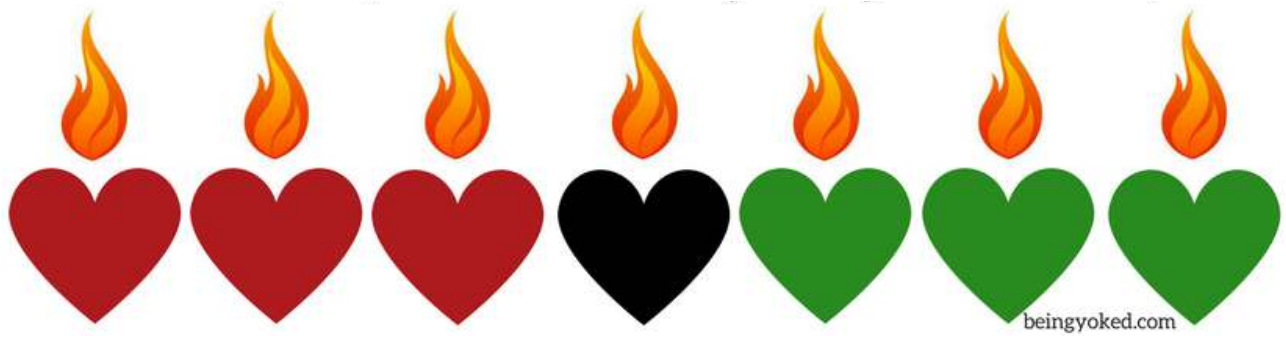
What are you doing for self-care? In your daily tasks of caring and doing for others, are you taking the time to re-energize yourself? You can't give your best if you aren't at your best! Write down one change that you will do to help you to take care of you!



Ujima is the principle of collective work and responsibility. It is the opportunity to work with others to find the answers to problems and do good works together.

What is your role in the relationship...as in what do you bring to the table when it comes to supporting your family? Are you contributing by taking care of the home every day or are you working in another capacity?

How well do you work with your partner? Do you meet their weaknesses with your strengths? Are they meeting you where you're stretched too thin? Write down one way you can meet your partner's needs and one way they can meet yours.

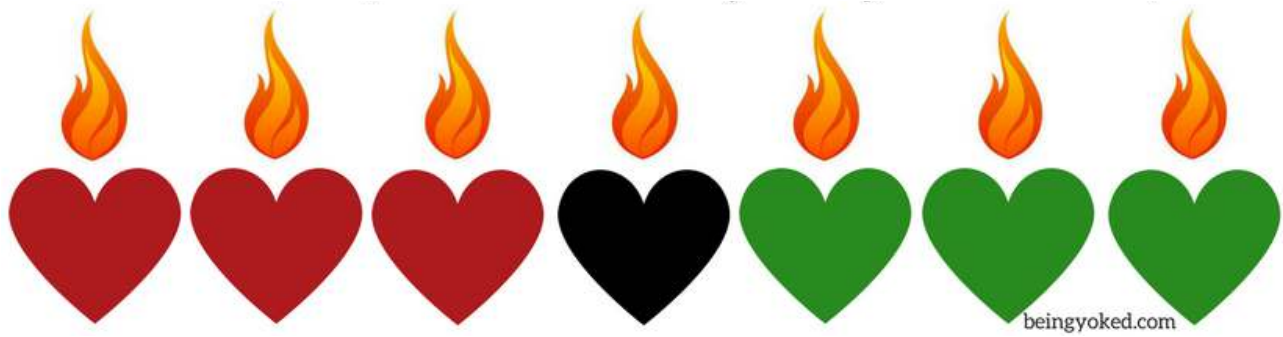


The concept of cooperative economics is to help others prosper by doing business within the community. Ujamaa supports each other with financial security and stability.

What do your finances look like? Are there financial goals that you have going into the new year? What is your plan of action to achieve these goals?

Are you a small business owner? Do you have a support system within your household and immediate family? If not, what can you do to involve others and gain their support? Write down one thing that you want others to support.

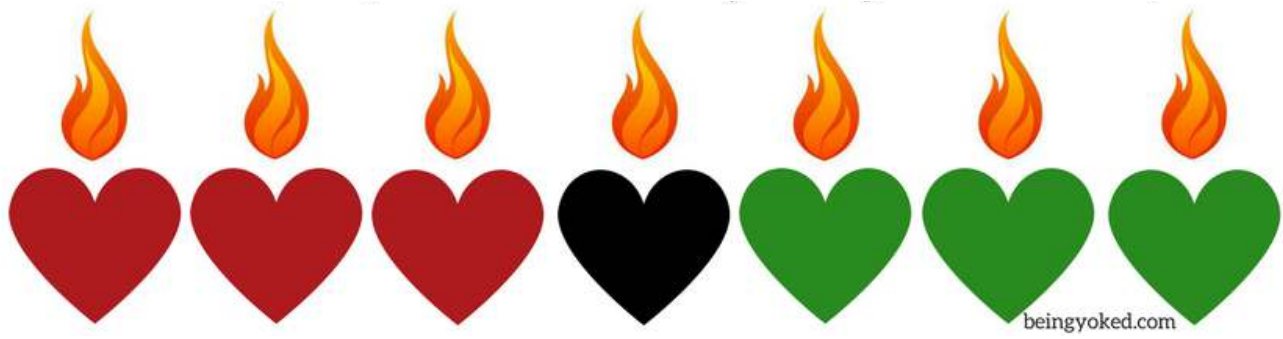
DAY 5: NIA



The principle of Nia is simply...and beautifully...to live with purpose and to fight for equality.

What is your purpose in life? Are you seeking to be intentional with yourself and others every day?

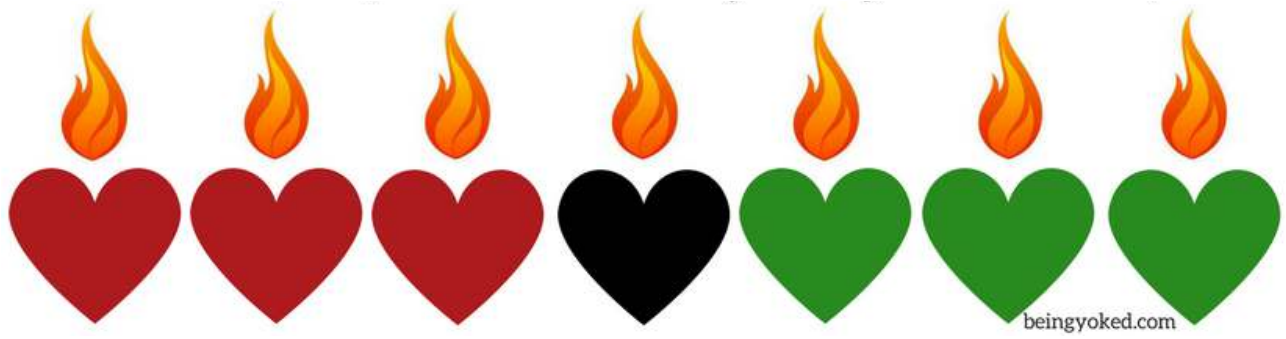
What do you want to change in your life? What is your plan to make these changes? Write down the thing(s) you want to do with more intention and how you will do it.



The principle of Kuumba is to use creativity to beautify the community and to leave the world a better place for the next generation.

What kind of world do you want to leave for your children and those who are coming behind you? What things can you do now to make today better, which will lead to making tomorrow better?

Do you have a vision of what your relationship will look like in the future? How can you work to make it better and a positive example for others? Write down one big picture goal of what your future would look like.



Imani is the importance of maintaining your faith when faced with struggles and opposition.

Where is your relationship faith? Is there an area in your life that is testing your faith and your resolve in your relationship?

Where is your individual faith? What can you do to strengthen it? Write down 3 things you can do to develop your faith.