

# FAMILY

## *Staircase*

### *System*

Unplugging and Reconnecting as a Family  
Through Daily, Actionable Steps



*By John Allen and Madalyn Allen*

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For more of the Staircase System series and other faith-based materials, visit  
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*Journey*  
~~X~~  
This Journal Belongs to:

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## ***Why the Staircase System?***

Have you ever wanted to strengthen your family's bond, only to feel like the demands of daily life keep pulling you apart? It can be overwhelming, and there are countless reasons why meaningful connection often gets put on hold. Sometimes, it's the lure of technology or busy schedules that keep us distracted. Other times, it's not knowing where to start. Whatever the challenge, one thing is clear: without intentional effort, the closeness you desire as a family can fade away. The Family Staircase System is here to help you overcome these barriers, one simple, meaningful step at a time.

## ***What is the Staircase System?***

The Family Staircase System is a simple yet transformative approach to fostering deeper family connections by taking intentional steps together. Each action you take as a family—whether big or small—counts as a step on the staircase toward stronger bonds and meaningful memories. The only guideline? Take at least one step every day. Some steps might involve more effort, while others can be quick and easy. The magic lies in the consistency: as you steadily climb together, you'll discover rewards far greater than you imagined when you first set out on this journey to reconnect.

## ***The Origin of The Staircase System***

The Staircase System was born from my desire to achieve a goal that felt completely out of reach. Despite not knowing exactly how I would get there, I decided to focus on taking one small step at a time. Each tiny action led naturally to the next, and before I knew it, I had achieved my goal. That success opened my eyes to how effective this system could be in other areas of life, and it quickly became a tool I relied on for achieving goals both big and small.

What makes the Family Staircase System so effective is that each step illuminates the next logical action, removing the pressure of having a perfect plan from the start. All you need is the courage to take a single, intentional step toward prioritizing your family.

If you've been searching for a practical way to unplug and reconnect, the Family Staircase System is here to help. Its beauty lies in its simplicity and the encouragement it offers as you make daily progress. Even if you can't yet envision the transformation waiting at step 7, you can trust that every action you take—no matter how small—moves your family closer to the connection you desire. Every step matters, and every step brings your family closer together.

***Family Staircase System***  
***Building Meaningful Connections, One Step at a Time***

The Family Staircase System is a practical and inspiring approach to strengthening family bonds by taking small, intentional steps toward meaningful connection. In today's fast-paced, screen-driven world, it's easy for families to feel disconnected. This system is designed to help families unplug from distractions and focus on what truly matters—each other. Just like with any goal, every action you take—whether it's a short conversation over dinner, a quick game together, or sharing a story about your day—becomes a meaningful step toward creating deeper relationships and cherished memories.

What makes the Family Staircase System so effective is its flexibility and emphasis on consistent progress. Families don't need to start with a perfect plan; instead, they take one small, meaningful step at a time. Some days, your step might be sitting together for ten minutes to share something you're grateful for, while other days it could be working on a fun, collaborative project. These moments, no matter how brief, build momentum and remind families of the joy that comes from connecting with intention and love.

The ultimate goal of the Family Staircase System is to nurture strong, lasting relationships within your family. Each step—no matter how small—strengthens the bond you share and lays a foundation for deeper trust, understanding, and joy. Even if you can't yet see the full impact of your efforts, you can trust that every step is moving your family closer together. This system encourages families to press forward with confidence, knowing that every intentional moment matters and that the rewards of deeper connection far surpass anything you could imagine at step one. As you begin this journey of reconnection and togetherness, we hope the steps you take will bring your family closer than ever before. All the best as you take your first step!

*John and Madalyn Allen*

## *Frequently Asked Questions*

### *About The Family Staircase System*



#### **What is the Family Staircase System?**

The Family Staircase System is a simple yet effective approach to reconnecting as a family by taking intentional, manageable steps each day. These steps help families unplug from distractions like screens and focus on activities that nurture meaningful relationships. It's designed to be flexible and achievable, even for the busiest families.

#### **How does the Family Staircase System work?**

Each day, your family commits to taking at least one intentional step toward building stronger connections. These steps can range from sharing a meal without screens, playing a quick game, or simply spending a few minutes talking about your day. The idea is to create consistent progress, with each step leading to deeper bonds and greater understanding within your family.

#### **What kinds of activities are considered "steps"?**

Steps can be anything that helps your family connect in meaningful ways. Examples include reading a short story together, sharing something you're grateful for, cooking a meal as a team, or enjoying a quick outdoor activity. Steps should be simple, intentional, and tailored to your family's needs and schedule.

#### **How much time does this system require each day?**

The Family Staircase System is designed to fit into busy schedules. Many steps take as little as 5-10 minutes. The goal is consistency, not the length of time spent. Even small moments of connection can have a big impact over time.

#### **What if my family struggles to stay consistent?**

Life gets busy, and that's okay! The beauty of the Family Staircase System is that you can always pick up where you left off. Focus on progress, not perfection. Celebrate the steps you do take, and encourage each other to keep going.

## *Frequently Asked Questions About The Family Staircase System*



### **Can this system work for families with older kids or teens?**

Absolutely! The system is adaptable for families of all ages. For teens, steps might include having meaningful conversations, playing a game they enjoy, or working together on a project. The key is to choose activities that resonate with each family member and foster connection.

### **How do we involve everyone in the family?**

Make it a team effort! Hold a family meeting to explain the system and brainstorm ideas for steps together. Rotate who gets to pick the daily step to ensure everyone feels included. The more involved everyone is, the more meaningful the experience will be.

### **What are the benefits of using the Family Staircase System?**

Families that use this system often find they communicate better, have fewer conflicts, and enjoy spending time together more. It helps create a sense of teamwork, builds trust, and fosters memories that last a lifetime—all while reducing the influence of distractions like screens.

### **What if my kids resist participating?**

Resistance is normal at first, especially if your family isn't used to unplugging. Start with fun, low-pressure activities that they'll enjoy, like playing a game or baking cookies. Over time, as they experience the joy of connecting, they'll likely become more enthusiastic about participating.

### **Why should I stop and write a short reflection after every ten steps?**

Taking time to write a reflection after every ten steps is an important part of the Family Staircase System because it allows your family to pause, celebrate progress, and recognize the positive changes happening in your relationships. Reflection helps you identify what's working well, what activities have been most meaningful, and how these moments of connection are strengthening your bond.

## Actionable Steps for Families to Unplug and Connect



- (1) **Family Gratitude Circle** – Take turns sharing one thing you’re thankful for today.
- (2) **Tech-Free Meal** – Eat dinner together with all devices set aside.
- (3) **10-Minute Family Walk** – Go for a short walk around the neighborhood or a nearby park.
- (4) **Board or Card Game Break** – Play a quick round of a favorite board or card game.
- (5) **Story Swap** – Share a funny or interesting story from your day.
- (6) **Two-Minute Huddle** – Gather as a family to set a positive intention for the day or reflect on the day’s highlight.
- (7) **Picture Puzzle** – Work together on a small puzzle for a few minutes before or after dinner.
- (8) **Screen-Free Reading Time** – Everyone grabs a book and reads for 10-15 minutes in the same room.
- (9) **Prayer Time** – Share prayer requests and pray together as a family.
- (10) **Dance Break** – Put on an uplifting song and have a short family dance session.
- (11) **Family Gratitude Jar** – Write down something you’re grateful for and add it to the jar.
- (12) **Charade Challenge** – Play a quick game of charades using family-friendly topics.
- (13) **Compliment Chain** – Go around and say one nice thing about each family member.
- (14) **Quick Kitchen Collaboration** – Make a simple snack together, like popcorn or smoothies.
- (15) **Unplug Hour** – Designate an hour in the evening where everyone sets aside screens.
- (16) **Mini Art Project** – Spend 10 minutes drawing, coloring, or creating something together.
- (17) **Family High-Five Check-In** – Go around and share your “high” (best moment) of the day.
- (18) **Joke Time** – Share your best jokes and vote for the funniest one.
- (19) **Nature Break** – Spend a few minutes outside listening to birds, watching the clouds, or just breathing fresh air together.
- (20) **Bible Verse of the Day** – Read a verse together and talk about how it applies to your lives.

## Actionable Steps for Families to Unplug and Connect



- (21) **Gratitude Walk** – Take a brief walk and name things in nature you’re thankful for.
- (22) **Puzzle Book Challenge** – Solve a crossword or riddle from a family-friendly puzzle book.
- (23) **Photo Album Browse** – Spend 5-10 minutes looking at old family photos and reminiscing.
- (24) **Mini Chore Race** – Work together to tidy one area of the house in record time.
- (25) **Random Acts of Kindness Plan** – Brainstorm one kind act your family can do for someone tomorrow.
- (26) **Glow Stick Hide and Seek** – Play a quick game of hide-and-seek in the dark with glow sticks.
- (27) **Family Cheer** – Create a fun family cheer or chant to boost morale.
- (28) **Object Storytelling** – Pick a random household item and make up a short story about it as a group.
- (29) **Handmade Thank You Card** – Make a quick thank-you card for someone special.
- (30) **One-Minute Hugs** – Everyone gives one another a quick hug to end or start the day.
- (31) **Question of the Day** – Ask a fun or thought-provoking question for everyone to answer (e.g., “If you could have any superpower, what would it be?”).
- (32) **Family Photo Challenge** – Take a quick, silly family selfie or group photo together.
- (33) **Memory Lane Moment** – Share a favorite memory of a family outing or event.
- (34) **15-Minute Clean-Up Blitz** – Set a timer and work as a team to tidy up one room.
- (35) **Mirror Notes** – Write encouraging messages to each other on sticky notes and stick them on mirrors.
- (36) **Alphabet Gratitude Game** – Go around and name something you’re thankful for starting with each letter of the alphabet.
- (37) **Shadow Puppet Fun** – Turn off the lights, grab a flashlight, and create shadow puppets together.
- (38) **Family Cheerleading** – Take turns cheering for each family member, highlighting what makes them special.
- (39) **Quick Scavenger Hunt** – Create a short list of items to find around the house or yard.
- (40) **Pass the Story** – Start a story, and each family member adds a sentence to keep it going.

## Actionable Steps for Families to Unplug and Connect



- (41) **Thank-You Shout-Outs** – Share one thing you appreciate about another family member.
- (42) **15-Minute Family Stretching** – Do a few simple stretches together.
- (43) **Snack-Making Teamwork** – Prepare a fun snack like fruit kabobs or trail mix as a family.
- (44) **Guess That Tune** – Hum or tap a tune and see if others can guess it.
- (45) **Acts of Service** – Do a quick, kind act for another family member (e.g., refill their water bottle, fold their blanket).
- (46) **Family Handprint Art** – Trace everyone’s hands on a piece of paper and write something you love about each person inside their handprint.
- (47) **Weather Watch** – Step outside and talk about the sky, clouds, stars, or anything else interesting.
- (48) **One-Minute Praise Party** – Play an upbeat song and celebrate with dancing or clapping.
- (49) **Mini-Thankfulness Walk** – Take a short walk and name things you love about your neighborhood.
- (50) **Secret Compliments** – Write anonymous, encouraging notes for each family member to find later.
- (51) **Backyard Stargazing** – Spend five minutes looking at the stars and talking about God’s creation.
- (52) **Speed Drawing** – Set a timer for 3 minutes and have everyone draw their favorite animal or activity.
- (53) **Two-Minute Group Hug** – Everyone gathers for a quick group hug before starting or ending the day.
- (54) **15-Minute Playlist Jam** – Play and enjoy each family member’s favorite song.
- (55) **Mini Trivia Contest** – Ask fun trivia questions and let everyone take turns answering.
- (56) **Map Your Dreams** – Draw a simple map showing places you’d like to visit as a family someday.
- (57) **Praise the Day** – Share one great thing that happened that day before bedtime.
- (58) **Quick Storytime** – Read a short story or poem together before bed.
- (59) **Animal Charades** – Act out animals while others guess what you are.
- (60) **Personalized Family Handshake** – Create a unique handshake for your family and practice it together.

## Actionable Steps for Families to Unplug and Connect



- (61) **Daily Highlights** – Take turns sharing the best moment of your day.
- (62) **Family Gratitude Jar** – Write one thing each family member is thankful for and place it in a jar to read later.
- (63) **Compliment Chain** – Start by giving someone a compliment, then they pass it to another family member.
- (64) **Two-Minute Breathing**– Sit together in silence for two minutes and focus on breathing. There are lots of apps you can download to assist with this.
- (65) **Photo Album Flashback** – Look through an old photo album or digital pictures and share memories.
- (66) **Quick Puzzle Challenge** – Work together on a small puzzle for 10 minutes.
- (67) **One-Word Check-In** – Each person describes their day or feelings in one word.
- (68) **Family Joke Swap** – Share your favorite joke or a funny moment from the day.
- (69) **Dinner Table Debate** – Pick a fun topic like “Which superhero is the best?” and let everyone share their opinion.
- (70) **Kitchen Karaoke** – Sing along to a favorite song while cooking or cleaning together.
- (71) **Three-Minute Brainstorm** – Plan a family outing or activity by letting everyone suggest ideas quickly.
- (72) **Bucket List Mini-Step** – Discuss one small thing each family member wants to do someday and brainstorm how to make it happen.
- (73) **Quick Nature Hunt** – Step outside and find something natural to observe (a leaf, flower, or bug).
- (74) **Crunch Competition** – See who can do the most sit-ups (switch to push-ups or another exercise if you like). Winner gets a prize.
- (75) **Guess the Memory** – Describe a family memory without naming it, and let others guess what it is.
- (76) **Lend a Hand** – Spend five minutes helping another family member with their chore or task.
- (77) **One-Minute Dance Party** – Put on a song and dance for just one minute as a family.
- (78) **Bible Verse Pick** – Let each family member choose and share a favorite Bible verse.
- (79) **Show and Tell** – Bring an object that means something to you and explain why it’s special.
- (80) **Laugh Together** – Watch a funny short video or share a funny story from your day.

## Actionable Steps for Families to Unplug and Connect



**(81) Secret Signal** – Create a special hand gesture or code word for “I love you” to use throughout the day.

**(82) Mini Talent Show** – Each person has one minute to showcase a skill or talent.

**(83) Short Encouragement Notes** – Write a quick “I’m proud of you” or “I love you” note and give it to another family member.

**(84) Mirror Gratitude** – Write a positive affirmation for each family member on their bathroom mirror using a dry-erase marker.

**(85) Object Story Game** – Pick a random object and make up a quick story about it together.

**(86) Quick Craft** – Make a simple craft like folding paper airplanes or creating a paper chain.

**(87) Follow the Leader** – Spend a few minutes playing a quick game of “Follow the Leader” around the house or yard.

**(88) Taste Test** – Blindfold one person and let them guess simple snacks or foods prepared by the family.

**(89) Family Mantra** – Create and recite a short family motto or mission statement together.

**(90) Three-Minute Plan of Kindness** – Think of one small act of kindness the family can do for someone else tomorrow.



# Operation Unplug and Connect



## Ten Step Reflection

This week started off kind of rocky, but we made it through. Ariana and Bethany seemed kind of resistant to the idea of us "unplugging" and spending more time together but I could tell they enjoyed some of the ideas I tried. Abby loved spending more time with Mommy. My favorite step was step 10 when we all went to the park on Saturday for some phone-free fresh air. I told the big girls they only had to stay off of their phones during the walk but could pull them out while Abby swung on the swings in the play area. We all had such a good time.

I definitely think it was the beginning of a weekly ritual.



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Make breakfast on Saturday. Then take a walk as a family on a local trail or park.

9

Read Abby's favorite storybook to her (and don't skip any pages!)

8

Give Ariana the keys to the car and have her drive the two of you to the coffee shop she likes. Chat for a bit.

7

Work together with John on a small puzzle for at least 10 minutes.

6

Write one thing each family member is thankful for and place it in a jar to read later.

5

Talk to Bethany about her plans college plans. Make an effort to be encouraging and create a countdown to graduation.

4

Turn off the lights, grab a flashlight, and create shadow puppets together. Invite Bethany to watch but don't force her to participate.

3

Take a few minutes to share a favorite memory of a family outing or event. Encourage everyone to share (even John).

2

Have dinner together at the table (No electronics allowed). Awkwardly talk to each other until it stops being awkward. LOL

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Talk to kids about our need to connect more. Tell them my plan and answer any questions they might have.

Debrief later.





# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large rectangular box with a thin black border, intended for writing a reflection.



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1

A staircase graphic with ten steps, numbered 1 to 10 from bottom to top. Each step is a horizontal bar that tapers from left to right. The bars are shaded light gray. The numbers 1 through 10 are written in a simple font inside small square boxes on the left side of each step.



# Operation Unplug and Connect



Ten Step Reflection

A large rectangular frame containing a staircase graphic. The staircase has ten steps, numbered 1 to 10 from bottom to top. To the left of the staircase, there are silhouettes of a man and a child. To the right, there are silhouettes of a woman and a child. The entire graphic is enclosed within a rectangular border.

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# Operation Unplug and Connect



Ten Step Reflection

Blank space for notes or reflections, bounded by a horizontal line at the top and a horizontal line above the steps.



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A set of ten horizontal steps, numbered 1 to 10 from bottom to top. Each step is a shaded rectangular area. The steps are arranged in a staircase pattern, with the top step being the narrowest and the bottom step being the widest.

# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large rectangular box with a thin black border, intended for writing a reflection. It is currently empty.



A staircase with ten steps, numbered 1 to 10 from bottom to top. Each step is a horizontal bar with a light gray fill and a black outline. The numbers are in small boxes to the left of each step.

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large graphic of a staircase with ten steps, numbered 1 to 10 from bottom to top. The steps are shaded in a light gray color. At the top of the staircase (step 10), there are silhouettes of a man and a child. At the bottom of the staircase (step 1), there are silhouettes of a man and a child. The entire staircase is enclosed within a rectangular frame. The text "Ten Step Reflection" is written at the top left of the frame.

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

Blank space for notes or reflection, bounded by a top line and vertical lines on the sides.



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Blank space for notes or reflection, bounded by a bottom line and vertical lines on the sides.

# Operation Unplug and Connect



Ten Step Reflection

Blank space for reflection notes.



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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large rectangular box for writing, bounded by a top line and a horizontal line below it.



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A staircase with 10 steps, numbered 10 at the top to 1 at the bottom. Each step is a shaded rectangular area.





# Operation Unplug and Connect



Ten Step Reflection

A large rectangular box with a thin black border, intended for writing a reflection. It is positioned above a horizontal line that separates it from the staircase below.



A staircase with ten steps, numbered 1 to 10 from bottom to top. Each step is a light gray rectangular block. To the left of each step is a small square box containing the step number. The staircase is positioned below a horizontal line that separates it from the reflection box above.

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- 9
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- 6
- 5
- 4
- 3
- 2
- 1

# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large rectangular box with a thin black border, intended for writing a reflection. It is positioned above a horizontal line that separates it from the staircase graphic below.



A staircase graphic with ten steps, numbered 1 to 10 from bottom to top. Each step is a horizontal bar with a light gray fill and a black outline. The numbers are enclosed in small square boxes to the left of each step.

- 10
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1



# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large graphic of a staircase with ten steps, ascending from bottom-left to top-right. The steps are shaded in a light gray color. On the left side of the staircase, there are silhouettes of a small child and a taller adult. On the right side, there are silhouettes of a child and an adult. The entire staircase and silhouettes are enclosed within a large rectangular frame. The text 'Ten Step Reflection' is written at the top left of the frame. The numbers 1 through 10 are written in small boxes on the left side of each step, with 1 at the bottom and 10 at the top.

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# Operation Unplug and Connect



Ten Step Reflection

A large empty rectangular box with a thin black border, intended for writing a reflection.



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A set of ten horizontal bars, each corresponding to a number from 10 to 1. The bars are shaded light gray and are arranged in a descending staircase pattern from top to bottom. Each bar is intended for writing a reflection step.



# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large rectangular frame containing a staircase graphic with ten steps. To the left of the steps are silhouettes of a man and a child. To the right are silhouettes of a woman and a child. The steps are numbered 1 through 10 from bottom to top.

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A large rectangular box for writing, bounded by a horizontal line at the top and a horizontal line at the bottom, with vertical lines on the left and right sides.



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A staircase with ten steps, numbered 1 to 10 from bottom to top. The steps are shaded light gray and are arranged in a descending staircase pattern from step 10 at the top to step 1 at the bottom.





# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

A graphic of a staircase with ten steps, numbered 1 to 10 from bottom to top. The steps are shaded in a light gray color. At the top of the staircase, there are silhouettes of two people, an adult and a child, standing together. At the bottom of the staircase, there are silhouettes of two people, an adult and a child, standing together. The entire staircase is enclosed within a large rectangular frame. The text 'Ten Step Reflection' is written at the top left of the frame.

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

Blank space for writing reflections, bounded by a top horizontal line and vertical lines on the left and right.



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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

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# Operation Unplug and Connect



Ten Step Reflection

Blank space for notes, bounded by a top horizontal line and vertical lines on the left and right.



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1

A staircase graphic with 10 steps, numbered 10 at the top to 1 at the bottom. The steps are shaded to create a 3D effect. The numbers 10 through 3 are in boxes on the left side of the steps, and the numbers 2 and 1 are in boxes on the right side of the steps.

# Operation Unplug and Connect



Ten Step Reflection

A large rectangular frame containing a staircase graphic. The staircase has ten steps, numbered 1 through 10 from bottom to top. To the left of the staircase, there are silhouettes of an adult and a child. To the right, there are silhouettes of a child and an adult. The entire graphic is enclosed within a double-line border.

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

Blank space for notes or reflections, bounded by a horizontal line above and a horizontal line below.



10

9

8

7

6

5

4

3

2

1

A series of ten horizontal lines forming a staircase shape, corresponding to the numbers 1 through 10. Each line is a different length, with the longest line at the top (10) and the shortest at the bottom (1).

# Operation Unplug and Connect



Ten Step Reflection

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10

9

8

7

6

5

4

3

2

1

# Operation Unplug and Connect



Ten Step Reflection

A large rectangular frame containing a staircase graphic. The staircase has ten steps, numbered 1 through 10 from bottom to top. The numbers are enclosed in small boxes. Silhouettes of a person and a child are positioned on the left side of the staircase, and another person and child are on the right side. The entire graphic is enclosed within a larger frame that also contains the text 'Ten Step Reflection'.

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

A large rectangular frame containing a staircase graphic with ten steps. The steps are numbered 1 through 10 from bottom to top. Silhouettes of a family (two adults and a child) are positioned at the base of the stairs on both sides. A horizontal line is drawn across the frame, just below the top of the stairs.

10

9

8

7

6

5

4

3

2

1

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

Blank space for writing the title of the reflection.



10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

Blank space for writing reflections, enclosed in a rectangular frame.



10

9

8

7

6

5

4

3

2

1

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

Blank space for reflection notes, enclosed in a rectangular frame.



10

9

8

7

6

5

4

3

2

1

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	



# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	



# Operation Unplug and Connect



Ten Step Reflection

Blank writing area for notes or reflections, bounded by a top line and a middle line.



10

9

8

7

6

5

4

3

2

1

A set of ten horizontal steps, numbered 1 to 10 from bottom to top. Each step is a shaded rectangular area intended for writing reflections.



# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

# Operation Unplug and Connect



Ten Step Reflection

Blank space for writing the reflection.



10

9

8

7

6

5

4

3

2

1



# Operation Unplug and Connect



Ten Step Reflection

Blank space for notes or reflections, enclosed in a rectangular frame.



10

9

8

7

6

5

4

3

2

1

A series of ten horizontal bars, numbered 1 to 10 from bottom to top, representing steps for reflection. The bars are shaded in a gradient from light to dark.

# Operation Unplug and Connect



Ten Step Reflection

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10	
9	
8	
7	
6	
5	
4	
3	
2	
1	































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