

FAMILY VALUES

The family values statement is meant to be a family collaboration. Whether that be a family of seven, a newlywed couple, or brand new parents, it is designed to help unify your family in a common goal. Through this exercise, your family will identify a vision for what you want your family to be like and create a road map for leading and guiding your family in that direction.

GETTING STARTED

Let's start off by answering this question:

What does it mean to be a member of the _____ family?

This question should help get your family thinking about what characteristics are most important that you cultivate and work towards together. Feel free to get creative! Write on a whiteboard or gather sticky notes. Give every family member a chance to express their insights.

DEFINING YOUR VALUES

Step 1. Identify a family motto or guiding quotes/ scripture.

Think about a mantra that your family can think about and repeat on difficult days or when facing challenging decisions. What is a phrase that you want to guide your family?

Example: "We can do hard things."

Example: "Johnson's stick together."

Step 2. Identify family values

As a family, sit down and identify no more than 10 values that make up what it means to be a member of your family. See page 3 for a list to help you get started.

Example:

Communication

Integrity

Step 3. Create unique definitions of each value together

As a whole, collaborate to create definitions unique to your family for each value. The definition does not need to be a Webster dictionary entry, in fact it shouldn't be. Your family's value definitions can take any tone. It is meant for you, so make sure it is something each family member can easily understand and conveys the intended message.

Example:

Communication- Our sense of mutual understanding and empathy allowing family members to communicate openly and honestly with one another.

Integrity- We choose to do the right thing in all circumstances. We are true to ourselves and are honest in our dealings with others.

Step 4. Make it visible

After you have identified these three components of the statement of family values, write it out on a chalkboard, print it on a poster, or create a wooden sign. Find a way to display it in your home where it can be regularly seen and can serve as a daily reminder of who you want to be as a family.

FAMILY VALUES LIST

Accountability	Duty	Innovation	Reliability
Achievement	Education	Inspiration	Religion
Adaptability	Effectiveness	Integrity	Resourcefulness
Adventure	Empathy	Intelligence	Respect
Advocacy	Energy	Intimacy	Responsibility
Affection	Entertainment	Joy	Risk
Altruism	Environment	Justice	Safety
Authenticity	Equality	Kindness	Security
Awareness	Ethics	Knowledge	Self-reliance
Balance	Excellence	Laughter	Service
Belonging	Fairness	Leadership	Spirituality
Brilliance	Faith	Learning	Spontaneity
Calm	Family	Legacy	Stability
Caring	Forgiveness	Leisure	Strength
Challenge	Freedom	Love	Stewardship
Cheerful	Friendship	Loyalty	Success
Cleanliness	Fun	Magnificence	Support
Collaboration	Future	Mastery	Sustainability
Commitment	Generosity	Meaning	Teamwork
Communication	Genealogy	Motivation	Tenderness
Community	Giving	Nature	Time
Comfort	Grace	Nutrition	Tradition
Compassion	Gratitude	Openness	Tranquility
Confidence	Growth	Optimism	Travel
Connection	Guidance	Order	Trust
Contentment	Happiness	Organization	Truth
Contribution	Harmony	Originality	Understanding
Cooperation	Health	Parenting	Uniqueness
Courage	Helpful	Patience	Unity
Creativity	Home	Patriotism	Usefulness
Culture	Honesty	Peace	Vision
Curiosity	Hope	Perseverance	Vulnerability
Daring	Humility	Positivity	Warmth
Dedication	Humor	Power	Wealth
Dependability	Imagination	Preparation	Well-being
Determination	Impact	Presence	Wholeheartedness
Dignity	Inclusion	Pride	Wisdom
Discovery	Independence	Relationships	
Diversity	Influence	Relaxation	