

What's Important to My Family?

Family Values Worksheet



Purpose

This activity will help you to learn what's most important to each person in your family. We call these **values**. When you talk about what you value, it can help you to get along better in the future.

The Value of Values

Values are deeply held views of what we find worthwhile. They come from many sources: parents, religion, schools, peers, people we admire, and culture. Many go back to childhood. There are others we learn as adults. As with all mental models, there's a distinction between our "espoused" values, which we profess to believe in, and our "values in action" which actually guide our behaviours. These latter values are coded into our brains at such a fundamental level that we can't easily see them. We rarely bring them to the surface or question them. That's why they can create dissonance for us. Talking about our values together as a family can help us to understand our motivation behind our actions.

Tips

- Spend time really thinking about the values and what they mean to you. Don't just pick words quickly. This is not just an intellectual exercise. It should also have a connection with your feelings.
- Listen and ask questions when talking with your family. The intention is to explore and learn about one another's values, not to impose your values on others.
- At the end, take time to reflect on what was most meaningful about your conversation.

Step 1. From the list below, pick the ten words or phrases that are most important to you. Feel free to add your own words!

Step 2. Now, really think about what's important to you. Pick your top three words. Circle your most important value

Parents' Words

accountability
achievement
balance (home/work)
commitment
compassion
competence
continuous learning
cooperation
courage
creativity
enthusiasm
efficiency
ethics
excellence
fairness
family
financial stability
friendships
future generations
health
honesty
humor/fun
independence
integrity
initiative
making a difference
open communication
openness
personal fulfillment
personal growth
respect
responsibility
risk-taking
self-discipline
success
trust
wisdom

Kids' Words

doing what you say you will do
reaching your goals
balancing school work and play time
working hard on what we believe in
being kind and understanding
being good at what you do
always learning
working well with other people
being brave
using your imagination
being excited and confident
making good use of time
doing the right thing
doing excellent work or sport
being fair
family
having enough money
having friends
caring about children of the future
keeping healthy
telling the truth
laughing and having fun
able to do things on your own
being honest and trustworthy
making decisions for yourself
making life better for others
talking openly and freely with others
telling others about thoughts and feelings
having a full and happy life
improving myself
showing respect
being responsible
being brave to try something new
controlling my behavior
being successful
trusting others
being wise

Step 3. Now that you have identified your three values, complete the worksheet on the next page

| Write down your 3 most important values. | Why are these values important to you? | What do you do to show people these values? What are your behaviours? |
|---|---|--|
| 1. | | |
| 2. | | |
| 3. | | |

Step 4. Set aside one to two hours to share your worksheets with your family. Share stories about when you have seen them living their values. It's important that you take the time to really talk about it. The real learning occurs when you slow down and connect, to listen with your heads and your hearts.

Step 5. Take a few minutes to write what you learned from this conversation. What were your key learnings?