

# FAMILY CORE VALUES EXERCISE

When we live our lives in alignment with our personal values, we live with integrity, knowing we are living the way God created us.

When we live out of alignment with our values, a sense of stress permeates everything we do because we are striving for things that don't align with the way God created us.

God created every person to be unique. What matters most varies from person to person. That means every family will have their own unique set of values as well.

These exercises will help your family define its values and take steps towards living in alignment with them.

As you go through this exercise, spend some time in prayer asking God to reveal His priorities and values for your life personally and your family's lives.



# PERSONAL CORE VALUES

- |               |                     |                 |                 |
|---------------|---------------------|-----------------|-----------------|
| Achievement   | Efficiency          | Joy             | Reliability     |
| Adventure     | Equality            | Justice         | Reputation      |
| Adaptability  | Fairness            | Kindness        | Respect         |
| Authenticity  | Faith               | Knowledge       | Responsibility  |
| Authority     | Fame                | Leadership      | Security        |
| Autonomy      | Family              | Learning        | Self-Discipline |
| Balance       | Financial Stability | Leisure         | Self-Respect    |
| Beauty        | Freedom             | Love            | Service         |
| Belonging     | Friendships         | Loyalty         | Spirituality    |
| Boldness      | Fun                 | Meaningful Work | Stability       |
| Compassion    | Generosity          | Nature          | Stewardship     |
| Challenge     | Grace               | Openness        | Success         |
| Citizenship   | Gratitude           | Optimism        | Status          |
| Community     | Growth              | Order           | Teamwork        |
| Competency    | Happiness           | Patience        | Travel          |
| Connection    | Home                | Peace           | Truth           |
| Contribution  | Honesty             | Perseverance    | Trustworthiness |
| Courage       | Humility            | Pleasure        | Understanding   |
| Creativity    | Humor               | Poise           | Uniqueness      |
| Curiosity     | Influence           | Popularity      | Vision          |
| Determination | Initiative          | Power           | Vulnerability   |
| Dignity       | Integrity           | Pride           | Wealth          |
| Diversity     | Intimacy            | Recognition     | Wisdom          |

## DIRECTIONS

Read through the list of words above. Choose 5 words that best describe what matters most to you. Many of these words may even resonate with your childhood personality.

## MY CORE VALUES ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_



# KID CORE VALUES

## DIRECTIONS

Have your child read the following values and mark each one as:

Very Important

A Little Important

Important

Not Very Important

Spending time with family

Having good friends

Telling the truth

Helping other people

Being respectful

Being grateful

Being able to forgive others

Doing well in school

Being good in sports

Having fun

Being popular or famous

Having a lot of money

My faith

Having a lot of things (clothes, toys, games, etc.)

Being clean and organized

Being careful and safe

Being creative

Learning new skills and information

To keep trying and not give up

Able to do things on my own

Being responsible for my actions

Discuss with your child. Help them decide which of the things they marked as "very important" are the most important to them.

## MY CHILD'S CORE VALUES ARE...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# FAMILY CORE VALUES

## DIRECTIONS

Compile the core values of each of your family members. Take a look at all of the words that matter to each of you. Praise God for making you all unique!

### MY CORE VALUES ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

### MY SPOUSE'S CORE VALUES ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

### OUR KIDS' CORE VALUES ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

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Take some time to talk about what matters most to your family. Remember to include the values of each person.

### OUR FAMILY CORE VALUES ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_



# NAME YOUR SEASON

## DIRECTIONS

Now that we have defined what matters most to our family, it's time to figure out what our current season looks like. Not all priorities and values can matter most in every given season.

Read Ecclesiastes 3:1-8.

## SOME THINGS THAT DESCRIBE OUR CURRENT SEASON...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## THE VALUES WE WILL PURSUE DURING THIS SEASON ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_



# PROTECT YOUR FAMILY'S VALUES

## DIRECTIONS

We know our values and which ones matter most this season. It's time to figure out what gets in the way. Then, we can set boundaries help us protect what matters most.

Ex. Our value is connection. Everyone having different activities at night gets in the way of connection. We choose fewer activities that take place on weeknights or choose activities we can do together.

## THINGS THAT GET IN THE WAY OF OUR VALUES ARE...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## HOW WE WILL PROTECT OUR VALUES...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## WHAT WE WILL DO TO MOVE TOWARD OUR VALUES...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

