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 Adventure Adaptability Authenticity Authority Autonomy Balance Beauty Belonging **Boldness** Compassion Challenge Citizenship Community Competency Connection Contribution Courage Creativity

Efficiency Equality Fairness Faith Fame Family Financial Stability Freedom Friendships Fun Generosity Grace Gratitude Growth Happiness Home Honesty Humility Humor Influence Initiative Integrity Intimacy

Jov Justice Kindness Knowledge Leadership Learning Leisure Love Loyalty Meaningful Work Nature Openness Optimism Order Patience Peace Perseverance Pleasure Poise Popularity Power Pride Recognition

Reliability Reputation Respect Responsibility Security Self-Discipline Self-Respect Service Spirituality Stability Stewardship Success Status Teamwork Travel Truth **Trustworthiness** Understanding Uniqueness Vision **Vulnerability**

DIRECTIONS

Curiosity

Dignity

Diversity

Determination

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...

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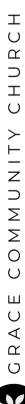
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KID CORE VALUES

Have your child read the follow Very Important Important		mportant Important
Spending time with family O O O Having good friends O O O Telling the truth O O O Helping other people O O O Being respectful O O O Being grateful O O O 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 Being creative Concept trying and not give up Concept trying and not give up
Discuss with your child. Help the important are the most important MY CHILD'S CORE VALUE		y marked as "very





FAMILY CORE VALUES

DIRECTIONS

MAY CODE VALUES ADE

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!

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OUR KIDS' CORE VALUES ARE	
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Take some time to talk about what m to include the values of each person.	natters most to your family. Remember
OUR FAMILY CORE VALUES ARE	
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NAME YOUR SEASON

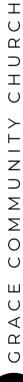
DIRECTIONS

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...

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THE	VALUES WE WILL PURSUE DURING THIS SEASON ARE
~	
✓	





GRACE COMMUNITY CHURCH

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...

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HOW WE WILL PROTECT OUR VALUES	
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WHAT WE WILL DO TO MOVE TOWARD OUR VALUES	
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