

Core Family Values

Values refer to the beliefs or ideas that are most important to us. Core family values are beliefs and ideas that are shared between family members. They are important because they help remind us we are on the same team.

LOOKING IN Looking In questions invite you to consider long-term dreams for how you want to live family life.

ASK

- When it is all said and done, what do we want our family story to be?
- When our kids are grown, how do we want them to describe our family life?
- What do we want to say we accomplished as a family?
- How will we know we have lived our best family life?

LOOKING BACK Looking Back questions invite you to consider how your family's past impacts the way you want to live family life.

ASK

- Growing up, what do you think your family did well?
- What do you wish your family would have done differently?
- What do you wish your family of origin would have done more?
- What do you wish your family of origin would have done less?

LOOKING OUT Looking Out questions invite you to consider how those around you influence the way you want to live family life.

ASK

- What families inspire us? What are they doing in family life that we like?
- What stories have we read or watched that encourage us think about doing family life differently?
- Who do we spend a lot of time around? What can we learn about family life from them?

LOOKING UP Looking Up questions invite you to consider how your belief system influences the way you want to live family life.

ASK

- What are our spiritual beliefs? What values do we have as a family because of those spiritual beliefs?
- What experiences have we had that have shaped our family's beliefs?
- What quotes or scriptures that are important to our family?

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DECIDE

WHAT IS MOST IMPORTANT TO OUR FAMILY?

- Accountability
- Achievement
- Affection
- Authenticity
- Balance
- Celebration
- Commitment
- Community
- Companionship
- Compassion
- Competence
- Contentment
- Cooperation
- Courage
- Creativity
- Curiosity
- Enthusiasm
- Efficiency
- Ethics
- Excellence
- Fairness
- Faith
- Financial stability
- Freedom
- Friendships
- Generosity
- Gratitude
- Harmony
- Health
- Honesty
- Hospitality
- Humor/Fun
- Independence
- Interdependence
- Integrity
- Initiative
- Joy
- Justice
- Learning
- Leisure
- Legacy
- Love
- Maturity
- Moderation
- Open communication
- Openness
- Order
- Peace
- Personal growth
- Reflection
- Respect
- Responsibility
- Risk-taking
- Self-discipline
- Sincerity
- Success
- Trust
- Truth
- Well-being
- Wisdom

WRITE

WHAT WORDS BEST DESCRIBE OUR FAMILY VALUES?