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?
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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?