

Identifying Your Family's Values

A practical worksheet



Shared values serve as guideposts and anchors for the family through life's ups and downs.

Think about values as those things that are most important to your family. They include what you treasure, what you would be willing to fight for, your guiding principles and even personal preferences. All families have values, but not everyone can articulate their core values.

In this exercise, aim to identify what your family really does value, rather than what you think you should value. You can get started identifying values on your own or as a couple, but I encourage you to include every family member in the process.

Include the whole family

- > Call a special family meeting.
- > Make sure everyone gets a say.
- > Listen empathetically.
- > Write everything down (you'll refine your list later).
- > Break it into multiple meetings if necessary.

Step 1

Using the list of words below as inspiration, identify up to 20 words or phrases that express your family's values. Write them down at the top of the next page.

Achievement	Excellence	Integrity	Risk
Adventure	Excitement	Joy	Service
Authenticity	Fairness	Knowledge	Sustainability
Balance	Faith	Learning	Teamwork
Beauty	Freedom	Love	Time Together
Belonging	Friendship	Loyalty	Tolerance
Collaboration	Fun	Moderation	Tradition
Community	God's Word	Open-Mindedness	Trust
Compassion	Hard work	Peace	Unity
Competitiveness	Health	Prayer	
Courage	Helping	Problem-Solving	
Creativity	Hospitality	Resolving Conflict	
Curiosity	Humility	Respect	
Education	Humor	Responsibility	

Your Top 20 Values

1. _____	8. _____	15. _____
2. _____	9. _____	16. _____
3. _____	10. _____	17. _____
4. _____	11. _____	18. _____
5. _____	12. _____	19. _____
6. _____	13. _____	20. _____
7. _____	14. _____	

Step 2

From your list of 20 values, start paring the list down to your 5 or so **core values**.

- > Look for any of your words or phrases that are similar and see if you can combine them, or if one is more important to you than the other.
- > Allow family members a certain number of votes to help identify which of the listed values are most important to you.
- > Once you have identified your 5 core value words or phrases, enhance the process by finding a passage of scripture that supports each one.

Your 5 Core Values

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Conclusion

I hope you've found this exercise helpful in identifying your family's values. Remember that this is a process, one that you can return to as you gain insight into your family.

A shared understanding of what you value puts you well on your way establishing your family's vision and mission.

Visit BillHigh.com/family to find a simple guide on establishing your family vision and mission.

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