



A HOW TO GUIDE

For Creating A List Of Your Family's

Core Values

And How To Use It For Fostering Connection

NURTURING MOTHERHOOD, LLC.

Getting Started

Determining your family's core values

Okay Ladies! Let's dive right in. I need to start by saying that I am SO EXCITED that you're here! This guide is a really fun one that promises to help foster peace, connection, accountability, and fun for your entire family. Before you get started, take a few minutes to read through this entire guide so that you understand each step before going through it with your family.

If you have younger children, it would be wise to scan through the list of values and create your own list for your children using words that you know they will understand or that you can easily define for them.

If you have children under the age of three it will be your responsibility to fill out their values for them. Love and safety are two values that I suggest for every infant and toddler. Beyond those, you will pick values that you know are important to them based on their personality, wants, needs, and patterns of behavior.

On the next page you will find an extensive list of values for your family to pick from. You can also add your own if there's any missing that you come up with.

And remember to have fun with this! It shouldn't be viewed as a task, but instead as a fun activity to do together as a family. When I do this with my family, we do it over dinner with a big paper chart on the wall. Find a low stress time when you can stay present and just go with the flow. If it needs to be completed in smaller chunks of time that's totally fine too! Or you might want to use it as an opportunity to take time to sit with your spouse/significant other and each child individually to talk about their values, then come together as a group after your values map is filled out. I have a two household family, so my ex and I both do this activity separately, but then use it together for much of our planning around family activities and scheduling. It's a flexible process, so don't get stuck on how it should look to complete it. Have fun!



Your Road Map to Success

Print this page for each member of your family. Below you will find a list of values that I got [here](#). Use this list to help each member of your family identify their core values to add to the values map on the next page. Each person should pick five values to add to the map. I like to go through the list and write down ALL the words that jump out at me. Then I narrow it down to my top five.

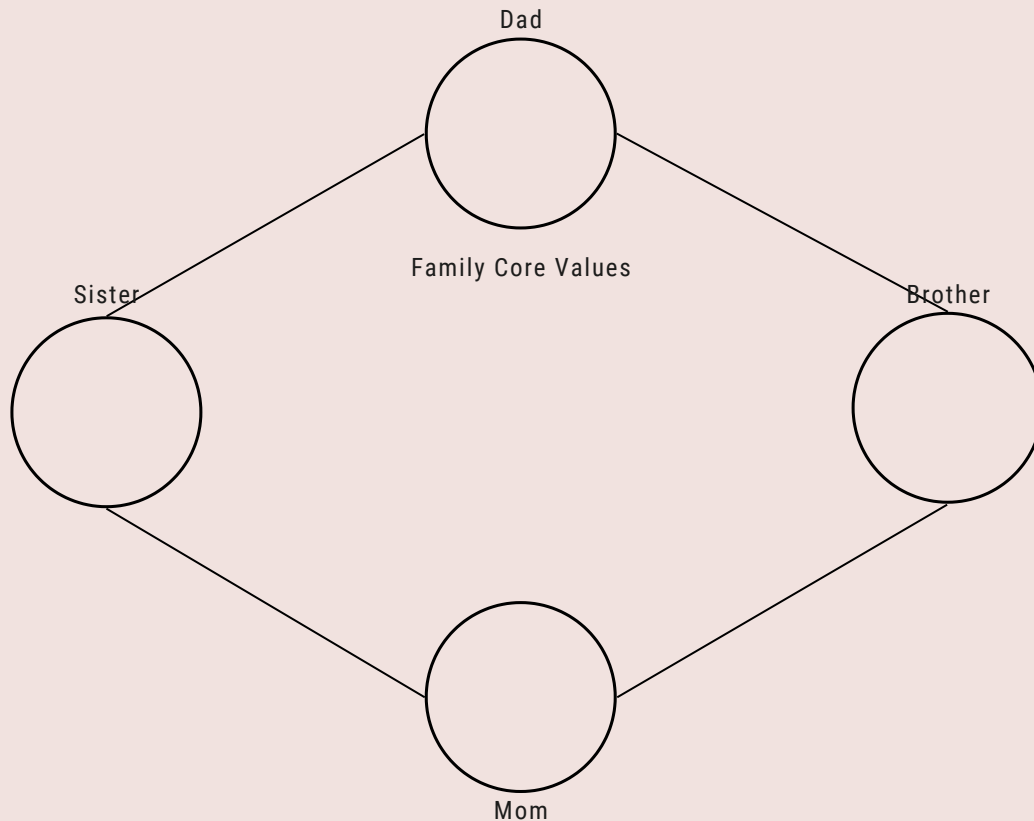
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|------------------|-----------------------|------------------------|--------------------|
| • Accountability | • Ethics | • Kindness | • Self-Respect |
| • Achievement | • Excellence | • Knowledge | • Serenity |
| • Adaptability | • Fairness | • Leadership | • Service |
| • Adventure | • Faith | • Learning | • Simplicity |
| • Altruism | • Family | • Legacy | • Spirituality |
| • Ambition | • Financial stability | • Leisure | • Sportsmanship |
| • Authenticity | • Forgiveness | • Love | • Stewardship |
| • Balance | • Freedom | • Loyalty | • Success |
| • Beauty | • Friendship | • Making a difference | • Teamwork |
| • Being the best | • Fun | • Nature | • Thrift |
| • Belonging | • Future generations | • Openness | • Time |
| • Career | • Generosity | • Optimism | • Tradition |
| • Caring | • Giving back | • Order | • Travel |
| • Collaboration | • Grace | • Parenting | • Trust |
| • Commitment | • Gratitude | • Patience | • Understanding |
| • Community | • Growth | • Patriotism | • Uniqueness |
| • Compassion | • Harmony | • Peace | • Usefulness |
| • Competence | • Health | • Perseverance | • Vision |
| • Confidence | • Home | • Personal fulfillment | • Vulnerability |
| • Connection | • Honesty | • Power | • Wealth |
| • Contentment | • Hope | • Pride | • Well-being |
| • Contribution | • Humility | • Recognition | • Wholeheartedness |
| • Cooperation | • Humor | • Reliability | • Wisdom |
| • Courage | • Inclusion | • Resourcefulness | |
| • Creativity | • Independence | • Respect | |
| • Curiosity | • Initiative | • Responsibility | |
| • Dignity | • Integrity | • Risk-taking | |
| • Diversity | • Intuition | • Safety | |
| • Environment | • Job security | • Security | |
| • Efficiency | • Joy | • Self-discipline | |
| • Equality | • Justice | • Self-expression | |

Your List:

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Determining Your Core Values

Now that everyone has identified their core values, it's time to add them to your family map! Using a piece of paper, create a map similar to the one below. There should be a circle for each member of your family, and a space in the center to write the core values for the entire family unit.



YOUR FAMILY'S CORE VALUES MAP

Write each person's core values inside their circle in order of importance. Once this is complete, look for patterns. Does anyone have values that are the same or similar? Those should automatically be added to the center of the map as core values for the family. Then add each person's TOP core value to the center. Check in with all family members that the family list feels balanced and fair. If certain members have more values than others added to the center be sure to balance it out.



Road Map to Success

Creating activities to target your family's core values. Now comes the fun part!

Using my own family's core values chart, I have filled out this list below to show some example activities we do to target some of our values. On the next page you can make your own.

01

Value: Love

Activity: When we go to bed or part ways we always say "I love you." Holding hands and saying grace at dinnertime is another way that I feel the energy of love around my family. Simple acts of kindness. Adding love notes to everyone's lunch boxes. Laughs, cries, hugs, and words of affirmation.

02

Value: Accountability

Activity: This is a big one for me. As the person that is responsible for the overall functioning of our household, finding each member accountable for their choices and responsibilities is so important. I am not a doormat. One thing to help with this is creating a chore chart. Each persons values can even be used when trying to figure out who should do what.

03

Value: Financial Stability

Activity: For this I created a family fun budget. Anytime we plan a family activity we need to look at our budget to see if an activity is within our budget. If it isn't then we have to choose a different activity or discuss options for adjusting the budget to make the activity possible.

04

Value: Adventure

Activity: Saturdays we do what I call "Must Do, Want To." First we complete a task at home as a family. Laundry is a typical activity we will work on, but any chore works. Then we go an adventure! The kids pick the activity and the rest of the day is focused on enjoying the adventure with them. Carnivals, Hikes, Trampoline Parks, or Adventure Parks are some of our usuals. Planning adventures is great because it also requires that they review our "family fun budget."

Road Map to Success

Creating activities to target your family's core values. Now comes the fun part! Using your core family value list come up with some activities that you can do to target each value. Some activities can include things like chores or reasonable responsibilities for all members of the family. They don't all have to be focused on fun. Being part of a family means more than just creating joyful experiences. It also means being a productive, participating member who helps benefit the whole.

01

02

03

04

Print out as many copies of this page as you need to come up with activities for all of your family's core values. Or you can just pull out a note book and jot them down there. Just be sure to keep it in a safe spot to refer back to in the future.

Creating Accountability

Make it a date. Based on the activities your family decided on in your Roadmap To Success, put them in your calendar and prioritize making them happen.

<i>DATE:</i>	Planned Activity:

<i>DATE:</i>	Planned Activity:

<i>DATE:</i>	Planned Activity:

<i>DATE:</i>	Planned Activity:



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Checking In

Choose a date for a family dinner about three months after creating your core family values map and implementing your family activities. This is a time to revisit your map and list of activities to target your family values. Are the values of all members being address? If not make a new plan!



Annual Review

Making Family Values A Habit

Now that you know how to identify and implement your family's core values in a way that is meaningful, make sure to keep it up! As your family grows and changes, so too will your values, both individually and collectively. I like to try to do this activity with my family once a year. Spring time is when we reflect on the previous year, and decide if we need a re-do. It's a natural time of rebirth, so it's when I tend to feel most inspired.

My daughter is entering adolescence, and she is changing rapidly! Her core values are completely different than they were just one year ago. As my business has flourished some of my values have changed as well. Life is an ever evolving process, so we need to be sure that we are changing our routines as we continue on our journey. Making this an annual tradition promises to help keep your family connected and in a space of growth and love.



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SIMPLIFYING MATERNAL SELF CARE

Creating a Family Core Values Guide was inspired by work I have done with my amazing life coach, Dr. Kimberly Corson. You can check out her website [here](#).



Meet Becky

Owner/Operator
Nurturing Motherhood, LLC.

Becky is a mother, educator, and passionate advocate for parental self-care. She holds a master's degree in special education, and a bachelor's in psychology. She's a former public school teacher, but left the public system more than a decade ago, after the birth of her daughter. Lessons in motherhood quickly taught Becky many of challenges facing working mothers, leading her down a path of self-discovery and entrepreneurship. Through a lot of trial, error, prayer, and soul searching, Becky found her way into the health and wellness industry, with a focus on the emotional wellbeing of children by fostering connection and healing with their parents and primary caregivers. She also holds multiple certifications, including but not limited to, children's yoga, trauma informed yoga, reiki, and infant/pediatric massage. While working with families, she makes every effort to stay present and in a state of gratitude, thereby helping to create a community where we care for both ourselves and others. Becky expects her work in repairing family connections to help alleviate many problems our society is currently facing.