Family Values Worksheet

**Step 1**: **Schedule**

Make an appointment with your family to sit down together and complete this assignment. It may be helpful to have your parents and siblings look at the questions before the meeting so they have time to think about their answers.

**Step 2**: **Family Meeting**

a. Share your character strengths with your family. Ask them to think of times when they’ve seen you demonstrate your top strengths. Use examples from throughout your childhood as well!

b. Look at the word bank of values. Your task is to circle the 5 most important family values. You might want to put a small dot beside all of the ones that your family feels very strongly about and then choose your top 5 from that list.

\*Go to values.com for more information about each of the values.

**Step 3**: **Origin and History of Values (at home- take notes!!)**

a. Where have these values come from? Ask your parents where they got their values. Are these values passed down from your grandparents to your parents, are they cultural, are they from your parent’s life experience? Think of real life examples of how and why these values are so important to your family.

b. Analyze the connection between your strengths and values. How have they influenced each other?

**Step 4: Write out your answers to 3 (at school)**

Using your notes from your family meeting, write out the answers to step 3. Be sure to include examples for each of the values, as well your strengths, and describe the relationship between the two.

**Step 5: Family Mission Statement (at school)**

**Using the school’s new mission statement as a guide, create a Family Mission Statement using your top five values. Print your Mission Statement on A4 paper. Be sure to include a family logo.**

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