

TIPS FOR SELECTING YOUR FAMILY FUNDAMENTALS:

- Most families choose between 13 (minimum required) and 20 Fundamentals but the final number is up to you.
- If you're a two-parent family, consider printing two lists and have each of you select your favorites individually. When you compare lists, start with the ones you have in common, then explore the ones that are different.
- Once you've chosen your family Fundamentals on paper, the **primary account holder** (the person who signed up for the account) will log into the app, select each one of your Fundamentals, then "Finalize" your set.



APPRECIATE DIFFERENCES

☐ YES ☐ MAYBE ☐ NO

People come from different backgrounds: different races, different religions, different cultures, different abilities, different lived experiences. How amazing! Engage with and appreciate the special gifts of people's differences.



APPRECIATE NATURE

☐ YES ☐ MAYBE ☐ NO

The world is filled with beauty. Spend time noticing, appreciating, and connecting with the natural world. Listen to nature's teaching.



BE YOURSELF

☐ YES ☐ MAYBE ☐ NO

Each of us is unique. Be your authentic self, not someone else's expectation of you. Resist the pressure to conform. It's ok to be different.



BOUNCE BACK

☐ YES ☐ MAYBE ☐ NO

Challenges and hard times are a part of life. Reframe every hardship as an opportunity to grow and improve. When life knocks you down, bounce back stronger than ever.



BUILD COMMUNITY

☐ YES ☐ MAYBE ☐ NO

Find your people. Make close friends. Participate in community groups and organizations. Being connected to others is a key to happiness.



CELEBRATE

☐ YES ☐ MAYBE ☐ NO

Give shout-outs and high-fives. Let people know you appreciate them. Don't miss an opportunity to celebrate successes, large and small.



CHOOSE YOUR ATTITUDE

☐ YES ☐ MAYBE ☐ NO

Stuff happens. You can't control everything, but how you respond is up to you. Your attitude is always a choice. Choose wisely.



CREATE

☐ YES ☐ MAYBE ☐ NO

There are many ways to be creative. Make art. Write. Invent something. Don't worry about doing it "right" or making a mess. Be playful and free.



DO THE RIGHT THING

☐ YES ☐ MAYBE ☐ NO

Do what's right, even when no one's looking. Tell the truth, even when it's hard. While we all face temptations, you'll never regret acting with integrity.



DO YOUR PART

☐YES ☐MAYBE ☐NO

Groups work best when everyone chips in. Be a team player. No matter what group you're in, be a person who does your share, or maybe a little more.



FEEL THE MUSIC

☐YES ☐MAYBE ☐NO

Music builds connection and joy. Sing. Dance. Play. Share the music you love. Turn it up!



FIGHT FOR WHAT'S RIGHT

☐YES ☐MAYBE ☐NO

Pay attention to injustices in the world. Stand up for what's right, even when it's difficult or scary. Fighting for a more just world isn't always popular, but it's the right thing to do.



FIND A WAY

☐YES ☐MAYBE ☐NO

Respond to every situation by looking for how you can do it rather than explaining why it can't be done. Be resourceful and show initiative. There's almost always a way.



GO FOR IT

☐YES ☐MAYBE ☐NO

It's fun to be adventurous and try new things. Stretch yourself, get uncomfortable, and face your fears. Taking healthy risks helps us learn and grow.



HONOR OUR ROOTS

☐YES ☐MAYBE ☐NO

Learn about our cultural heritage. Celebrate community elders and their legacies. We stand on the shoulders of people who made great sacrifices to get us here.



HONOR YOUR WORD

☐YES ☐MAYBE ☐NO

There's no better way to earn people's trust than to be true to your word. Do what you say you're going to do, when you say you're going to do it. Be the person others can count on.



INCLUDE OTHERS

☐YES ☐MAYBE ☐NO

Notice newcomers or people who are excluded. Invite them to join you and your friends. Being left out feels bad. Be inclusive.



KEEP AN OPEN MIND

☐YES ☐MAYBE ☐NO

Consider new ideas and alternate points of view. Make it a point to talk with people who think differently from you. The best way to grow is to be open to new ideas.



KEEP YOUR COOL

☐YES ☐MAYBE ☐NO

Keep a cool head when things get tense. Practice using tools to relax your body and mind so you can respond thoughtfully. Be focused and stay chill.



LAUGH EVERY DAY

☐YES ☐MAYBE ☐NO

Be playful. Tell a joke or lighten the mood with a wisecrack. Laugh, dance, practical joke, and play. Life is easier (and more fun) when we don't take ourselves too seriously.



LEAN INTO MISTAKES

☐YES ☐MAYBE ☐NO

It's okay to flub it up. It's okay to try and fail. Nobody ever did anything great without making mistakes along the way. And nobody ever got wise without learning from their mistakes.



LEAVE IT BETTER THAN YOU FOUND IT

☐ YES ☐ MAYBE ☐ NO

Clean up your mess, and then some. Make every space you enter better than when you arrived.



LET IT GO

☐ YES ☐ MAYBE ☐ NO

We all have hurtful experiences that make us angry. Work to let go of resentment. Focus on learning lessons. Practice forgiveness as a gift to yourself.



LISTEN GENEROUSLY

☐ YES ☐ MAYBE ☐ NO

Listen to truly understand, not just to decide if you agree or to share your own story. Be present and engaged. Show you care by asking questions.



LIVE YOUR FAITH

☐ YES ☐ MAYBE ☐ NO

Learn the traditions and spiritual heritage of our faith. Make religious practice a regular part of your week. Demonstrate your faith in the way you live each day.



LOVE YOURSELF, BUT NOT TOO MUCH

☐ YES ☐ MAYBE ☐ NO

Be proud of yourself and celebrate your successes, but don't be braggy. Stay humble and give credit to those who helped you along the way. Share the spotlight.



MAKE A DIFFERENCE

☐ YES ☐ MAYBE ☐ NO

The world is full of needs. Look beyond yourself and see how you can improve the lives of others, especially those facing the greatest challenges.



MAKE IT YOUR BEST

☐ YES ☐ MAYBE ☐ NO

Take pride in your work. You don't have to take on every job, but once you commit to something, do it so well you'd be proud to sign your name to it.



MAKE YOUR OWN LUCK

☐ YES ☐ MAYBE ☐ NO

Be the author of your life's story. What you make of your life is up to you. The world is full of possibility. Take action and make things happen.



PRACTICE GRATITUDE

☐ YES ☐ MAYBE ☐ NO

There are always things to appreciate, large and small. Pay attention to those things and notice how it changes your outlook.



PRACTICE KINDNESS

☐ YES ☐ MAYBE ☐ NO

Small acts of kindness brighten people's day. Speak kindly. Go out of your way to help others. Showing compassion starts a ripple that makes the world better.



PRACTICE SELF-RELIANCE

☐ YES ☐ MAYBE ☐ NO

It's important to be able to take care of yourself. Learn to cook, clean, and fix things. Be prepared to handle the many tasks life will require.



PRIORITIZE HEALTH

☐ YES ☐ MAYBE ☐ NO

Practice healthy eating, exercise, and sleep habits. Develop strategies for managing your emotional well-being. Health and happiness go hand in hand.



PROTECT OUR PLANET

☐YES ☐MAYBE ☐NO

Think about the impact you have and, wherever possible, limit the resources you use. We all have a responsibility to protect our planet.



PUT IN THE WORK

☐YES ☐MAYBE ☐NO

Getting better at anything requires practice. There are no shortcuts. Set goals and be willing to work day after day to achieve them. Nothing great is accomplished without hard work.



ROLL WITH IT

☐YES ☐MAYBE ☐NO

Things don't always go as planned. Unexpected situations arise. No problem. Make adjustments. Be flexible and adaptable.



SHARE YOUR FEELINGS

☐YES ☐MAYBE ☐NO

Let others know how you're feeling, and check in to see how they're feeling too. Bottled up emotions usually show up later, and not in a good way. Sharing your feelings with others allows you to feel connected and known.



SHOW RESPECT

☐YES ☐MAYBE ☐NO

Be polite and courteous. Everyone deserves respect, especially your parents, teachers, and elders. People appreciate it, and it's the right thing to do.



SHOW UP FOR OTHERS

☐YES ☐MAYBE ☐NO

When people have special events or experience hard times, it's important to show up for them. Be there when it matters most, even when it requires sacrifices. People always remember the ones who show up.



SPEND WISELY

☐YES ☐MAYBE ☐NO

Be thoughtful about the role money plays in your life. Consider wants versus needs. Find a healthy balance between spending, saving, and giving.



STICK TOGETHER

☐YES ☐MAYBE ☐NO

Be a cheerleader for everyone in our family. Take care of each other, and have each other's back. We stick together.



STICK WITH IT

☐YES ☐MAYBE ☐NO

When something is challenging, don't give up. There are always obstacles. Work through them. Persevere. When times get tough, stick with it.



WALK IN OTHERS' SHOES

☐YES ☐MAYBE ☐NO

Try to see things from others' point of view. Imagine how you might feel if you were in their situation. Be empathetic.



WONDER, WONDER, WONDER

☐YES ☐MAYBE ☐NO

The world is filled with opportunities to learn. Follow your curiosities. Ask great questions. Surround yourself with people who have unique interests. You never know what you'll discover!