

Family Values Worksheet

Read through the list of values and notice which words make you proud, which ones make you defensive, and which ones you skip right past without feeling much of anything. That reaction is the signal, more than the word itself. Circle the ones that land.



CHARACTER	RELATIONSHIPS	WORK & GROWTH	FAITH & MEANING
Honesty	Loyalty	Hard work	Faith
Integrity	Compassion	Curiosity	Reverence
Courage	Forgiveness	Discipline	Gratitude
Humility	Empathy	Ambition	Prayer
Patience	Trust	Excellence	Service to God
Self-control	Communication	Initiative	Hope
Accountability	Affection	Lifelong learning	Grace
Perseverance	Loyalty to family	Creativity	Purpose
Fairness	Reliability	Resourcefulness	Devotion
Authenticity	Presence	Follow-through	Stewardship of belief
COMMUNITY	HOME LIFE	MONEY & STEWARDSHIP	FUN & JOY
Generosity	Togetherness	Frugality	Humor
Hospitality	Tradition	Generosity with money	Adventure
Civic duty	Order	Planning ahead	Playfulness
Volunteerism	Rest	Contentment	Celebration
Inclusion	Playfulness	Hard-earned reward	Spontaneity
Neighborliness	Warmth	Sharing resources	Music
Justice	Safety	Debt-free living	Storytelling
Advocacy	Routine	Giving first	Laughter
Belonging	Simplicity	Patience with wealth	Wonder
Kindness to strangers	Shared meals	Gratitude for enough	Silliness
HEALTH	LEGACY	ANYTHING MISSING? Add words of your own. The list is a prompt, not a boundary.	
Movement	Roots		
Rest	Family history		
Nutrition	Tradition		
Balance	Naming what matters		
Mental health	Passing it on		
Outdoor time	Memory-keeping		
Sleep	Honoring elders		
Moderation	Storytelling		
Self-care	Identity		
Discipline in habits	Continuity		

Cut It Down, Then Make It a Practice



Step 1 · Your top seven

Which values strike you as the most important to your family? Choose seven from the list above.

1	2
3	4
5	6
7	<i>Why seven? Because a kid can't name more off the top of their head. A value nobody in the house can name isn't operating.</i>

Step 2 · The forced choice

Now, let's start simple. Select only three values from the list above that are the best fit for your family. These will be the ones you turn into fundamentals.

We want to give you explicit permission here: dropping generosity from your final list doesn't mean your family isn't generous. It means generosity isn't in your top three, and that's allowed.

1	2	3
---	---	---

Step 3 · Turn each value into a fundamental

A value is a noun. A fundamental is that same value written as a behavior specific enough that a seven-year-old knows, without being told, whether they did it today. If you can't tell whether your family did the thing this week, it's still a value. It isn't a fundamental yet.

VALUE	FUNDAMENTAL — WRITTEN AS A BEHAVIOR
Honesty	<i>Tell the truth early</i> EXAMPLE