

FAMILY VALUE PILLARS

Worksheet



STEP 1: WHAT VALUE'S ARE MOST IMPORTANT TO YOU?

REFERENCE FAMILY VALUES IDEAS LIST. HIGHLIGHT ALL THE ONES YOU LIKE, THEN NARROW DOWN TO 4 TO 6 VALUES.

- 1
- 2
- 3
- 4
- 5

STEP 2: CREATE A THEME TO TURN THEM INTO VALUE PILLARS

- 1
- 2
- 3
- 4
- 5

STEP 3: WHAT DOES IT LOOK LIKE IN DAILY ACTION?

- 1
- 2
- 3
- 4
- 5

MOTTO:

FAMILY VALUE PILLARS

Worksheet Example



STEP 1: WHAT VALUE'S ARE MOST IMPORTANT TO YOU?

REFERENCE FAMILY VALUES IDEAS LIST. HIGHLIGHT ALL THE ONES YOU LIKE, THEN NARROW DOWN TO 4 TO 6 VALUES.

- 1 Catholic Faith
- 2 Family
- 3 Responsibility
- 4 Forgiveness
- 5 Own your body

STEP 2: CREATE A THEME TO TURN THEM INTO VALUE PILLARS

- 1 **Catholic Faith:** Parents are the main teachers of the faith. Make the faith tangible and apply to all the senses
- 2 **Family:** we move as one
- 3 **Responsibility:** For your actions, future, decisions, thoughts, choices
- 4 **Forgiveness:** asking for and granting forgiveness of yourself and others
- 5 **Own your body:** Live by example and teach our kids, that we own our bodies:
Mindset- what you read (social media, watch TV, what your brain consumes), what you choose to believe and tell yourself Physically- what you eat and exercise Spiritually- teach ownership of faith Socially- who you choose to surround yourself with Intellectually- what you read and learn

STEP 3: WHAT DOES IT LOOK LIKE IN DAILY ACTION?

- 1 **Catholic Faith:** Always look for chances to talk about & incorporate elements of the Catholic faith. Senses: Sight: visit a shrine or Catholic site every year Sound: pray the rosary daily & listen to Christian music, Taste: mass every Sunday Touch: pray every day as a family, create Prayer Room in home.
- 2 **Family:** have set Family days, always move as one, make 'Mayo' Family choices
- 3 **Responsibility:** look for ways to give kids freedom and responsibility, let the lesson do the talking, remember "more is caught than taught"
- 4 **Forgiveness:** say "I'm sorry for ____ will you forgive me?", go to confession monthly
- 5 **Own your body:** Live by example and teach our kids, that we own our bodies:
Mindset- pay attention to how our bodies feel when we watch TV or go to bed late Physical-teach about nutrition and have kids observe how they feel when they eat certain foods Spiritually- make the faith tangible, show things and create experiences that apply to all 5 senses Socially- ships in a harbor mentality, make "Mayo" choices when out Intellectually- learning mindset, ownership of homework, set goal for # of books to read

MOTTO:

Teach them to think Teach them the truth.
Give them freedom. Make going to Confession a habit.

FAMILY VALUE PILLAR IDEAS



- ACCOUNTABILITY
- ACHIEVEMENT
- ADAPTABILITY
- ADORATION
- ADVENTURE
- AFFECTION
- AMBITION
- ATTEND MASS REGULARLY
- AUTHENTICITY
- BALANCE
- BEAUTY IN GOD'S CREATION
- BELIEF IN THE BIBLE
- BELONGING
- BOLD
- BRAVE
- BUDGET
- CAREER
- CARING
- CATHOLIC FAITH
- COLLABORATION
- COMMITMENT
- COMMUNICATION
- COMMUNITY
- COMPASSION
- COMPETENCE
- CONFESSION
- CONFIDENCE
- CONNECTION
- CONTENTMENT
- CONTINUOUS LEARNING
- ABOUT THE CATHOLIC FAITH
- DIGNITY
- DISCIPLINE
- DIVERSITY
- EDUCATION
- EQUALITY
- ETHICS
- EUCHARIST
- EVANGELIZATION
- EXCELLENCE
- FAIRNESS
- FAITH
- FAMILY
- FAMILY PRAYER
- FINANCIAL STABILITY
- FORGIVENESS
- FORGIVENESS OF OTHERS
- FORGIVENESS OF YOURSELF
- FREEDOM
- FRIENDSHIP
- FUN
- FUTURE GENERATIONS
- GENEROSITY
- GIVING
- GIVING BACK
- GRACE
- GRATITUDE
- GRIT
- GROWTH
- HARD WORK
- HARMONY
- HEALTH
- HELPING OTHERS
- HOLY FAMILY
- HOME
- INCLUSION
- INDEPENDENCE
- INITIATIVE
- INTEGRITY
- INTUITION
- INVITING THE HOLY SPIRIT IN
- JOB SECURITY
- JOY
- JUSTICE
- KINDNESS
- KNOWLEDGE
- LEADERSHIP
- LEARNING
- LEGACY
- LOVE
- LOYALTY
- MAKING A DIFFERENCE
- NATURAL FAMILY PLANNING
- NATURE
- OPENNESS
- OPTIMISM
- ORDER
- OWN YOUR BODY
- PERSEVERANCE
- PHYSICAL ACTIVITY
- POSITIVE MINDSET
- POWER
- PRAY TOGETHER
- PRIDE
- PURITY
- RECOGNITION
- RELIABILITY
- RESOURCEFULNESS
- RESPECT
- SACRAMENTS
- SAINTS
- SAFETY
- SECURITY
- SELF-CONTROL
- SELF-DISCIPLINE
- SELF-EXPRESSION
- SELF-RESPECT
- SERENITY
- SERVICE
- SERVICE TO OTHERS
- SIMPLICITY
- SPIRITUALITY
- SPORTSMANSHIP
- STEWARDSHIP
- SUCCESS
- TEAMWORK
- TIME
- TITHING
- TRADITION
- TRAVEL