



**DISCOVER
YOUR
FAMILY
VALUES**

A FAMILY PROJECT

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STRAIGHT TALK AND SOUND ADVICE FOR FAMILIES ON THE MOVE.

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WHY SHOULD WE KNOW OUR FAMILY VALUES?

Values are what you believe in your core to be important. They are the moral and ethical principles you live by.

Knowing your values can give your family a strong foundation, by understanding what is important to everyone. This helps you create stability and confidence, especially relevant when dealing with the changes that come with an international move.

Values are excellent guides for decision making. When faced with a choice, reflecting on how each option aligns with your values can help guide you to an outcome that is right for you in the long run and doesn't just satisfy an immediate desire.

Bonus: they help you explain to your children why you've made a decision or expect certain behaviour of them.

HOW DO WE FIND OUR SHARED VALUES?

This exercise takes a little time & patience (like all good things) but it's worth it. Each family member first works individually and then you come together to compare notes and find the commonalities, the shared values.

Follow up options (what now?) are listed at the end.

INDIVIDUAL EXERCISE

To get started, print the values & summary cards.

Step 1:

- Print a page of the values with images (pg. 4) for each younger child in your family. Print and cut out the second set of values for everyone else to share (pg. 5).
- Print a summary page (pg. 8) for each person.

Step 2:

Talk to your family about what is important to them. Explain "values" and that you're curious about your family values. Don't skip this part!

[Watch Video](#)

Step 3:

For younger children: talk through the images about what is important to them. Ask them to fill in the circles (or leave blank).

For everyone else: give them the value cards. They're looking for things that are deeply important to them. They should:

- Hold each card in their hand & read it out loud.
- Ask "is this really important to me?"
- If the value feels important, place it on a "keep" pile.
- Repeat with the "keep" pile, eliminating more cards.
- Repeat until down to max. 10 cards left in the "keep" pile.

Step 4:

- Write down individual values on a summary page (pg. 8).
- For younger kids, write the "very important" values. To use consistent wording, refer to corresponding values on pg. 5.
- **Step 5:** Continue with the Family Group Exercise (pg. 9).

VALUES: WHAT IS IMPORTANT TO ME?

for
younger
kids

- not important to me
- a little bit important to me
- kind of important to me
- very important to me

 Being curious <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being clean & organized <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Spending time with family <input type="radio"/> <input type="radio"/> <input type="radio"/>
 Being good at sports <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being careful & safe <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Having friends <input type="radio"/> <input type="radio"/> <input type="radio"/>
 Having fun <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being creative <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being honest <input type="radio"/> <input type="radio"/> <input type="radio"/>
 Being popular <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Learning new skills & things <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Helping others <input type="radio"/> <input type="radio"/> <input type="radio"/>
 Having a lot of money <input type="radio"/> <input type="radio"/> <input type="radio"/>	 To keep trying & improving <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being fair <input type="radio"/> <input type="radio"/> <input type="radio"/>
 Caring for nature <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Keeping promises <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being thankful <input type="radio"/> <input type="radio"/> <input type="radio"/>
 Listening <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being responsible for my actions <input type="radio"/> <input type="radio"/> <input type="radio"/>	 Being kind <input type="radio"/> <input type="radio"/> <input type="radio"/>

VALUES: WHAT IS IMPORTANT TO ME?

for
older kids
& adults

Curiosity

Organization

Family

Exercise/
Movement

Safety

Friendship

Fun

Creativity

Honesty

Influence/Status

Learning

Helpfulness/
Service

Wealth/
Financial health

Ambition

Fairness

Sustainability/
Eco-responsibility

Trust

Being
thankful

Respect

Responsibility

Kindness

*The values on this page
match the children's values
on page 4.*

VALUES: WHAT IS IMPORTANT TO ME?

for
older kids
& adults

Adaptability

Happiness

Perseverance

Authenticity

Optimism

Determination

Recognition

Harmony

Fairness

Balance

Spirituality/
Faith

Stability

Compassion

Growth

Humor

Community

Happiness

Loyalty

Traditions

Being humble

Harmony

VALUES: WHAT IS IMPORTANT TO ME?

for
older kids
& adults

Trust

Self-Respect

Encouragement

Sharing /
Generosity

Patriotism

Joy

Forgiveness

Learning

Patience

Health

Flexibility

Excellence

Acceptance

Mindfulness

Adventure

Add your missing
values here.

MY VALUES ARE:

Write down your values.
Between 3 - 10 is ideal.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

*Print a copy of this page
for each family member.*

FAMILY GROUP EXERCISE

Step 1: Lay out the completed value lists and just have a look. You can discuss how it felt to do the exercise and what it feels like to see them all laid out.

Step 2: Look for common values. Everyone has a different understanding of and association with words so group by theme, e.g. fun & humour, knowledge & learning.

Step 3: Write out your shared family values. You can use the template on page 10.

Step 4: Talk about it.

- Talk about how everyone can learn from and embody these shared values.
- How are you already living in accordance with them and where is there room to bring your lives more into alignment with what you agree is important to you?
- What's next? See pages 11 & 12 for some ideas.

*I would love to hear about your
experience with finding your family values:
anna@globalmobilitytrainer.com*

OUR FAMILY VALUES

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USING YOUR VALUES

What's next? You can file the information away, create a piece of art, continue to develop a family mantra, write a mission statement, design a family crest, include a discussion at family meetings, challenge each other to live strongly by one of the values each week and share how that went, etc.

The next time you have to make a big decision pull out the family values and see how your options align with what is important to you as a family.



WANT MORE?

This exercise is part of a program called "Expat Family Flight School" developed for globally mobile families who want to learn about their expat experience and grow closer. [Find out more about it here.](#)

Hi, I'm Anna

I'm a trainer, coach & mentor for international families. I support parents raising kids abroad, and support international moms through coaching & conversations.

There are many ways to work with me, including family workshops and individual coaching. Let's chat about these and other options.



Anna Seidel
Global Mobility Trainer

RESOURCES & INFORMATION



Sign up to get "A little something" every few weeks - tips and information for global families straight to your inbox.



Read blogs & opinions on parenting international kids and taking care of yourself & find resources for expat life.



I love mail: anna@globalmobilitytrainer.com



In coaching or mentoring conversations with me you will get clear on what you want out of your globally mobile life and how to get it. Stop feeling like you're on the sidelines of your life.



Prepare for your next move in a family workshop.



Join Expat Family Flight School as a family and grow closer, learn about each other and your experience and have fun together.

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