

Anna Seidel

**Global Mobility Trainer** 

STRAIGHT TALK AND SOUND ADVICE FOR FAMILIES ON THE MOVE.

WWW.GLOBALMOBILITYTRAINER.COM

# 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 <u>strong foundation</u>, by understanding what is important to everyone. This helps you create <u>stability and confidence</u>, especially relevant when dealing with the changes that come with an international move.

Values are <u>excellent guides for decision making</u>. 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

Step 1:

• <u>Print</u> a page of the values with images (<u>pg. 4</u>) for each younger child in your family. <u>Print and cut out</u> the second set of values for everyone else to share (<u>pg. 5</u>).

To get started, print the values & summary cards.

• <u>Print a summary page</u> (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).

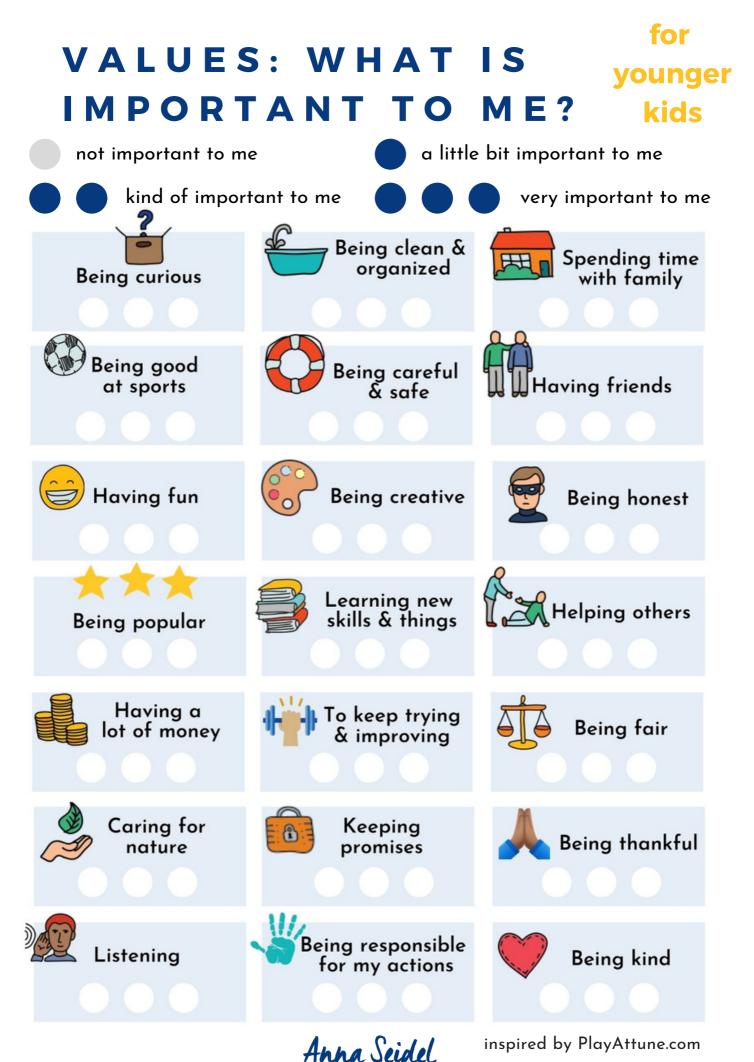
**For everyone else**: give them the value cards. They're looking for things that are deeply important to them. They should:

- Hold each card in their hand & read it out loud.
- Ask "is this <u>really</u> 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 <u>pg 5</u>.
- Step 5: Continue with the Family Group Exercise (pg. 9).

Anna Seidel **Global Mobility** 



Global Mobility Trainer

#### for VALUES: WHAT IS older kids IMPORTANT TO ME? & 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
he values on this page natch the children's values	Anna Seidel	5

**Global Mobility Trainer** 

on page 4.

#### for VALUES: WHAT IS older kids IMPORTANT TO ME? & adults

Adaptability	Happiness	Perseverence
Authenticity	Optimism	Determination
Recognition	Harmony	Fairness
Balance	Spirituality/ Faith	Stability
Compassion	Growth	Humor
Community	Happiness	Loyalty
Traditions	Being humble	Harmony

Anna Seidel **Global Mobility Trainer** 

#### for VALUES: WHAT IS older kids IMPORTANT TO ME? & adults

Trust	Self-Respect	Encouragement
Sharing / Generosity	Patriotism	Joy
Forgiveness	Learning	Patience
Health	Flexibility	Excellence
Acceptance	Mindfulness	Adventure
Add your missing values here.	Anna Seidel	7

Global Mobility Trainer

## 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.

Anna Seidel

**Global Mobility Trainer** 

### FAMILY GROUP EXERCISE

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

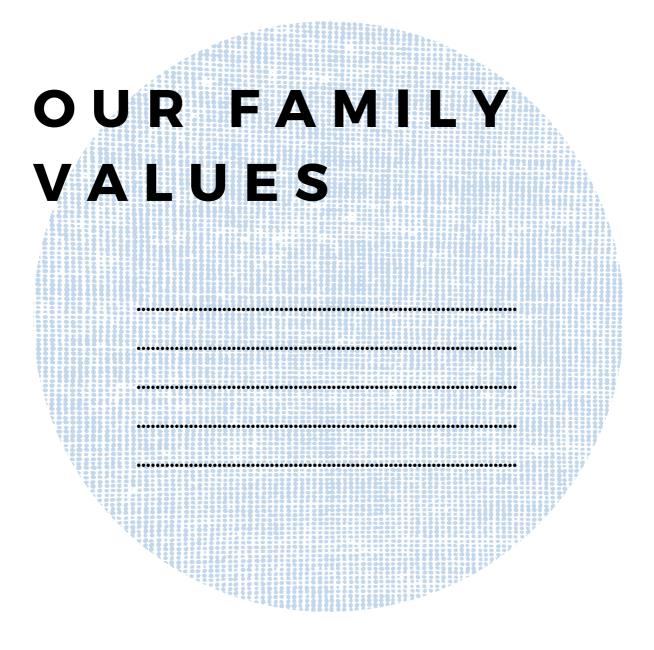
Step 2: <u>Look for common values.</u> Everyone has a different understanding of and association with words so group by theme, e.g. fun & humour, knowledge & learning.

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

Step 4: <u>Talk about it.</u>

- 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





### 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. <u>Find out more about it here.</u>

Anna Soidol **Global Mobility Trainer** 

# 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.



#### Global Mobility Train

# **RESOURCES & INFORMATION**



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



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



I love mail: anna@globalmobilitytrainer.com



In <u>coaching or mentoring</u> 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.

#### FOLLOW GLOBAL MOBILITY TRAINER:



