IDENTIFYING AND ACTING ON FAMILY VALUES

GOAL:

Identify and honor what matters most to you for decisions big and small.

1. **Brainstorm** shared beliefs and values that are important to your family.
2. **Invite** and support your child to join the discussion.
3. **Select** activities that fit your values and plan to do them daily, if possible.
4. **Place** a visual reminder in a central location to help everyone act in ways that align with your family's values.
5. **Celebrate** progress towards living in alignment with your values and troubleshoot barriers.

Visit our website for more support here:



Let your actions show your values