

Life temperature check!

Why?

Once we have identified our values & culture as a family, we want to make sure we are living them!

This is a really useful exercise that you can do as a parent(s) to see the alignment between your values and how you are currently being & living

How?

So, consider the 7 areas of work, home, play, our bodies, finances, nourishment & wellbeing. Go through the following areas & reflect on the suggested questions. Also, you can rate each section out of 10 for how aligned it is right now with your family values:

As there are seven areas, I suggest you take 1 area each day/night for one week so you can focus and really pull out what is going to be most useful going forward.

After your reflection and conversation if you are doing this with another parent or caregiver. Consider these questions:

What do you notice?

Are there particular areas of mis alignment?

What does this mean & how do you want to respond?

What support will you need in this?



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Create space
and connect in

charlie lyons
mobile: 07943 867529
email: charlie@connectin.me.uk
web: connectin.me.uk

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How we spend:

How do we spend and manage our money & resource (this could be time as well)?
How do we regularly check in and monitor our spending habits?
What would we like to change?

/10

How we nourish ourselves:

As a family how do we approach self-care?
What do we need more of less of?
How do we nourish our minds as a family?
How do we nourish our hearts as a family?
What practices do we have for self-expression?
What's our diet like as a family?
What's our relationship with food & how do we approach mealtimes?

/10

How's our family wellbeing?

What are our energy levels like?
How well do we manage our energy levels?
Do we have regular wellbeing practices as a family?
How do we manage boundaries?
What's the quality of our connection like currently?

/10



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Why, How and Where we work:

Am I/are connected to my/our life purpose?
Does how and where we work reflect this?
How so?
What would we like to change?

/10

Why, How and Where we live:

Am I/are connected to my/our life purpose?
Does how and where we live reflect this?
How so?
What would we like to change?

/10

How we play:

Do we have the time we want for play, rest & relaxation and holidays?
Are we able to be fully present in our play and relaxation times?
What would we like more of/less of?

/10

How we move & balance our bodies

What do we notice about our family's natural rhythm & pace?
What are we doing when our systems are most settled?
What are we doing when our systems are most energised?
What's our level & type of physical activity as a family?
What are our centring practices like as a family?

/10

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