

# Defining your family's culture & values

## Why?

Knowing what we stand for and what's most important to us can support us in so many ways. Once we discover our way of being as a family and the values, we hold dear we can use them to:

- Anchor us at challenging times.
- Remind us of what is most important.
- Remind us that we have choice in how we show up and relate to something.
- Unite us and strengthen our family bond.
- Support us when making difficult decisions.

## *Value*

A value is a way of being or believing that we hold most important. Living into our values means that we do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs.

**Brené Brown**



Photo by Lina Trochez on Unsplash

Create space  
and connect in

charlie lyons  
mobile: 07943 867529  
email: [charlie@connectin.me.uk](mailto:charlie@connectin.me.uk)  
web: [connectin.me.uk](http://connectin.me.uk)

# Defining your family's culture & values

## How?

4-6 is an optimum number for family values. Start by looking at this list of values:

Accountability  
Ambition  
Achievement  
Arts & Music  
Belonging  
Connection  
Courage  
Creativity  
Curiosity  
Fairness  
Faith  
Freedom  
Gratitude  
Growth  
Hard work  
Healthy diet & lifestyle  
Independence  
Joy  
Justice  
Kindness & compassion  
Listening & presence  
Love  
Nature  
New experiences & adventure  
Open hearted communication  
Playfulness & humour  
Respect  
Self-discipline  
Self-expression  
Service & volunteering  
Spirituality  
Support

Tradition  
Trust  
Truth  
Wealth  
Wellbeing

This is not an exhaustive list so feel free to add your own. Once you have found your 4-6 (this may take some time, think about the ones that make the others possible)

Include how you relate to these values.

You will end up with 4-6 short statements that show your family flavour of that/those values

As with anything like this. The more you use them the more they come to life. So use them!

When you as a family are having a tough day look at them and consider which one(s) do we need to turn up the volume of right now?

Which one(s) for us are a challenge right now?

And so on...

Create space  
and connect in

charlie lyons  
mobile: 07943 867529  
email: [charlie@connectin.me.uk](mailto:charlie@connectin.me.uk)  
web: [connectin.me.uk](http://connectin.me.uk)