

# My Parenting Values

Think about your own childhood experience. What are things my parents did that I value?

What are things I wish my parents did differently?

What things did my parents do/not do that influence how I parent today?

What things did my parents do/not do that influence what kind of parent I want to be?

# My Parenting Values

As a parent now, what kind of relationship do I want with my kids?

What kind of parent do I want to be?

What qualities do I want my kids to see in me?

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What do I want my time with my kids to be like?

How could my relationship with my kids be improved?  
What can I do more of? Less of?

# My Parenting Values

*Now that you have a clear picture of what kind of parent you want to be and how you want to interact and spend your time with your kids, you can identify the key values that you want to live by.*

List as many values as you can here. Then, circle the key 3-5 values that are most important to you.

# Values

Feel free to use this list to identify things that are important to you and values you want to live your life by as a parent.

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|-----------------|---------------|-----------------|
| Accomplishment  | Focus         | Presence        |
| Accuracy        | Forgiveness   | Productivity    |
| Acknowledgement | Freedom       | Recognition     |
| Adventure       | Friendship    | Respect         |
| Authenticity    | Fun           | Resourcefulness |
| Balance         | Generosity    | Romance         |
| Beauty          | Gentleness    | Safety          |
| Boldness        | Growth        | Self-Esteem     |
| Calm            | Happiness     | Service         |
| Challenge       | Harmony       | Simplicity      |
| Collaboration   | Health        | Spaciousness    |
| Community       | Helpfulness   | Spirituality    |
| Compassion      | Honesty       | Spontaneity     |
| Comradeship     | Honour        | Strength        |
| Confidence      | Humour        | Tact            |
| Connectedness   | Idealism      | Teamwork        |
| Contentment     | Independence  | Thankfulness    |
| Contribution    | Innovation    | Tolerance       |
| Cooperation     | Integrity     | Tradition       |
| Courage         | Intuition     | Trust           |
| Creativity      | Joy           | Understanding   |
| Curiosity       | Kindness      | Unity           |
| Determination   | Learning      | Vitality        |
| Directness      | Listening     | Wisdom          |
| Discovery       | Love          | _____           |
| Ease            | Loyalty       | _____           |
| Effortlessness  | Optimism      | _____           |
| Empowerment     | Orderliness   | _____           |
| Enthusiasm      | Participation | _____           |
| Environment     | Partnership   | _____           |
| Excellence      | Passion       | _____           |
| Fairness        | Patience      | _____           |
| Flexibility     | Peace         | _____           |