



The
Home Grown Parent

Family Values Guide

What Are Your Family Values?

Our values are the foundation of how we live, how we treat others, and how we raise our children to navigate the world. They give us purpose, guiding the choices we make and shaping the way we see ourselves and others.

WHERE VALUES COME FROM

They are shaped by our experiences, our upbringing, our struggles, and our triumphs. What one family holds dear may not be the same for another. Some value independence above all else, teaching their children to stand on their own two feet from a young age. Others prioritize community, making sure that every decision considers the well-being of the group. Some families emphasize hard work, discipline, and achievement, while others put kindness, creativity, or faith at the center of their lives.

DECIDING ON VALUES

Not in a broad, vague way, but in the real, lived sense. What do you want your children to remember about the way you lived? What do you want them to carry forward? The answers to those questions are where real values begin.

UNIVERSAL VALUES

Despite many differences, there are some essential values that tend to stand the test of time. *Honesty, respect, responsibility, and love.* These are the cornerstones of a life lived with integrity, and while they might look different in different homes, their presence, or absence, shapes everything.

USING THIS FAMILY VALUES GUIDE

Use this guide to reflect on your values and how you model them for your children. Focus on daily actions, not just words, and reshape any values that no longer serve you. Have open conversations, leading by example. Values aren't about perfection but about living with purpose and consistency.

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INTRODUCTION

We hear "family values" everywhere—in politics, commercials, and speeches about the past. But too often, the phrase stays vague, meant to appeal to the widest audience without saying much. In reality, values are deeply personal. They shape how we live, how we treat others, and what we pass down to our children. Values aren't just ideas; they're actions, repeated daily until they become part of who we are. I remember my grandmother asking me, after I told a lie, "What kind of person do you want to be?" I didn't understand then, but I do now. The choices we make define us. For parents, this is even more important. Kids don't learn values from lectures; they absorb them by watching. If honesty matters, they notice whether you tell white lies. If kindness is a priority, they see how you treat strangers. Values aren't declared. They're lived.

Mike grew up in a family where hard work was everything. He resented missing out on childhood fun to help in his parents' small business. But as an adult, he realized they had given him something invaluable, resilience, discipline, and pride in effort. On the other hand, some people grow up with values they later reject. Michelle was raised in a family where conflict was avoided at all costs. It seemed peaceful, but it left her unable to express her feelings. When she had kids, she made a conscious decision to change, to show them that honesty, even in difficult conversations, was more valuable than silence.

Understanding our own values is key to passing them down intentionally. It's not just about keeping traditions but choosing what aligns with the kind of life we want to live. *Children are always watching, learning from what we do more than what we say.* That's why values should guide daily decisions, big and small. Values act like a compass. They don't make life easy, but they provide direction. When challenges arise, they help us navigate. Passing them to our children isn't about setting rules; it's about giving them something solid to hold onto. The next time you hear "family values," ask yourself—what do you want your children to remember about how you lived? What do you want them to carry forward?

The answers to those questions are where real values begin.

Reflect On Your Values

Getting Started

WHAT MATTERS MOST TO YOU?

Take time to think about your principles and priorities. Consider areas like honesty, kindness, responsibility, faith, perseverance, or creativity.

IDENTIFY INFLUENCES

Reflect on the experiences or people who shaped your values. Were these positive influences?

Do you want to build upon or redefine these beliefs?

Action: Write a list of the top 10 values you feel are most important in life below. Make note of any stories or moments that solidified these values for you.

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Narrow Down Core Values

Next

PRIORITIZE YOUR LIST

Choose 3–5 values that are non-negotiable and most crucial for your family (core values).

Action: Rank your top 10 values and circle the ones you feel most connected to.

DEFINE EACH VALUE CLEARLY

Incorporate your values into daily life by setting simple, value-driven family goals. For instance, if generosity is a core value, make giving back part of your routine.

Action: Write one goal for each value and brainstorm activities to reinforce them.

Choose The Most Important Values From Your First List

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On the next page, write one goal for each value and brainstorm activities to reinforce them.

Align Your Actions with Your Values

EVALUATE YOUR BEHAVIOR

Children learn through observation. Are your actions consistently modeling the values you want to pass on? Have your values, or even core values, changed?

SET FAMILY GOALS

What does each value mean to you? For example, if kindness is a value, does it mean helping others, speaking gently, or being patient?

Action: Write a short sentence explaining what each core value looks like in action.

1

2

3

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5

Your Values in Action

Create Family Traditions Around Your Values

REINFORCE THROUGH RITUALS

Family traditions can help embed values. For instance, a gratitude journal can emphasize thankfulness, or volunteering can teach compassion.

Action: Choose one new tradition that highlights a core value and begin practicing it as a family.

CELEBRATE SUCCESSES

Acknowledge when your children demonstrate family values. This builds positive reinforcement and strengthens their understanding.

Action: Create a reward system or simply celebrate with words of encouragement and hugs.

Revisit and Adapt as Needed

BE FLEXIBLE

Allow room for individual differences. Encourage your children to find personal meaning in the values you share.

Practice Gratitude Daily

REFLECT REGULARLY

Your values may evolve as your family grows. Periodically assess whether they still reflect your priorities

Action: Schedule family check-ins (e.g., every 3-6 months) to discuss how your values are being lived out.

By following this guide, you'll not only gain clarity about your own values but also foster a family environment where these principles thrive. Passing down values is a journey that strengthens over time and provides a foundation for your children to grow into compassionate, resilient, and ethical individuals.

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