

The Family Values Compass

Companion worksheet to "Shared Family Values: Building a Compass for Everyday Decisions."

Ask each participating family member to choose three values on their own, then compare. Pick the three that overlap most and define each one below. Keep the language plain. The goal is not a perfect statement; it is to make the next hard decision a little clearer.

EACH PERSON: WRITE YOUR THREE VALUES

OUR THREE SHARED VALUES

VALUE 1 — "In our family, this means..."

How we practise it / how we know we have drifted

VALUE 2 — "In our family, this means..."

How we practise it / how we know we have drifted

VALUE 3 — "In our family, this means..."

How we practise it / how we know we have drifted

Reflection

Five private questions from the article. Answer them for yourself before or after the family conversation.

1. What values did I inherit from my family, and which have I chosen for myself?

2. Which value does my family name often but practise inconsistently?

3. Where do generations in my family use the same word to mean different things?

4. What value should guide our next difficult decision?

5. What one behaviour this week would show that value more clearly?
