

This guide is dedicated to every parent that is working hard to resist the chaos and distractions in their world everyday. My hope is that you find this guide to be invaluable in helping you to focus on what really matters most, your family.

This family values guide is for:

The Seay Family

(family name)

August 2015

(date)

BONUS:

Go to **SusanSeay.com/bonus** – and register your workbook. Every person who registers will get bonus videos, email, and notes of encouragement for the following 12 months!!!

Something you should know...

The largest, most successful organizations in the world have one thing in common, a clearly written set of core company values.

Your family can experience the same results as major companies all over the world by using this guide to choose your own unique set of core values.

This guide is for you if...

- You find yourself caught in the trap of busy.
- You have the constant feeling of being overwhelmed.
- Your days are spent constantly living from crisis to crisis.

It's time to make sure that everyday you are living from a deep sense of purpose and commitment to your values and are no longer being pushed and pulled by the demands of the world around you.

In our fast-paced world, life rarely gives you enough time to stop and think about what's really important to you. In this guide, you have all the tools you need to choose the best core values for your family.

Starting today you can lay the foundation that allows your family to live with a common sense of purpose.

As you move forward, take the time you need to be thoughtful with this work. However, don't allow it to drag on and on. Stay with it. Stay focused. Check the family calendar and set aside time to work on this important project. Block all the time you need on the calendar. You will look back in a few weeks or a few months and thank yourself for time well spent.

Let's get started!

Let's get started....

The beginning is the most important part of the work.

Plato

It's okay if you have no clue what you want your family's core values to be yet. We all start there. That's the journey, and this book is your guide. Identifying the best values for your family is a discovery process.

Clarity doesn't come first.
Clarity comes in the doing.

Please remember: There are no "right answers"!!
Your answers will be unique and perfectly suited to YOUR family.

How It works

- Write your answers.
- Pray over them.
- Discuss them with your spouse.
- Make any needed adjustments.
- Keep moving forward.

There will be challenges ahead, but seeing the results in your family is the best rewards ever.

The quality of a person's life is in direct proportion to their commitment to live according to their core values.

Step-by Step:

Use the following chart to keep track of your progress as you move through this guide. Upon completion of each step, write the date. Use this to inspire you to keep moving forward along this worthwhile journey.

	Completed Date
Step 1: This is our family - our starting place	Aug 2015
Step 2: Gratitude & An Honest Moment!	Aug 2015
Step 3: It's Time - commit to the journey	Aug 2015
Step 4: Legacy Board- visualize the future	Aug 2015
Step 5: Journal It!	Aug 2015
Step 6: Choose Your Family's Core Values	Sep 2015
Step 7: Declare it!	Sep 2015
Step 8: Define it!	Sep 2015

Step 1: This is our family!

Family Members:

Parents

Susan

Ron

Children

Malek	Amani
Aisha	Aliya
Amira	Akilah
Anisa	

Our family can best be described as:

(adventurous, thrill-seeking, studious, nerdy, trendy, foodies, beach bums, sports fans, political junkies, entrepreneurs, missionaries, tech-savvy, etc.)

Christian, creative, hilarious, food loving family.

Step 1: This is our family!

Mom can best be described as:

Spontaneous, get 'er done, fun, structured, energetic, strict, fast-paced, compassionate, frugal, industrious, passionate.

Dad can best be described as:

Serious, strict, formal, goofy, hard-working, committed, focused, care taker, responsible, thoughtful, giving, honest, nerdy, financially savvy.

Choose one word to describe each of your children:

Child #1 Caring	Child #4 Adork-able
Child #2 Fun leader	Child #5 Jr. Executive
Child #3 Structured	Child #6 Joyful Child #7 Sassy

Step 1: This is our family!

Currently our family favorites are:

Our Favorite Foods:

Mashed potatoes, onion dip, guacamole, bread, chai ice cream, tacos, baked beans, wings, Doritos- hubby, smoothies, brisket, meatloaf

Our Favorite Movies:

Lion King, Mulan, Nemo, Frozen -#3, Tangled, Maze Runner, Matrix, Spy Kids, Annie- new one.

Our Favorite Restaurants:

Chuy's, Torchy's, Serrano's, Rosita's, Chik-Fil-A, Black's BBQ, Green Pastures, Dan's, Wing Stop, Jimmy John's- #1

Our Favorite Holiday:

Thanksgiving & Birthdays

Step 1: This is our family!

Our Favorite Weekend Activity is...

Netflix, having people over, monthly gathering with friends, painting nails, nothing-hubby.

Our Favorite Music or Artist:

Pop/Dance, Jazz, Instrumental, R&B

Our family is the happiest when:

The fridge is full
We have fun money
Dancing together
Telling stories around the table
On vacations
Going out to eat

On a typical day our family can be found:

Making laundry, eating, cooking, laughing, & joking around

Step 2: Gratitude Moment

Gratitude Moment

Name the things that are working in your family.

Try to name as many as you can, however name at least 10 things.

If you have way more than 10...Whoop! Whoop!

The more you acknowledge what works, the more your family can focus on repeating what's working.

- Favorite part of the day discussion at the dinner table.
- Our home- #4
- Playing games together #5
- Great encouragers #3
- Teamwork on big projects ex. Yard work
- Support one another in hard times Ron and #3
- Making people feel welcome in our home
- Generous givers financially
- Laughing and having fun together #5
- Understanding one another- ex. Have our own language#2
- Spend time and have fun w/ grandparents & Bun-Bun (the bunny) #7
- Look for best in one another
- Hold one another to high standards

Step 2: Gratitude Moment

Review your list of what's working well in your family right now.
What gets celebrated, gets repeated!

Name at least 3 things you're grateful for as you read over your 'what's working' list.

1. **Supporting one another**
2. **Encouraging one another and friends**
3. **Understanding one another**

Additional Thoughts: Discussion: What is it you appreciate most about our family?

We are friendly, nice, connected, close. Our family takes the time to train the kids. There's no bickering, whining, complaining, yelling or overall bad attitudes. Our faith in God is part of everything we do.

Step 2: Honest Moment

Honest Reflection

Not everything about your family is easy or something you want to celebrate.

There are usually some really hard parts to this journey.

Added question: What would you like to see more or less of?

**What's hard or challenging your family right now?
What would you like to see change?**

- Another bathroom for the kids
- Another driver- Mom
- More family movie nights
- Less TV time
- Dad share more childhood stories
- Less gadget time
- Need more Family story time
- Need more Family walks and adventures
- Own room, decorated in pink (#?)
- Need more Bible time
- More scripture memory
- Volunteering
- Financial Peace University, host another class
- Gymnastics- for little girls
- Better communication

Step 2: Honest Moment

Review your list of things you would like to change. It may be painful to acknowledge all of the challenges and the hard stuff, but it's important to be honest with ourselves on where we are today.

List 3 things you are ready to change.

1. Family movie night- Friday nights
2. Family Story time and reading together
3. More hospitality – have friends over

“One day you will wake up and there won’t be any more time to do the things you’ve always wanted.

Do it now!”

Paul Coelho

Step 3: It's Time!

It's Time!

Any great goal that's ever been achieved was the result of someone making a decision that they were ready and the time was now. This next step in your values guide is SO important. This is the moment that you shift from the idea of core values being important to a deep conviction that core values are not only a good idea, but exactly what your family needs- and it's time to start living them everyday!

Place a check under YES! as you read the following list.

In fact, say yes out loud to really reinforce your commitment!

YES!!!!	
YES!	It's time for me to set the priorities for my family and no longer allow others to set our family agenda.
YES!	It's time to take action on the things I've always wanted for my family.
YES!	It's time to accept that in order to get something different I have to do something different.
YES!	Its time to dream a bigger dream of what's possible for my family.
YES!	It's time to love my family enough to lead them well
YES!	It's time to become an intentional and purpose-driven parent.

Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything.

- Napoleon Hill

Step 4: Legacy Board

Legacy Board

This part of the journey is all about the future as you imagine it. Instead of answering interesting thought-provoking questions like- “where do you see your family in 20 years?” Or “what do you hope your children remember the most when they’re grown?”, you will get the chance to dream in pictures. A legacy board is your opportunity to gather pictures magazines that have special meaning to you and assemble them onto the following pages.

Don’t worry if you’re not crafty. It doesn’t even need to be especially cute. If it is, that’s a bonus, but that is not the focus. The goal is to dream in pictures. As you come across a few pictures or images that inspire you, cut them out to use on your legacy board. There are no hard and fast rules for you to follow except to dream big and have fun.

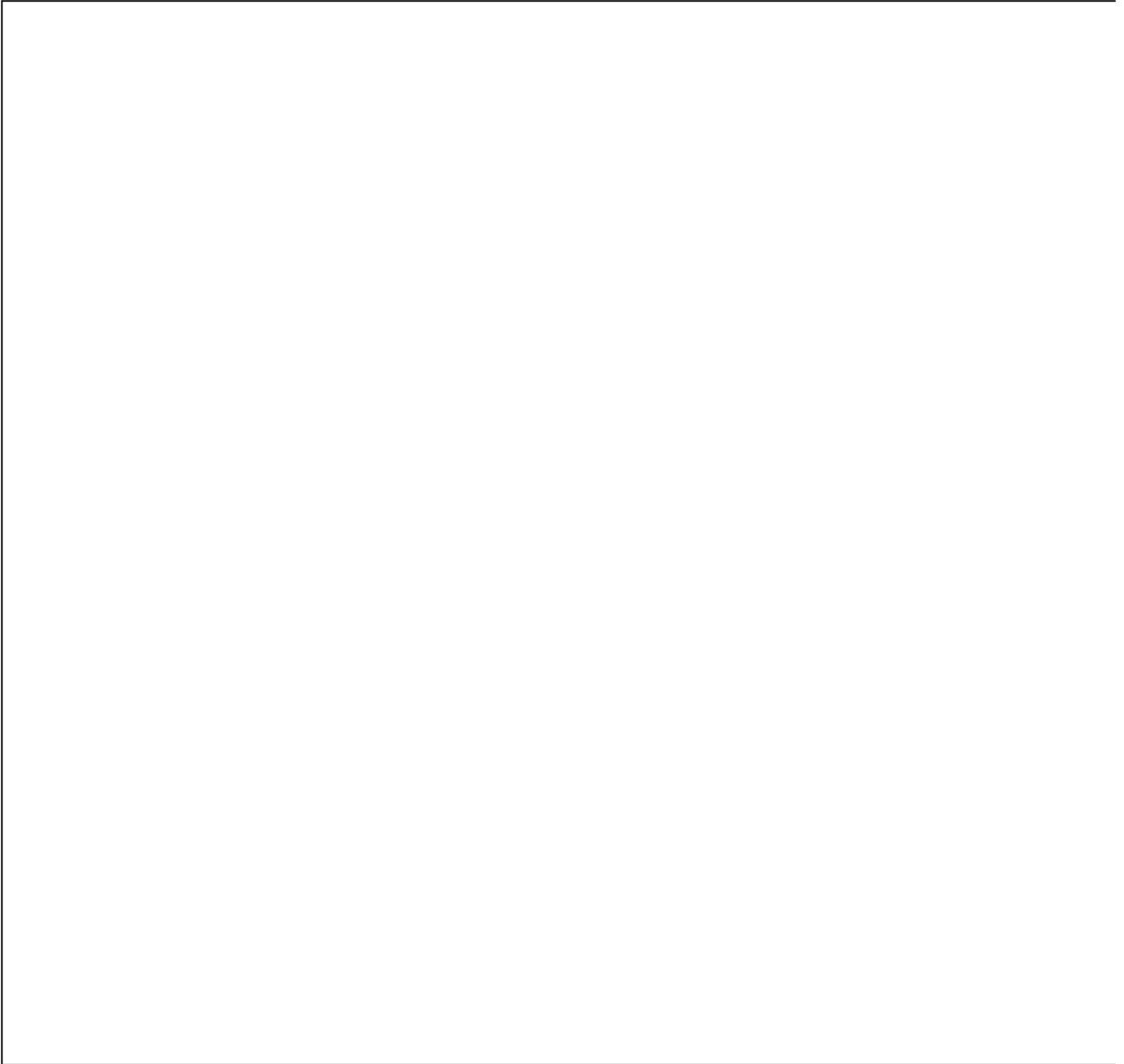
TIP: Try not to edit your picture choices too heavily. Instead ask yourself what you like most about the picture and what captured your attention.

Go to SusanSeay.com/bonus to watch a video that explains the legacy pages along with ideas on how to design them. If you have any questions or need any guidance, email: susan@susanseay.com

Step 4: Legacy Board

Legacy Board – 2 pages

Dream in pictures!



Step 4: Legacy Board

Legacy Board – 2 pages

Dream in pictures!



Step 5: Journal It!

Journal It

Dream out loud!

As you look over your legacy pages, what is the theme that stands out most to you within those images?

Journal it below.

We love to spend time together as a family. Even though we have different personalities and interests, together we strive to live our best life together. We believe in strength in numbers. Casing dreams, and simple, stress-free family fun. Lots of celebrations and adventures together. We're strong.

Step 5: Journal It!

JOURNAL IT

Along with dreams come fears.

As you look over your legacy pages what fears come up for you? The best way to combat a challenge or fear is to first name it. What obstacles or distractions may threaten to keep you from fulfilling the legacy you have in mind for your family?

Unfortunately the busy-ness of life can get us to celebrate less, and less. While also missing out on creating simple, stress- free family fun moments. Our full calendars and over committed schedules always lead us to stressful days and increasing sense of guilt and worry. The pictures we chose as a family have a feel of fun and ease. That's where we feel the best. But from time to time we forget that when good ideas and opportunities come along. We say yes to good ideas, instead of taking the time to pray and be fully intentional. We are growing better and better at this, but there's still work to be done.

Identify your biggest fear from your journal notes:

Living with regrets. Not living our best life and fully chasing our dreams.

To combat this fear, I commit to:

Stepping out of our comfort zones regularly. Trying new things.

Did you claim your bonus?

Don't forget!

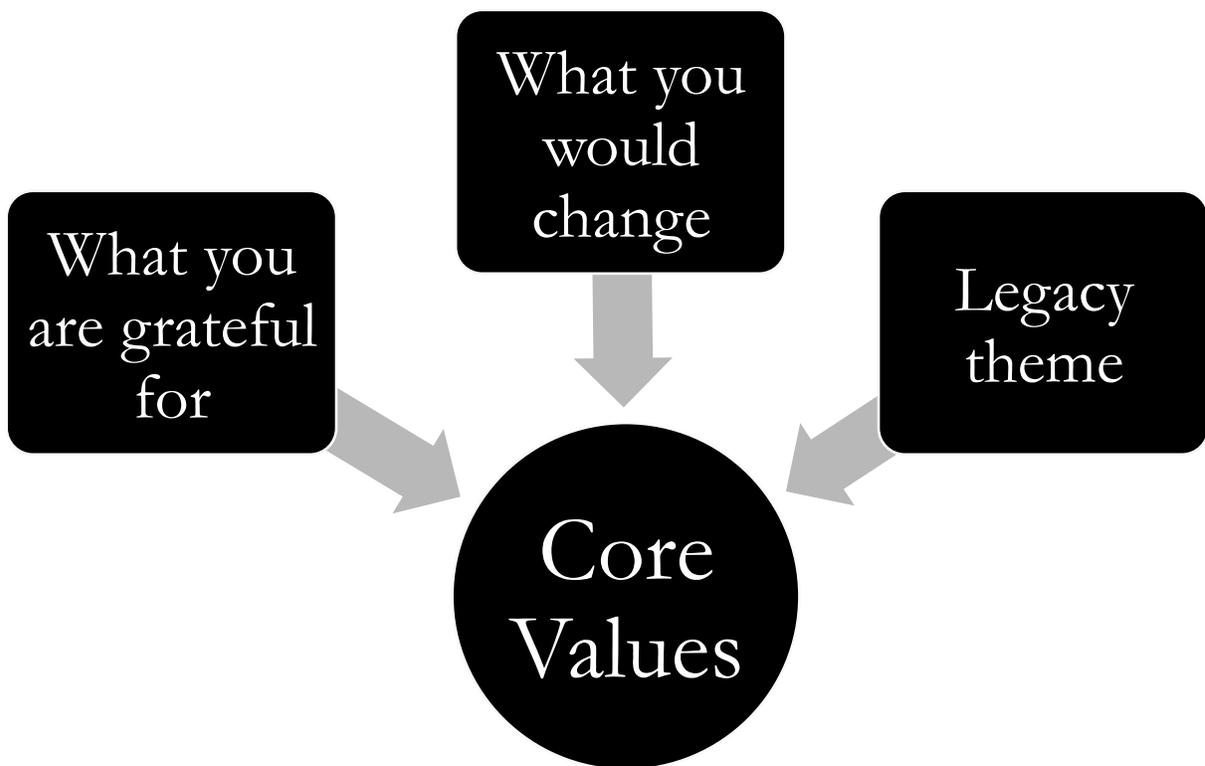
BONUS:

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“May your choices reflect your hopes and
not your fears.”

Nelson Mandela

Let's put all the pieces together



Choose Your Family's Core Values

Perhaps you've heard of creating a family mission statement.

Maybe your family has one.

If you're like me, creating a mission statement felt really intimidating. To create a mission statement that would ultimately become legacy statement that could be shared for years to come, and that felt really intimidating to say the least.

Instead I want to introduce you to idea of a Core Values Statement. The long and short is – it's your core values strung together into a statement. The difference is this is not designed to be a long-term vision that's set in stone. This is your family statement of what you desire to focus on for the next 12 months and then you will review and update.

It's more akin to an affirmation statement and reminder than an everlasting commitment.

You can use this statement as a daily reminder. You can print it and keep it somewhere visible to the whole family. You and your children can also memorize it to help everyone stay committed.

This statement will become a resource to correct behavior, make financial decisions, and to assess time commitments and new activities.

Imagine this...

One year from now, your family is busily making all the things you've dreamed for them come true. Imagine all your heartfelt desires for your family are coming true.

Wouldn't that be wonderful?

In our family our values have helped us to take the legacy we hope to create and capture the essence of that legacy in 3 words. Our 3 values capture the heart of what we feel matters most at this time, while they also keep us focused and on track towards our ultimate legacy theme..

The values become the focus for the next 12 months.

Having core values for your family will create a deep sense of purpose in your home. They will set a clear vision that unifies the focus and simplifies every decision you need to make.

Why 3?

Three is a number you can remember and easily recall.

The goal here is not to create a long list of all the things you ever wanted to teach your family, it's to create a central focus for your family. It's impossible to focus on a long list, that's why you only choose 3.

You can choose your list in many ways. For example:

- 1- chosen by mom
- 1- chosen by dad
- 1- chosen together

OR

- 1- for the mind
- 1- for the spirit
- 1- for the body

No matter what method you decide to use, the key is to choose.

Remember these are the core values for the next 12 months, not for a lifetime.

Instructions:

On the following page there are a list of 96 values. As you read through the list, draw a line through each word that you immediately know is **not** a core value for your family at this time. This doesn't mean that the word is not important, it's simply not a good fit for your family at this time. Your goal is to identify the words that are most important to your family today.

If a word is a "maybe" or a "yes," circle it.

Go back through the "maybe" and "yes" list, eliminating them one by one.

Keep going over the list until only 3 words remain.

Here's a list of potential core values to choose from:*

Abundance	Accountable	Adventurous	Balance
Beauty	Challenge	Clarity	Cleanliness
Commitment	Communication	Community	Compassion
Concern for others	Confidence	Connection	Contentment
Cooperation	Creativity	Decisiveness	Determination
Discipline	Diversity	Education	Efficiency
Equality	Excellence	Exploration	Fairness
Faith	Faithfulness	Flexibility	Forgiveness
Freedom	Friendship	Frugality	Fulfillment
Fun	Generosity	Genuineness	Goodwill
Goodness	Gratitude	Hard Work	Harmony
Healing	Health	Honesty	Honor
Improvement	Independence	Individuality	Initiative
Inner Peace	Innovation	Integrity	Intelligence
Intuition	Joy	Justice	Knowledge
Leadership	Learning	Love	Loyalty
Meaning	Merit	Modesty	Nurturing
Obedience	Openness	Optimism	Patriotism
Peace	Perseverance	Persistence	Personal Growth
Practicality	Privacy	Problem Solving	Professionalism
Prosperity	Punctuality	Purpose	Strength
Success	Systems Thinking	Teamwork	Timeliness
Tolerance	Tradition	Tranquility	Trust
Truth	Unity	Wealth	Wisdom

**This list is a tool to assist you, not limit your options. Feel free to choose a value that is not included on this list.*

Our final choice for core values:

1. Faith

2. Love

3. Respect

Step 6: Declare It!

Core Values Statement

For the next 12 months our family will focus on

_____ **Faith** _____, _____ **Love** _____,

_____ **Respect** _____ as our family's core values.

Signed,

Susan and Ron Seay

Dated:

August 2015

Assignment:

Mark your calendar for 12 months from now. Set an appointment for an annual review. Take time to review the past 12 months and evaluate your family's core values.

Date:

CONGRATULATIONS!

High five to you for making a commitment to your family!

Now that you've written it down your family's core values, let's shout it out!

Complete at least 3 of the following:

- Email me- Susan@SusanSeay.com
- Post it on www.facebook.com/SusanLSeay
- Take a picture of you or you & your family and post it online with the hashtag #ourcorevalues
- Call a girlfriend
- Share the news with someone you admire
- Tell the neighbors
- Shout it out the window in the school pick-up line
- Tell a stranger
- Tell the cashier at the grocery store

The key is for you to get excited about your life!

Living on purpose is not what average families do.

Purpose-driven living is uncommon.

Being an intentional parent is rare.

But not for you!!

You have drawn a line in the sand and said it's time to live a life of purpose on purpose. Share the good news. Then invite the people in your life to join you!

“It is time for us all to stand and cheer for the doer, the achiever – the one who recognizes the challenges and does something about it.”

– Vince Lombardi

Core Values in Action

Core values – action = Just a good idea. If your core values simply remain written in this guide and don't become part of your everyday life, they are simply no good.

Here's an idea to help this practical and real: Before you spend any money or sign up for another activity, or volunteer to help with another organization.

Pause!

Reflect on your core values statement.

Then ask yourself:

- Will this decision lead my family and I to live according to our core values?
- Does this help us live according to our legacy board?
- Is this the right time to say yes?
- Will this cause unity or division in my home?
- Does this decision reflect what I really want?

If you can't say a hearty- **Yes!**, then the answer must be **NO**. Until you can honestly say a hearty "yes" to each opportunity that comes your way, be brave with each "no."

For creative ways to say no, go to www.SusanSeay.com/bonus

Thinking is easy, acting is difficult, and to put one's thoughts into action is the most difficult thing in the world.

-Johann Wolfgang von Goethe

Core Values Worksheet

For each core value, fill out a worksheet to help you define the term for your family as well as possible ways to make this intentional real in your everyday lives.

<h1>1</h1>	Core Value: Faith
	To our family this means.... Our hope is completely in God for everything we need

Favorite scripture or quote for this core value:
Matt. 9:29 Then He touched their eyes, saying, According to your faith and trust and reliance [on the power invested in Me] be it done to you; AMP

Potential Challenges to living out this core value:

Our constant state of forgetfulness. Times when we forget that we are not in control and that all that seems like chaos is really a part of a bigger plan.

Practical ways to live out this core values:

- Daily family prayer
- Daily reading of scriptures
- Scripture memory

Core Values Worksheet

<h1>2</h1>	Core Value: Love
	<p>To our family this means.....</p> <p>The bond that holds us all together, first to God and then to one another.</p>

Favorite scripture or quote for this core value:

1 Cor. 13:4 "Love endures long and is patient and kind; love never is envious nor boils over with jealousy, is not boastful or vailglorious, does not display itself haughtily. AMP

Potential Challenges to living out this core value:

There are so many times within a day that we can weaken or break the bonds of love between us. It's a constant work to stay connected when so many forces seek to pull us apart.

Practical ways to live out this core values:

- As much as possible, never go to bed angry.
- Be careful with our words- no name-calling, teasing, or belittling.
- Be honest
- Be kind.

Core Values Worksheet

<h1>3</h1>	Core Value: Respect
	To our family, this means..... honor and regard

Favorite scripture or quote for this core value

1 Timothy 3:1-7 MSG

If anyone wants to provide leadership in the church, good!

But there are preconditions; A leader must be well-thought-of, committed to his wife, cool and collected, accessible, and hospitable.

He must know what's he's talking about, not be over fond of wine, not pushy but gentle, not thin-skinned, not money-hungry.

He must handle his own affairs well, attentive to his own children and having their respect.

Potential Challenges to living out this core value:

- Becoming casual with our words and not taking the time to be clear and kind.
- Thinking it's okay to roll eyes, be sarcastic, walk away when someone is talking to you.
- Busy-ness
- Taking one another for granted

Practical ways to live out this core values:

- Knock before entering one another's rooms
- Make requests, not simply demands.
- Say please and thank you
- Address adults with Mr and Mrs, not just a first name
- Kids ask for permission and honor our answer without whining or argument.
-

It's not hard to make decisions when you
know what your values are."

~Roy Disney

I hope you have found our family's answers to be helpful for you.

Have a lot of fun as you and your family work together to complete your own guide.

Susan Seay

#Mentor4Moms