

MENTOR FOR MOMS GUIDE TO CHOOSING YOUR FAMILY'S

Core Values



SUSANSEAY.COM

Hey there!

I'm Susan Seay, host of the Mentor For Moms Podcast, and creator of this guide to help you choose your family's core values.



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, that felt really intimidating to say the least.

Instead, of a mission statement, I want to introduce you to idea of Core Values. The difference is your core values are not designed to be a long-term vision that's set in stone. This is 3 words or short phrases that summarize what you desire to focus on for the next 12 months. At the end of the 12 months, you will review and update, if necessary.

Use your core values as a daily reminder of what's most important. Print them out and keep them somewhere visible to the whole family. You and your children memorize them to help everyone stay committed. Your core values will become a resource to correct behavior, make financial decisions, and to decide any time commitments and new activities.



Imagine this...

One year from today, your family is life according to what matters most. Imagine your heartfelt desires for your family are coming true. Wouldn't that be wonderful?

Your core value will help you take the legacy you hope to create and capture the essence of that legacy in 3 words. These 3 values will capture the heart of what you feel matters most, and will keep you focused towards leaving a lasting legacy.

Having core values for your family will create a deep sense of purpose in your home. They will set a clear vision that unifies your family and simplifies the daily decisions 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.

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

Let's get started!

IT'S NOT HARD TO MAKE DECISIONS WHEN YOU
KNOW WHAT YOUR VALUES ARE."

~ROY DISNEY

YOU INCREASE THE
QUALITY OF YOUR
LIFE EACH TIME YOU
MAKE A COMMITMENT
TO LIVE ACCORDING
TO YOUR CORE
VALUES.

Core Values

STEP 1: THIS IS OUR FAMILY!

Parent(s):

Children/Current Age

Children/Age in 10 years

STEP 2: 10 YEARS FROM TODAY!

Close your eyes and imagine your family 10 years from today, what do you want to be true?

When your children become adults, what do you want to be true for them:

Financially

Emotionally

Physically

Spiritually

STEP 3: FAMILIES THAT INSPIRE ME!

Name 4 families that inspire you.

- 1.
- 2.
- 3.
- 4.

List at least 5 things you like most about each family. What is it about their family that inspires you?

FAMILY #1

- 1.
- 2.
- 3.
- 4.
- 5.

FAMILY #2

- 1.
- 2.
- 3.
- 4.
- 5.

FAMILY #3

- 1.
- 2.
- 3.
- 4.
- 5.

FAMILY #4

- 1.
- 2.
- 3.
- 4.
- 5.

Circle any words or phrases the 2 or more families have in common.

STEP 4: IDENTIFY THE THEMES

Reflect on your answers from Part 2 and Part 3. Identify 3 themes. Then use the list of core values provided on the next page to choose a core value that best sums up the theme.

Theme #1

Choose a core value that best sums up this theme.

Theme #2

Choose a core value that best sums up this theme.

Theme #3

Choose a core value that best sums up this theme.

STEP 5: CHOOSE 3 CORE VALUES

From the following list of core values, choose one word for each theme in Part 3.

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

* Use this list for inspiration only. Choose a core value that is best for your family, even if it is not on this list.

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 your socials and tag @SusanLSeay
- Take a picture of you or you & your family and post it online with the hashtag #Mentor4MomsPodcast
- Call a friend
- 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!

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!

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. "

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

Take a moment to define each core value in your own words. Choose a favorite quote or scripture to support that core values. Then, list a few practical ways to make this intentional in your everyday life as a family.

CORE VALUE #1:

To our family this means....

Our favorite scripture or quote for this core value:

A few practical ways to live out this core value:

CORE VALUE #2:

To our family this means....

Our favorite scripture or quote for this core value:

A few practical ways to live out this core value:

“MAY YOUR CHOICES REFLECT YOUR HOPES
AND NOT YOUR FEARS.”
NELSON MANDELA

CORE VALUE #3:

To our family this means....

Our favorite scripture or quote for this core value:

A few practical ways to live out this core value:

“HE WHO HAS A WHY TO LIVE CAN BEAR
ALMOST ANY HOW.”
– FRIEDRICH NIETZSCHE