

THE BASICS: VALUES, VIEWS, AND HABITS

WHAT ARE THE BASICS?

- ★ **Values:** The things that are most important to you
- ★ **Views:** How you see yourself and your family
- ★ **Habits:** What you do over and over again

Identify the Things that are Most Important to You---VALUES

These are the things that you believe in and care about most!

1.

2.

3.

4.

5.

Principles are timeless, universal, natural laws or fundamental truths like kindness, respect, honesty, etc. Values are the worth or priority we place on people, things, ideas or principals.

-Dr. Stephan Covey

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HOW DO I VIEW MY FAMILY?

Read each action below. Circle how yourself, as a parent, and/or your family.

- ★ **R** = Rarely view my family this way
- ★ **S** = Sometimes view my family this way
- ★ **F** = Frequently view my family this way

Do you see your family members as patient?	R	S	F
Do you see your family members as hard workers?	R	S	F
Do you see yourself as a good parent?	R	S	F
Do you see your family members as healthy?	R	S	F
Do you see your family members as being good listeners?	R	S	F
Do you see your family members as having great potential?	R	S	F
Do you see your family members as good friends?	R	S	F
Do you see your family members as being smart with money?	R	S	F
Do you see your family members enjoying each other's company?	R	S	F
Do you see your family members as contributing to the greater good of your community?	R	S	F
Do you see your family as hopeful for the future?	R	S	F
Do you see opportunities for sharing leadership in your family decisions?	R	S	F

The limited view of my family that I would like to change is. . .

Limited View	Changed View

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GET INTO THE HABIT!

What are the Habits of Successful Families?

Every family has habits. To be a successful family, you need to teach and practice the habits of successful families.

HABIT	Less Successful Families	Successful Families
1	You say, "I can't do it!"	You say, "I can do it!"
2	You don't know what's important in your life.	You identify your values and have a mission statement.
3	You spend time doing what is not good for you.	You do what's best for you and your family first.
4	You think if someone wins, then someone always has to lose in relationships.	You think everyone can win in relationships.
5	You talk first and listen second.	You listen first and talk second.
6	You do not work with others.	You celebrate your differences and work together as a team.
7	You don't take care of yourself or your family.	You make time to care for yourself and your family.

The habit my family has that I would like to change is....