

Our *Family* Mission Statement

Template

Template Structure

Our family mission is to _____ by:

[Value/Action 1] _____

[Value/Action 2] _____

[Value/Action 3] _____ so that _____.

Fill-in Prompts

1. Complete the opening: "Our family mission is to..."

- EX: - *be a source of love and support* - *create joy and meaning*
 - *build a strong foundation* - *grow together*

2. Choose 3-5 key values/actions that define how you'll achieve your mission:

- EX: - *show kindness to each other and others* - *support each person's dreams*
 - *learn and grow together* - *maintain honest communication*
 - *practice gratitude daily*

3. Complete the purpose: "so that..."

- EX: - *we can make a positive difference* - *each family member can thrive*
 - *we leave a lasting legacy* - *we create meaningful memories*

Example Statements:

1. Simple Version: "Our family mission is to love, learn, and grow together by supporting each other's dreams, showing kindness, and celebrating our traditions."

2. Detailed Version: "The Johnson Family Mission is to create a nurturing home where love, learning, and laughter thrive. We commit to supporting each other's dreams, practicing open communication, and serving our community, so that each family member can reach their full potential while making a positive difference in the world."

Tips for Creating Your Statement:

- Keep it concise and memorable
- Use positive, action-oriented language
- Include input from all family members
- Make it specific to your family's values
- Review and revise annually

Our *Family* Mission Statement

Worksheet

Part 1: Family Values Discovery

List your top 3 answers for each question:

What matters most to our family?

1. _____
2. _____
3. _____

What do we enjoy doing together?

1. _____
2. _____
3. _____

How do we want to treat each other?

1. _____
2. _____
3. _____

What impact do we want to have on our community?

1. _____
2. _____
3. _____

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Worksheet

Part 2: Family Strengths

Our family is at its best when we: _____

Our family overcomes challenges by: _____

Our family traditions include: _____

Our family makes others feel: _____

Part 3: Future Vision

Complete these sentences:

In 5 years, our family will be: _____

We want to be known for: _____

Our greatest contribution will be: _____

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Part 4: Draft Your Mission Statement

Using your previous answers:

1. First Draft (don't worry about perfection):

2. Refined Version (make it clearer and more concise):

3. Final Version (make it memorable):

Part 5: Implementation Plan

Where will we display our mission statement? _____

How often will we review it? _____

How will we use it in daily decisions? _____

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Family Meeting Guide

Purpose

Regular family meetings help implement and maintain your family mission statement while strengthening communication and connection.

Meeting Structure

1. Opening (5-10 minutes)

- Share a positive moment from the week
- Review family mission statement
- Set meeting expectations

2. Celebration Time (5-10 minutes)

- Acknowledge accomplishments
- Share gratitude
- Celebrate progress toward goals

3. Discussion Topics (15-20 minutes)

Weekly Rotation:

- Week 1: Mission Statement Check-in
- Week 2: Individual Goals and Support
- Week 3: Family Challenges & Solutions
- Week 4: Future Planning and Activities

4. Problem-Solving (10-15 minutes)

- Address current challenges
- Brainstorm solutions
- Make action plans

5. Planning Ahead (5-10 minutes)

- Review upcoming events
- Assign responsibilities
- Set next meeting date

6. Closing Activity (5 minutes)

- Family cheer
- Group hug
- Shared commitment statement

Remember: Family meetings are a practice that improves over time. Stay patient and consistent!

Age Specific Participation

Young Children (3-6)

- Use simple rewards charts
- Keep meetings brief (15-20 minutes)
- Include movement breaks
- Use visual aids

School Age (7-12)

- Assign rotating roles
- Include decision-making opportunities
- Create action items list
- Use fun voting methods

Teens

- Give leadership opportunities
- Allow agenda input
- Respect privacy boundaries
- Include technology discussions

Tips for Success:

- Keep meetings consistent (same time/day)
- Make them enjoyable
- Ensure everyone participates
- End with positive notes
- Document decisions
- Follow through on commitments

Meeting Ground Rules:

- One person speaks at a time
- Use respectful language
- Focus on solutions
- Listen actively
- Honor time limits
- Participate fully

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Family Values Discovery Cards

Usage Instructions

1. Print cards double sided on cardstock
2. Cut along guidelines
3. Optional: Laminate for durability
4. Sort cards by category

No Printer? Try These Alternatives:

1. Create Your Own Cards
 - Cut paper/cardstock into 3" x 4" rectangles (index cards work great!)
 - Write one value word on each card front
 - Write the definition and discussion prompt on the back
 - Let kids help decorate each card with drawings or stickers
2. Quick DIY Version
 - Use standard index cards
 - Write values on one side
 - Add definitions on the back
 - Color-code categories using markers or highlighters
3. Digital Alternative
 - Create digital "cards" using your phone's notes app
 - Make a separate note for each category
 - Review and discuss values from your screen
 - Take screenshots to save favorite values
4. Everyday Objects Version
 - Write values on sticky notes
 - Use playing cards and tape paper over them
 - Create cards from recycled cardboard
 - Use paper folded in half

Remember: The format is less important than the conversations and connections these values inspire!

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Family Values Discovery Cards

Activity Ideas for Mission Statement Development

Each of these activities helps build your family mission statement in different ways. Choose the activities that best fit your family's style and engagement level. You can do one activity or combine several—the goal is to identify and understand the values that will form the foundation of your mission statement.

1. Core Values Selection

- Each family member picks their top 5 values
- Discuss choices / Share why these matter most
- Identify overlapping values / Look for common themes
- Keep track of powerful words and phrases that emerge

2. Category Exploration

- Work through one category at a time
- Discuss how these values show up in daily life
- Note which categories resonate most with your family

3. Value of the Week

- Randomly select one card each week
- Focus on living that value
- Share examples at week's end

4. Family Values Tournament

- Create bracket -style matchups
- Discuss and vote on which values advance
- Identify top family values

5. Story Sharing

- Pick a card
- Share a story about when you saw this value in action
- Use these stories to identify what truly matters to your family

P.S. These activities offer benefits beyond creating your mission statement!

As your family explores values together, you'll strengthen your bonds, improve communication, and find natural opportunities for meaningful conversations. Keep your values cards handy - they're great conversation starters for family meals, car rides, or anytime you want to connect more

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Family Values Discovery Cards

How to Adapt Discussion Prompts for Different Age Groups

Young Children (3-6)

- Use simple, concrete language
- Encourage short, direct answers
- Make it feel like a game
- Use visual cues or gestures

Examples:

Learning: "Show me something new you learned today!"

Love: "Can you give a big hug and say who you love?"

Kindness: "Did you help someone today?"

School-Age Children (7-12)

- Ask more open-ended questions
- Encourage storytelling
- Allow for more complex thoughts
- Create safe space for sharing

Examples:

Determination: "Tell me about a challenge you're working on"

Courage: "When did you feel brave this week?"

Respect: "What does respect look like in our family?"

Teens (13-18)

- Respect their growing independence
- Allow deeper, more philosophical discussions
- Avoid judgment
- Create space for vulnerability
- Use prompts as conversation starters, not interrogations

Examples:

Integrity: "What does living your values mean to you?"

Community: "How do you see yourself making a difference?"

Leadership: "What causes are important to you?"

General Adaptation Tips

- Adjust language complexity
- Match question depth to emotional maturity
- Be flexible
- Listen more than you speak
- Validate their feelings and perspectives

Learning



Personal Growth

Creativity



Personal Growth

Resilience



Personal Growth

Curiosity



Personal Growth

Growth



Personal Growth

Innovation



Personal Growth

Love



Relationship

Trust



Relationship

Respect



Relationship

Resilience

Bouncing back from challenges and growing

What difficult situation have you overcome?

Creativity

Expressing ourselves in unique ways

How can we be creative today?

Learning

Growing through new experiences

What new things did you learn this week?

Innovation

Finding new solutions

What problem can we solve differently?

Growth

Becoming better every day

How have you grown this month?

Curiosity

Always asking and learning

What are you wondering about?

Respect

Treating others with consideration

How can we show respect to each other?

Trust

Being reliable and dependable

When do you feel most trusted in our family?

Love

Caring deeply for each other

How did someone show love to you today?

Communication



Relationship

Kindness



Relationship

Empathy



Relationship

Excellence



Achievement

Determination



Achievement

Success



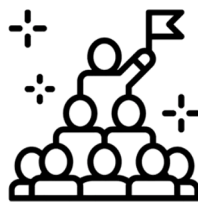
Achievement

Achievement



Achievement

Leadership



Achievement

Dedication



Achievement

Empathy

Understanding others' feelings

How might someone else be feeling right now?

Kindness

Showing care in our actions

How can we be kind today?

Communication

Sharing openly and listening well

What's something important you want to share?

Success

Reaching our goals

What goal are you working towards?

Determination

Never giving up

What challenge are you working to overcome?

Excellence

Doing our best work

What effort are you most proud of?

Dedication

Staying committed to our goals

What matters most to you right now?

Leadership

Guiding and inspiring others

How can you help someone today?

Achievement

Accomplishing what matters

What have you accomplished recently?

Community



Social

Service



Social

Friendship



Social

Collaboration



Social

Inclusion



Social

Diversity



Social

Honesty



Character

Integrity



Character

Responsibility



Character

Friendship

Being a good friend

What makes a good friend?

Service

Helping others in need

Who needs our help this week?

Community

Contributing to our neighborhood

How can we help our neighborhood?

Diversity

Celebrating differences

What makes our family unique?

Inclusion

Welcoming everyone

Who might feel left out?

Collaboration

Working well with others

How can we work together better?

Responsibility

Taking care of our duties

What responsibilities do you have?

Integrity

Doing what's right

What does doing the right thing mean?

Honesty

Being truthful and real

When is telling the truth hard?

Courage



Character

Patience



Character

Wisdom



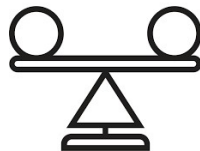
Character

Health



Lifestyle

Balance



Lifestyle

Fun



Lifestyle

Simplicity



Lifestyle

Adventure



Lifestyle

Peace



Lifestyle

Wisdom

Making good choices

What's the best advice you've received?

Patience

Waiting calmly

When is it hard to be patient?

Courage

Being brave when things are hard

When did you feel brave recently?

Fun

Enjoying life together

What made you laugh today?

Balance

Making time for what matters

What helps you feel balanced?

Health

Taking care of our bodies and minds

How can we take care of ourselves today?

Peace

Creating calm and harmony

What helps you feel calm?

Adventure

Trying new experiences

What new experience sounds exciting?

Simplicity

Focusing on what's important

What can we simplify?