

Our *Family* Mission Statement

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!

Our *Family* Mission Statement

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

Our *Family* Mission Statement

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