

VALUES EXERCISE

One challenge for parents is being able to be intentional about how values are modeled to their children. Values are what we are willing to spend time, money, and effort on, or standards to live by.

Below is a value scale with a rating of 1 to 5, (1 being not of much value and 5 being greatly valued).

Take some time to fill this out and think about how the values that are of greatest importance to you.

Values	1	2	3	4	5
Eating healthy	1	2	3	4	5
Family time	1	2	3	4	5
Education	1	2	3	4	5
Money	1	2	3	4	5
Honesty	1	2	3	4	5
Self-respect	1	2	3	4	5
Religion	1	2	3	4	5
The environment	1	2	3	4	5
Getting along	1	2	3	4	5
Traditions	1	2	3	4	5
Time management	1	2	3	4	5
Loyalty/Faithfulness	1	2	3	4	5
Respect for Differences	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5