

# *Family* abundance

**WE GRAB LIFE BIG**



## FAMILY VALUES WORKBOOK

### Instruction Packet

# WELCOME TO THE FAMBUNDANCE FAMILY VALUES WORKBOOK

We are excited to share with you this simple - but effective - conversation guide, along with a series of powerful questions and activities designed to help your family work together to shape meaningful family values. Values that will help guide your family to an exceptional future that you intentionally co-create and design together. This is the first step to Grabbing Life Big as a Family, so let's begin our journey!

Values are the seeds from which your future emerges, and while we don't know now what the potential for those seeds is, each exploration you conduct with your family is an opportunity to learn and grow together. What you value will quietly shape your life, but not until you take the time to consciously define what those values are. When you allow these defined values to guide your decisions, you will move yourself (and your family) into alignment with the highest potential for each individual, as well as the family as a whole! A life that is value-driven and intentionally co-created enables you to truly Grab Life Big as a Family!

Some families, before beginning this journey, might feel that they already have a set of values that's been created, however we must ask the question: who has created these values? Are they values created by mom and dad, maybe even before they became mom and dad? When was the last time this list of values was updated, and does it encompass the values held by all of the current members of the family? Co-creating a new set of family values, together as a family, can help to increase the willingness of every family member to participate in those values, without any push-back from any individual members. By drawing answers from the whole system of the family, every family member will more deeply appreciate values that they helped to create, than those that they were not a part of creating. In our FamBundance community, there have even been several families who have included Grandma and Grandpa into this process, helping to create a multi-generational system of values carried on from parent to child.

This workbook is designed for all members of the family to participate. Young adults, or Next Gen Leaders as we refer to them, should use the Adult & NGL

packet. Next Gen Leaders start at around 11-12, or when your children are ready to start answering more difficult questions. For kids between 5-11, whom we refer to as Junior Dream Leaders, we recommend using the Junior Dream Leaders packet. While kids younger than 5 may be able to participate by drawing pictures and listening along to the conversations, some of these questions might be difficult for them, but this does not mean that they should be ignored as your family moves through this process! There is a tremendous amount of value in exposing your youngest children to these types of conversations, so that as they get older they are ready to participate in them, having seen their parents and older siblings having them before. For the younger kids, they will need some assistance reading the questions, however the questions for both groups are designed with identical outcomes, so that when you discuss your answers as a family, the answers you came up with individually will be answered in alignment, regardless of age.

Start this workbook by reading through the instructions labeled Step 1, and prepare the materials before sitting down together as a family. Most families are able to complete this process in approximately 60-90 minutes, however some families have shared with us that they best completed this process by blocking it into 2 or 3 shorter sessions. Either way, be sure to block out a period of time when everyone's energy levels and attention spans will be at their highest.

We at FamBundance are so grateful for the opportunity to help you and your family identify your values together. We know that this experience will be a powerful one for each of you, and will help to prepare you for greatness as you Grab Life Big as a Family!!!

## A NOTE FOR PARENTS ABOUT CONVERSATIONS

You could be thinking that your children (especially the younger kids) might struggle to contribute meaningfully to these exercises. However, their actual participation is only one of our objectives with this family-oriented values guide!

Having our children simply witness their parents having conversations on meaningful topics such as family values is a great learning experience, and sends a powerful message. We can invite them to participate in the discussion, and even if they choose not to participate fully, it strengthens their sense of value to the family. Inviting them to participate will make it clear that they have the freedom to contribute and the choice is theirs.

Remember that even though your kids may seem to be disengaged while coloring away at a piece of paper during your discussion, children often process information much differently than adults do, and they're always listening! Continue to engage them with questions during the conversation you're having, and invite them to participate at whatever level they're most comfortable. But most of all, remember that these exercises (just as with our events) are designed in such a way that you, as parents, will be able to receive 100% of the value of the process, no matter what level your children choose to participate at. That being said, we think it is in your best interest to do whatever you can now to set the expectation for their full participation in these conversations.

Have fun working on this Family Values Workbook together!

## A NOTE FOR JUNIOR DREAM LEADERS ABOUT CONVERSATIONS

As a kid, you may think that some of the conversations that you and your family are about to have may not be important for you to be a part of, since they sound like “Grown-Up” things to talk about.

However, it’s important for you to remember that YOU are an important member of your family, and that what you add to the conversation is just as meaningful as what your mom or dad or siblings might have to say.

This is a power your parents are giving you, to help shape your family and the ways in which you interact with each other. This is something that your parents and grand parents probably did not have, as for many, many years it was expected that children were “seen and not heard”. Instead, your parents have made a decision to not just hear you, but to include what you say into the family conversation! Be seen and heard and express what you want and have it listened to and acted upon. Say thank you to your parents for allowing you these types of opportunities.

So, while you’re working on this workbook, just remember that it’s more than OK to share your thoughts, ideas, values, and goals with your family. Because they love you, and love what you have to say!

Have Fun!

## A NOTE FOR NEXT GEN LEADERS ABOUT CONVERSATIONS

At FamBundance, we have a special term for the young adults who are going to be shaping the future of the world - we call them Next Gen Leaders!

As a Next Gen Leader, you're finally coming to an age in your life where you have firmly defined beliefs, goals, values, and attitudes, in many different areas of your life. For many NGLs, these are some of the most important years of your life, as you truly begin to "come into your own".

For many families, it is easy for the parents to forget how important the voice of the NGL can be — they're leaving the years where parents are "in charge" and entering into an age where these young adults play a very significant role in the family dynamic. Fortunately, because your family has made a decision to be a part of FamBundance, and today you've set out to do this activity together, you're working as a family to break that mold and ensure that your voice is just as important as every one else's in the family, even if you may think that some of the conversations that you and your family are about to have may not be important for you to be a part of, since they sound like "Grown-Up" things to talk about.

So, while you're working on this workbook, just remember that in order for you to be who you want to be, achieve what you want to achieve, and create the experiences that you want to experience, dedicating time to this activity is important. It's up to you to create your future, and that begins by defining what type of future you want to create. Take ownership as you go into this activity, in order to bring your best self everything that you do. It's more than OK to share your thoughts, ideas, values, and goals with your family. Because they love you, and love what you have to say, and that's why each of you is here today!

Have fun working on this Family Values Workbook together!

# STEP 1

## A GUIDE TO THIS WORKBOOK

Set a time for your family to meet in person for 60-90 minutes and then begin to gather the necessary materials. Before you start, be sure to prep all of the following materials

### Material List:

- 3x3 and 6x8 Post-It Notes (we recommend the “Super Sticky” variants)
- Washable Color Markers (thick ones are more visible)
- A pack of flip-chart paper (the large poster sized, with the sticky top and the stand-up easel bottom)
- Printed Worksheets (use the Printing Guide to make sure you have all of the pages you need!)
- A timer (a cell phone with a timer can work well, but since this is a great time to put your phones away and be present with each other, just make sure it's on airplane mode to avoid distractions!)

### Printing Guide

This workbook is designed to be printed out at home, so that you can work on it together in a comfortable and productive environment.

In order to get the maximum benefit from the pages, please print out the workbook in the following manner:

1. When printing the packets, please be sure to set the printer to print everything single-sided.
2. You will need to print out 1 set of this 'Instruction Packet' for the entire family to share.
3. Print out 1 set of the 'Adult & Next Gen Leader Packet' for each parent and Next Gen Leader.
4. Print out 1 set of the 'Junior Dream Leader Packet' for each kid. Note: If your kids prefer, they can simply write or draw their answers onto Post-It notes, and you can skip printing the JDL packet

## STEP 2

# PERSONAL ACHIEVEMENTS

### **Journal & Draw**

Sit together in a circle, read the question out loud and give each family member a few minutes to write or draw their individual answers to the guiding question for this section.

**Adult/NGL Question:** *What moments, experiences and/or achievements are you most proud of in your life so far?*

**Kids Question:** *What have you done that you are very proud of?*

Thought Joggers:

- What dream or goal did you achieve?
- What milestone or new level did you recently reach?
- What new skill did you learn?
- What fear, challenge or obstacle did you overcome?

Set a timer for 5 minutes, and use the worksheets labeled “Step 2: Personal Achievements” to identify each of your moments of greatness.

### **Share & Capture**

Once the timer goes off and everyone has had time to Draw or Write their individual answers to the question, take turns sharing your answers as a family. Using 3x3 post-it notes capture the essence of each achievement shared and place it on a flip-chart page where it is visible to everyone. Also begin to listen for the individual strengths that are present in and critical to these achievements.

### **Appreciate & Acknowledge**

After everyone has shared and put up their answers, go around and allow anyone to make any acknowledgments they would like to make, for example sharing something that might be uncomfortable or difficult to share, or for something that you really admire about their answer.

## STEP 3

# OUR STRENGTHS AND SUPERPOWERS

### **Journal & Draw**

Sit together in a circle, read the question out loud and give each family member a few minutes to write or draw their individual answers to the guiding question for this section.

**Adult/NGL Question:** Reflecting upon these achievements, proud moments and experiences what are your highest individual strengths, those that help you to be successful in your life and make a difference in the lives of others?

**Kid Question:** What are your biggest strengths, the things that make you the awesome person that you are?

Thought Joggers:

- What do your family members and friends love most about you? What about your coworkers or schoolmates?
- What do you love and appreciate about yourself?
- What do people come to you for when they need help?
- What do you contribute to your friends and family, at school and in the world?
- What do you, or others, think is most unique and special about you?
- What is something your enjoy doing for others?

Set a timer for 5 minutes, and use the worksheets labeled “Step 3: Our Highest Strengths” to identify why each of you is so amazing.

## STEP 3 (CONTINUED)

### OUR STRENGTHS AND SUPERPOWERS

#### **Share & Capture**

Once the timer goes off and everyone has had time to Draw or Write their individual answers to the question, take turns sharing your answers as a family. Using 3x3 post-it notes capture the essence of each strength or superpower shared and place it on a flip-chart page where it is visible to everyone. After each family member has shared their highest strengths, each family member will share 1-2 strengths they see in each other family member. Record all the strengths on 3x3 post-it notes and also place them on the flip chart page where they are visible to everyone.

#### **Appreciate & Acknowledge**

After everyone has shared and put up their answers, go around and allow anyone to make any acknowledgments they would like to make, for example sharing something that might be uncomfortable or difficult to share, or for something that you really admire about their answer.

## STEP 4

### FAMILY LOVE

#### **Journal & Draw**

Sit together in a circle, read the question out loud and give each family member a few minutes to write or draw their individual answers to the guiding question for this section.

**Question: What are 3-5 things that you love most about your family?**

Thought Joggers:

- Why are you grateful for your family?
- How does your family support you when you need them the most?
- What about how your family works (and plays) together makes you really proud?
- How does contributing to your family make you feel?
- Why is your family so important to you?
- Why is your family important to the FamBundance tribe, to your community, to the world?

Set a timer for 5 minutes, and use the worksheets labeled Step 4: Family Love to identify why your family is so important.

#### **Share & Capture**

Once the timer goes off and everyone has had time to Draw or Write their individual answers to the question, take turns sharing your answers as a family. Using 3x3 post-it notes capture the strengths, qualities and all the reasons you love your family and place them on a flip-chart page where it is visible to everyone.

#### **Appreciate & Acknowledge**

After everyone has shared and put up their answers, go around and allow anyone to make any acknowledgments they would like to make, for example sharing something that might be uncomfortable or difficult to share, or for something that you really admire about their answer.

## STEP 5

# MOMENTS OF FAMILY GREATNESS

### **Journal & Draw**

Sit together in a circle, read the question out loud and give each family member a few minutes to write or draw their individual answers to the guiding question for this section.

**Adult/NGL Question:** Think of all the times that your family has Grabbed Life Big together. Pick 1 or 2 of your favorite stories to share, and then write or draw the most important strengths and values that came out of those stories out on small post-it notes.

**Kid's Question:** What are some of your favorite times when your family has Grabbed Life Big? What family strengths or values shined in those moments? Write 1 or 2 of them down on post it notes!

Thought Joggers:

- What does it mean to Grab Life Big as a Family?
- When did you learn something new as a family?
- When did you stretch beyond previous abilities as a family and develop a new strength?
- When did you travel somewhere different and learn about a new culture?
- When did you experience a family bucket list adventure together?
- When did you face a challenge or overcome an obstacle as a family?
- When did you rally around another family member who needed support or encouragement?

Set a timer for 5 minutes, and what stories you can come up with in that time.

## STEP 5 (CONTINUED)

### MOMENTS OF FAMILY GREATNESS

#### **Share & Capture**

Once the timer goes off and everyone has had time to Draw or Write their individual answers to the question, take turns sharing your answers as a family. Using 3x3 post-it notes capture the magic moments and place them on a flip-chart page where it is visible to everyone.

Can you do more than just mention the story - tell the story, and what are some of the highlight moments that really made you come alive and made you feel so connected to your family

#### **Appreciate & Acknowledge**

After everyone has shared and put up their answers, go around and allow anyone to make any acknowledgments they would like to make, for example a way that someone was excellent, or overcame a big challenge in one of the stories they shared!

## STEP 6

### IDENTIFYING OUR FAMILY VALUES

#### **Journal & Draw**

After you've talked about your favorite Grab Life Big stories as a family, and taken a few minutes together to reflect on them, put up new, blank flip chart page. Then, each person in the family should answer the following question, and put their answers on separate small post it notes on the flip chart page. Wait to discuss each other's answers until everyone has put up as many post its as they can think of.

**Question: Think about all of your Family Grab Life Big Stories that you, and the rest of your family, thought about and shared. Take a minute to appreciate how awesome your family is.**

**Now, think of all of your family's highest values. Write them down on post-it notes (3-5 per person).**

Thought Jiggers:

- What is a Value?
- Why is your family important to you, the FamBundance Tribe and to the world?
- What qualities and ways of being does your family embody when it is at its very best?
- What are the ways that your family makes the world a better place for others, and what qualities does this reveal about your family?
- What do you think other families who know and respect your family would say they admire most about your family?
- If your family won an award in the future, what would you be recognized and celebrated for having accomplished together?
- What are the special and most unique blessings that your family loves to celebrate and share with each other?
- What do you value so much about your family that you would not want it to change, no matter how much you learn, grow and evolve together?

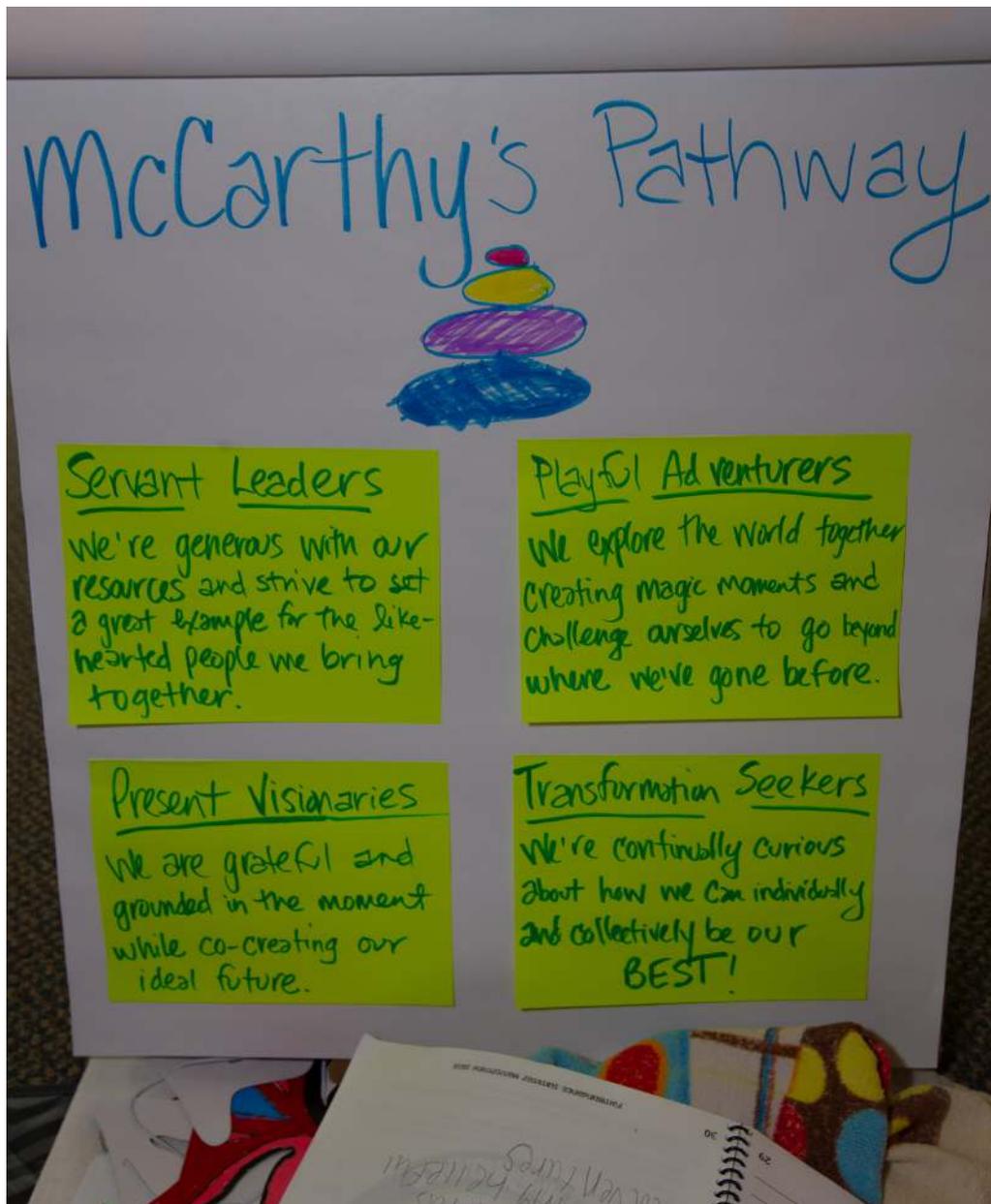


## STEP 7

# CREATING A DAILY REMINDER

Once you've created the titles and descriptions, use another flip chart page to make a poster that you can hang on your wall in a location that will be visible to everyone throughout the day, such as the kitchen, breakfast area, etc. As a family work together to decorate this poster, so that it has meaning to each member of the family.

Once the poster is created, hang it up and take a moment to admire the work you've done together, and the effort that each of you put in to make it happen.



## STEP 8

# COMMITMENTS FOR SUCCESS

As a final exercise, discuss what rituals you would like to implement around how you will live these values as individuals and as a family. For example, will you read through this chart together on a daily or weekly basis? Will you implement it into your family board meetings? How can you use this chart to help each other Grab Life Big as a Family?

Take a few moments to discuss with each other what commitments you want to make. To help the conversation, here's a few examples of commitments you might make:

- Having a daily check in on how every member of the family lived one or more values
- Having a weekly check in or board meeting to discuss the values and how you're going to be focusing on them in the upcoming week.
- Having a specific way that you commit to a particular value on a daily or weekly basis.

Once again, we would like to thank you and your family for taking the time to complete our FamBundance Family Values Workbook.

We are sure that this was a powerful experience for every member of the family, and we would love to hear your feedback! Please share with the community what you accomplished by posting in our FamBundance Facebook community, and putting up pictures of what you created together!

Now that you've completed the workbook, it's possible that you might feel like you didn't reach the desired or expected outcome you had in your mind when you started out. Not to worry! This is an iterative process that develops more deeply every time your family goes through the experience, and this is only one part of a larger puzzle that will be completed by returning to FamBundance programming over time. Each time you complete this Family Values Workbook together (we recommend every 6-12 months), or participate in other FamBundance activities, your answers will grow stronger, more deeply defined, and more richly encompass what your family holds dear.

If you have any ideas or suggestions for how we can make this guide better, please email our program designer Matt Duncan at [Matt@FamBundance.com](mailto:Matt@FamBundance.com)

Now get out there and Grab Life Big as a Family!