

THE FAMILY FOUNDATION BLUEPRINT

A STEP-BY-STEP EXERCISE TO DISCOVER YOUR 5-7 FAMILY VALUES

Define what your family stands for, and build a foundation that guides every decision.



STEP 1 START WITH THE FUTURE

Answer alone first:

When my children are grown, what do I want them to say our family stood for?

Write 5-10 words or phrases.



STEP 2 LOOK AT WHAT YOU ALREADY PROTECT

Answer:

What do I correct most often in my home?

Because what you correct usually reveals what you care about.

Write 3-5 possible values.

- _____
- _____
- _____
- _____
- _____

EXAMPLES:

- If you correct tone → respect matters.
- If you correct quitting → resilience matters.
- If you correct lying → honesty matters.



STEP 3 LOOK AT WHAT YOU NEVER WANT TO NORMALIZE

Answer:

What behavior do I refuse to let become normal in this family?

List them.

- _____
- _____
- _____
- _____
- _____

Now flip each one into the value you want to build.

- _____ → _____
- _____ → _____
- _____ → _____
- _____ → _____
- _____ → _____

Examples: *disrespect* → *respect* *giving up* → *resilience* *lying* → *honesty*



STEP 4 PULL FROM YOUR BEST MOMENTS

Answer:

When does our family feel most like who we want to be?

List those moments.

- _____
- _____
- _____
- _____
- _____

What values are present in those moments?

- _____
- _____
- _____
- _____
- _____



STEP 5 CHOOSE YOUR 5-7 VALUES

Look at all the words you wrote.

Circle the ones that repeat.

Choose only 5-7.

If everything matters, nothing guides.

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | |



STEP 7 DECIDE WHAT EACH VALUE PROTECTS

For each value, ask: What does this value protect in our family?

Examples:

Respect protects:

- the tone of our home
- our relationships
- our self-worth

Discipline protects:

- our goals
- our routines
- our ability to finish



STEP 6 DEFINE EACH VALUE

Do not stop at the word. Define it.

For each value, write:

1. What it means in our family (your definition)
2. What it looks like (daily behaviors)

VALUE: _____

1. What it means in our family:

2. What it looks like:

(Repeat for all 5-7 values)

Now write for your values:

- | | |
|----------|-----------------|
| 1. _____ | protects: _____ |
| 2. _____ | protects: _____ |
| 3. _____ | protects: _____ |
| 4. _____ | protects: _____ |
| 5. _____ | protects: _____ |
| 6. _____ | protects: _____ |
| 7. _____ | protects: _____ |



Clarity creates consistency. Consistency shapes culture. Culture builds legacy.



OUR FAMILY VALUES

THIS IS HOW WE LIVE, SPEAK, AND SHOW UP — EVERY DAY.

IN OUR FAMILY, THESE VALUES SHAPE HOW WE SPEAK, ACT, WORK, REPAIR, CELEBRATE, AND LIVE TOGETHER.

01

.....

WHAT THIS MEANS IN OUR HOME: _____

HOW THIS SHOWS UP DAILY:

- _____
- _____
- _____

02

.....

WHAT THIS MEANS IN OUR HOME: _____

HOW THIS SHOWS UP DAILY:

- _____
- _____
- _____

03

.....

WHAT THIS MEANS IN OUR HOME: _____

HOW THIS SHOWS UP DAILY:

- _____
- _____
- _____

04

.....

WHAT THIS MEANS IN OUR HOME: _____

HOW THIS SHOWS UP DAILY:

- _____
- _____
- _____

05

.....

WHAT THIS MEANS IN OUR HOME: _____

HOW THIS SHOWS UP DAILY:

- _____
- _____
- _____

06

.....

WHAT THIS MEANS IN OUR HOME: _____

HOW THIS SHOWS UP DAILY:

- _____
- _____
- _____



WE DON'T JUST PASS DOWN THINGS. WE PASS DOWN WHO WE ARE AND HOW WE LIVE.

WE GET TO CHOOSE THAT.

WE ARE A FAMILY THAT:

