

## Parent: *by design*

### My parenting VALUES

Below are a list of questions you can use to help you get specific about what your value means and how you can bring it to life in the world.

- MY VALUE IS:
- What do I mean by that specifically?
- Why is it important?
  - And why is that important?
  - And why is *that* important?
- How do I already bring this value to life?
- When I'm at my best, what does this value look like, how do I express it?
- If a genie had granted me this value without me knowing whilst I slept, when I woke up in the morning how would I know?
  - How would others notice?
- What am I going to do to create this value in my life?
- How specifically I am going to do it?
- What currently prevents me/ gets in the way?
  - my thoughts about who I am
  - my beliefs
  - my behaviour
  - my environment (people and places)
- How I overcome these obstacles is...
- What creating this does for me is... for them/ for us is...