

CHOOSE WHAT'S MEANINGFUL

What do you want your life as a parent to be all about?

Use the next page to write for 10 minutes about one or all of these questions.

What do you want life in your home to be about?

You get to choose what's meaningful!

What's meaningful for your family may not be the same as what's meaningful for my family!

Consider these questions:

- What do I care about most when it comes to parenting?
- What do I want to do in my parenting that reflects caring?
- When in my life has this value been important?
- What have I seen in my life when others pursue this value, or not?
- What might I do to manifest this value more in my life?
- When have I violated this value and has that been costly?

(Values writing exercise adapted from the book *A Liberated Mind* by Stephen Hayes.)



VALUES WRITING

Set a timer and write for 10 minutes about the questions on the previous page. Use extra pages, draw pictures with your writing, make incomplete sentences, doodles, lists- whatever works for you!

