

Family Systems Core Values Exploration

Family Values Worksheet

<p>1. Name a person, real or fictional you respect or admire and why.</p>	<p>2. Imagine an ideal day for you. Name 3 things you would do.</p>
<p>3. Imagine you win a large sum of money, so large you never have to work again and can buy anything you want. What are the first 3 things on your list?</p>	<p>4. Imagine it's your birthday 10 years from now, friends and family are making speeches, what about you do they appreciate?</p>
<p>5. What is your dream job and why?</p>	<p>6. Describe your ideal friend.</p>
<p>7. A genie in a bottle appears and grants you 3 wishes. What do you wish for (infinite wishes are not an option)?</p>	<p>8. What are your 3 most prized possessions? (people are not possessions).</p>

Now look at your answers and consider these questions. What core values do your answers reflect?

Where did I learn these values? Who influenced my development in these ways?
 What is my relationship to the person, culture and my experiences now and how do I feel about them? Is this who I want to be?

Example: What is your dream job and why? My dream job is to be an astronaut.

Core Values and Analysis- New and novel experiences, a sense of adventure, an openness to risk taking, a desire to learn and understand our world better, a desire to have prestige.

“Growing up I had an uncle that rode motorcycles and it always looked so fun and he was always really nice to me, I looked up to him. I rode my bike imagining it was his motorcycle and the first time I got to ride it with him it was such a thrill, being out in nature more than it feels like in a car, and I started saving right away.”

“I’ve had a lot of unique experiences in my life and enjoy that aspect of myself. Other people enjoy my stories and I feel good sharing them. It’s a good part of who I am.”