

My Family Mission Statement

Most businesses and CEOs have mission statements. The purpose of a mission statement is to tell the public what an organization is all about. Mission statements help leaders make good decisions because helps them focus on what's most important.

A family mission statement works the same way. It focuses the leaders of the family (parents/ caregivers) on what is most important, which helps them make more effective decisions.

Using the Mission Statement Guiding Questions and Mission Statement Guiding Activities, as well as the List of Values, work with the family to develop their own mission statement.

Examples:

Our mission is to treat all people with respect and kindness. We seek to be honest, do our best, and to encourage each other to achieve our dreams.

Our family mission is to be safe and healthy so we can learn as much as we can, have fun, go on adventures, and laugh a lot.

In this family, we will take responsibility for our actions and be grateful for what we have. We believe it is up to all of us to do what we can to make the world a better place,

Describing this activity to families

The purpose of this activity is to discover what you're all about as a parent. Parenting is a deeply personal journey and you can't reach your goals without a road map. A mission statement is like a road map. It tells you where you want to go which helps you figure out how to get there.

In this activity, we are going to write your Family Mission Statement. It will be a few sentences about who you want to be as a family. Remember, it is important to get input from everyone in the family!

Why this activity?

People become parents in a variety of ways. Whether parenthood is planned or unplanned, parents don't usually stop to think about what kind of parent they want to be, what parenting practices they want to follow, what they want to use and not use from how they were raised. This activity will help parents understand their values, and what kind of knowledge they need to cultivate to become the family they want to be.

"Efforts and courage are not enough without purpose and direction." - John F. Kennedy



Flourishing Further

- Ask the parent: when you were growing up, what do you think your family's mission, vision and values were? How are yours different now?

Mission Statement Guiding Questions



Use these questions to help develop your family mission statement. These questions will help you identify who you are as a family and what is important to you.

- What are the strengths of each member of our family? Let each family member identify their own strengths initially, then allow other family members to identify the strengths they see in each other.
- Complete the following statement: As a family, we are at our **best** when we.....
- Complete the following statement: As a family, we are at our **worst** when we....
- What are three things we could do better as a family?
- When visitors come over, how would you like them to describe their experience at our house to others?
- What **one word** would you use to describe our family?
- What **one word** do you hope other people use to describe our family?
- If our family had a theme song, what would it be?
- If everyone in your family were superheroes, what would your family be named ? What would each person's super powers be? First, let individuals give their own answers. Then ask other family members what they think each others' super powers would be.

Mission Statement Guiding Activities



Packing their Suitcase

The goal of this activity is to have parents think about the things they want to teach their children and the values they want to instill in their children before they are out on their own.

Pretend that today, your child is leaving your house and venturing out into the world on their own. Within them they have an "internal suitcase" of traits and strengths and valued. If your child were leaving today, what would you pack in their "suitcase"? (Have the parent do this for each child separately.)

Storytelling

The goal of this activity is to have parents think about how they learned the values are important to them.

Have parent(s) think of a meaningful story from their childhood. It can be either positive (things I want to keep) or negative (things I don't want to keep). The parent can either write the story down or tell it aloud.

After they tell their story, ask them:

- What people were mentioned the most in the story?
- What values did those people show (or not show) through their actions?
- How did this story impact you in the long term? What did it teach you?
- How does this story show you what's important to you?

List of Values



Read through this list of values with the parents, and have them circle the ones that are very important to them. Feel free to add some! Then, go through the ones that they circled, and have them choose the 3-5 values that are most important for their family. Include these values in their **family mission statement**.

Abundance	Daring	Intuition	Preparedness
Acceptance	Decisiveness	Joy	Proactivity
Accountability	Dedication	Kindness	Professionalism
Achievement	Dependability	Knowledge	Punctuality
Advancement	Diversity	Leadership	Recognition
Adventure	Empathy	Learning	Relationships
Advocacy	Encouragement	Love	Reliability
Ambition	Enthusiasm	Loyalty	Resilience
Appreciation	Ethics	Making a Difference	Resourcefulness
Attractiveness	Excellence	Mindfulness	Responsibility
Autonomy	Expressiveness	Motivation	Responsiveness
Balance	Fairness	Optimism	Security
Being the Best	Family	Open-Mindedness	Self-Control
Benevolence	Friendships	Originality	Selflessness
Boldness	Flexibility	Passion	Sharing
Brilliance	Freedom	Performance	Simplicity
Calmness	Fun	Personal Development	Stability
Caring	Generosity	Proactive	Success
Challenge	Grace	Professionalism	Teamwork
Charity	Growth	Quality	Thankfulness
Cheerfulness	Flexibility	Questioning	Thoughtfulness
Cleverness	Happiness	Recognition	Traditionalism
Community	Health	Risk Taking	Trustworthiness
Commitment	Honesty	Safety	Understanding
Compassion	Honor	Security	Uniqueness
Cooperation	Humility	Service	Usefulness
Collaboration	Humor	Spirituality	Versatility
Consistency	Inclusiveness	Stability	Vision
Contribution	Independence	Peace	Warmth
Courage	Individuality	Perfection	Wealth
Creativity	Innovation	Playfulness	Well-Being
Credibility	Inspiration	Popularity	Wisdom
Curiosity	Intelligence	Power	Zeal

“Children are not casual guests in our home. They have been loaned to us temporarily for the purpose of loving them and instilling a foundation of values on which their future lives will be built.” - James Dobson