



Core Beliefs Worksheet



Your Family, Your Values

Your family values are the roots of your children's foundational belief system that they will rely on in the future. These values are transmitted out through your everyday habits and behaviors. Identifying your values will bring awareness to why you do what you do, will help you become mindful in your everyday decisions, and illustrate to your child/children what matters most. Sometimes these are characteristics that your family members already inherently possess and you wish to build upon, or traditions from your past and upbringing that are important for you to continue. Perhaps you wish to intentionally introduce traits, ethics, morals that have always been important to you or want to grow.

“Good parents, give their children roots and wings. Roots to know where home is, wings to fly away and exercise what's been taught to them.”
- Jonas Salk

Core beliefs are the big picture goals that most parents agree on, however the values and motivations underneath those goals may differ.

Big Picture Goals for...

Children

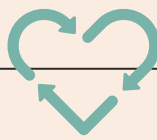
- Act appropriately
- Exhibit self-control
- Treat others well
- Independence
- Have meaningful relationships

Parents

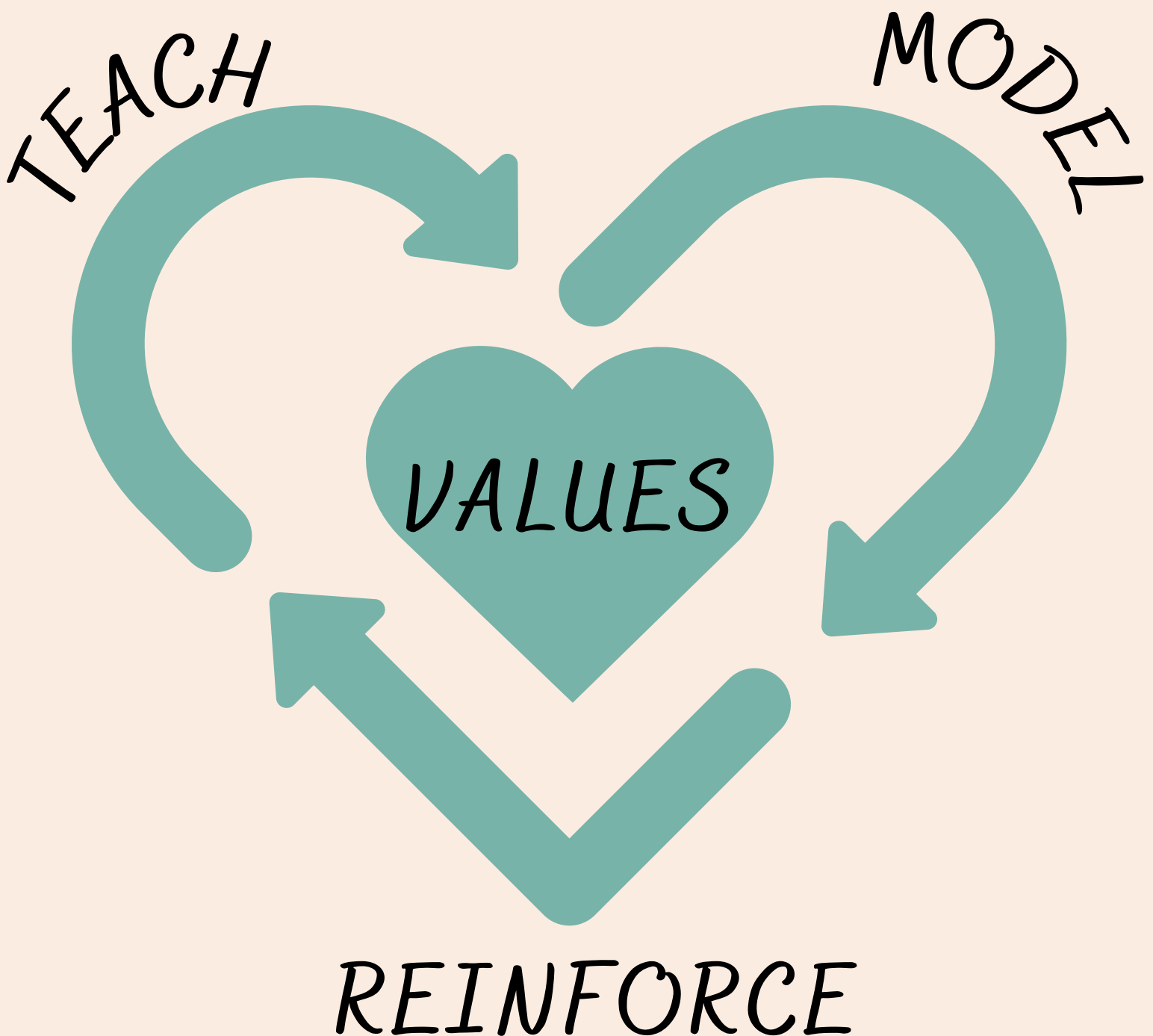
- Lay the groundwork for self-control (not parental control)
- Respect your child as an individual
- Teach and model appropriate behavior
- Define and maintain boundaries
- Demonstrate and narrate aloud your family values

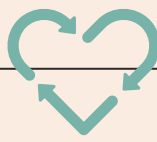
Family

- Show respect for each member as unique individuals
- Share common values and strive to embody those
- Create a safe place that supports each member of the family
- Make time for each other and enjoy each other's company



My Values-Centered Parenting (VCP) approach is the first thing I teach in my parenting courses, regardless of the children's ages in the class. The beauty of this model is that it works for all families, and for all situations. Once you understand and internalize this concept, you can apply this tool to any challenges. Imagine the image below in constant motion. Your parenting is always one or more of the VCP rooted in the core value that keeps you focused.





TEACH

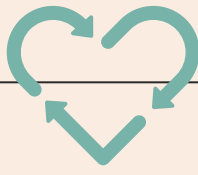
Teaching is what you are doing everyday either intentionally or not. Even your second-hand phone conversations are influencing how your child views friendships, gossip, love, getting information. etc. In order to teach you must be looking for those ever present "teachable moments" to find a link to your core beliefs. Teaching is the root of discipline which is future focused and centered on love and concern whereas punishment is past focused and centered on a penalty for misbehavior. You are your child's first and most important teacher.

MODEL

Everything you do is being observed by your children, however, the way in which they interpret it may not be your intention. The truth about modeling is that you need to add narration in order for the reasons behind your actions (your values) are clearly linked to your choices and behaviors. The good news is that you do not need to strive for perfection! In fact, it is important for parents to model mistakes, recovery, apologies, resilience, etc. In your day-to-day actions narrate *why* you are doing what you are doing so your child can connect the dots.

REINFORCE

Descriptive praise is the most effective way to reinforce desired behavior. Simply noticing and mentioning desired behavior fuels that behavior to grow and continue. Descriptive praise does not evaluate what a child has done, but rather, describes it in terms so that the child is likely to recognize the truth and credit and praise him/herself. Words like "Great! Good Job! Wonderful!" is unspecific evaluative praise which can lead to a dependency on your approval. They look to parents to evaluate and decide between good and bad behavior and work, rather than forming their own judgments.

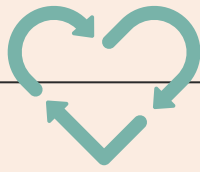


VALUES

Circle the values that resonate with you. Do this separately from your partner and then compare and contrast your values. While looking through the list below think about:

- characteristics that your family members already inherently possess and you wish to build upon
- traits, ethics, morals that have always been important to you
- traditions from your past and upbringing
- what is lacking; what you wish to intentionally introduce to your family value system

Accepting	Mindful	Perseverance	Resilient
Adventurous	Popular	Practical	Self-reliant
Ambitious	Rational	Reasonable	Truthful
Assertive	Logical	Adaptable	Self-care
Authentic	Active	Altruistic	Self-worth
Belonging	Sporty	Artistic	Thoughtful
Calmness	Affectionate	Competitive	Warm
Clean/Neat	Autonomous	Confident	Respectful
Competent	Bold	Fair	Resourceful
Conforming	Capable	Social Justice	Mature
Conservative	Committed	Diligent	Intentional
Curious	Connected	Flexible	Disciplined
Determined	Decisive	Fun-loving	
Discerning	Eco-Friendly	Gregarious	What's missing? Write a few of your own:
Empowered	Ethical	Hard working	
Faithful	Family-Oriented	Humble	
Generous	Frugal	Spiritual	
Growth Mindset	Genuine	Secure	
Healthy	Gracious	Sensitive	
Independent	Happy	Trusting	
Laid Back	Honest	Well-adjusted	
	Liberal	Mannerly	
	Obedient	Responsible	



Answer the following questions with your top three values in mind:

Why are these values important to you?

What would these values look like in your families daily life?

What people in your life embody these values?

What changes can you make now to focus more on these core values?



Gia Gambaro Blount

Parenting Consultant

As heard on...



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VoyageLA

Meet Gia Gambaro Blount, a parenting coach, child development professor, and parent educator with over 20 years of supporting thousands of families find solutions to everyday parenting challenges. She has her MA in Early Childhood Development and is a mother of two children so different from one another they have challenged her understanding of parenting theories and deepened her awareness that there is no “right” way to parent. She has been featured on podcasts, magazines, and her notable contributions include developing a parenting curriculum for the state of California and establishing the family resource center at PCC.

Popular Workshops:

- Toilet Learning
- Adventurous Eating
- Sleep Habits & Routines
- Parenting without Punishment
- Foundations in Emotional Regulation