

Parenting on ✦ Purpose: ✦



A Guided Reflection to
Clarify Your Core
Values

Welcome

"Parenting with intention is a practice of coming home—to yourself, to your values, and to the kind of parent you want to be."

Parenting on purpose doesn't mean having all the answers.

It means choosing to lead your family with intention, even when things feel messy or hard. It means pausing long enough to ask yourself: What really matters here? And then aligning your choices with those values—even if imperfectly.

When we're not clear on our values, it's easy to get swept up in the chaos of daily life or react from old patterns. But when we are clear, our values become an inner compass—helping us stay grounded and show up as the parent we truly want to be.



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DISCOVERING YOUR CORE VALUES

Your values are the foundation of how you parent. They're not rules—they're your inner compass. This section is about tuning in to what feels most true to you, not what you think you should value. You already hold wisdom. Let's bring it to the surface.

1

What qualities do I want to model for my child?

2

What do I hope my child will remember about how I showed up as a parent?

3

What matters most to me in this season of parenting?

"The first step in parenting with clarity is knowing what you stand for—what lights you up, anchors you, and leads you forward."

Values Brainstorm Word List

What Matters Most to You?

Circle or highlight any words that feel important to your parenting.
Don't overthink—just notice which ones speak to you.



Connection Values

- Love
- Belonging
- Presence
- Respect
- Listening
- Safety
- Kindness
- Trust
- Empathy
- Acceptance

Growth Values

- Curiosity
- Resilience
- Courage
- Learning
- Creativity
- Honesty
- Responsibility
- Flexibility
- Open-mindedness
- Problem-solving

Family & Life Values

- Joy
- Humor
- Play
- Faith
- Peace
- Structure
- Balance
- Generosity
- Simplicity
- Adventure



Add Your Own Values

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Now choose your Top 3 to 5 Parenting Values—the ones
that feel most essential to how you want to raise your
children and how you want to feel as a parent.

Values in Action

Naming your values is powerful—but living them is where the magic happens. This section will help you imagine what each of your core values looks like in everyday parenting. Think small, real-life moments.



"Values come alive in the choices you make, the boundaries you hold, and the love you offer—especially in the messy moments."

- Choose one of your core values. How does this show up in your parenting when things are going well?
- How might you embody this value during a hard moment with your child?
- What does this value look like in how you care for yourself?

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Reflection

How does it feel in your body, thoughts, or emotions when you are parenting in alignment with your values?

What does disconnection from your values feel like? Are there any patterns or triggers you notice?

What helps you reconnect with what matters when you feel overwhelmed, reactive, or disconnected?

Are there practices (like pausing, journaling, breathing, walking, or reaching out to someone) that support you in coming back to yourself?

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Rooted in Intention — Daily Mantras

"Sometimes the most powerful shift is simply pausing to remember who you are and how you want to show up."

Sometimes we need a simple reminder to come back to ourselves. These mantras are here to ground you on the hard days and amplify your voice on the good ones. Choose one each day or write your own.

- I lead with love, even when it's hard.
- I return to my values when I feel overwhelmed.
- I parent with purpose, not pressure.
- I am learning, growing, and showing up.
- I choose peace over perfection.
- I offer grace to myself and my child.
- I'm allowed to begin again.
- My presence is enough.
- I am the parent my child needs.
- I parent from within.



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