

■ The Elara Institute

Values in Action Mapping

Why This Matters

It's one thing to know our parenting values, but another to see how they show up in real life. Stress, habits, and inherited patterns can sometimes push us away from what we truly want to embody as parents. This worksheet helps you notice where your actions align with your values — and where there's room for growth.

Step 1: Identify a Core Value

Choose one value from your Parenting Values Inventory (e.g., kindness, respect, discipline, honesty). Write it here:

My chosen value: _____

Step 2: Map It Across Contexts

Daily Routines

How do you practice this value in morning routines, mealtimes, or bedtime?

Example: If your value is respect, do you listen to your child's preferences during breakfast?

—■ Notes: _____

Discipline Practices

When conflict arises, how does this value guide your response?

Example: If your value is patience, do you pause before responding when your child resists limits?

—■ Notes: _____

Responses to Stress

When you feel overwhelmed, how do you uphold or drift from this value?

Example: If your value is kindness, does stress make it harder to speak gently?

—■ Notes: _____

Step 3: Reflection Questions

- Where do I feel proud of living this value?
- Where do I notice gaps between what I believe and what I do?
- What small shift could bring me closer to alignment?

—■ Reflection: _____

Step 4: Quick Practice

Next time you feel stressed, pause and ask yourself:

'How can I bring my chosen value into this moment?'

■ **Reminder:** This is not about perfection. It's about noticing patterns, making intentional choices, and creating space for growth. Every step toward alignment is a step toward the parent you want to be.