

■ Parenting Values Inventory

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Parenting is shaped by the values we hold. Some of these values come from our families of origin, some from our culture or community, and some we've chosen intentionally. This exercise helps you identify what matters most to you, and how these values show up in your parenting.

Relationships & Connection

- Love
- Affection
- Connection
- Belonging
- Trust
- Loyalty
- Respect
- Communication
- Empathy
- Attunement

Character & Virtues

- Honesty
- Integrity
- Responsibility
- Accountability
- Discipline
- Manners
- Obedience
- Gratitude
- Humility
- Kindness

Autonomy & Growth

- Independence

- Self-reliance
- Confidence
- Courage
- Self-expression
- Creativity
- Curiosity
- Learning
- Perseverance
- Resilience

Family & Community

- Tradition
- Faith/Spirituality
- Service
- Community engagement
- Justice
- Equity
- Cooperation
- Teamwork
- Generosity
- Contribution

Emotional & Physical Safety

- Safety (emotional + physical)
- Stability
- Security
- Patience
- Forgiveness
- Boundaries
- Emotional regulation
- Support

- Comfort
- Protection

Joy & Playfulness

- Joy
- Play
- Humor
- Adventure
- Exploration
- Flexibility
- Spontaneity
- Celebration

Step 2: Narrow Down

- Circle your top 10 values.
- From those, highlight your core 3–5 values that feel most essential to your parenting.

Step 3: Reflect

- Where did these values come from? (e.g., my parents, my culture, my faith, my lived experiences, my own reflection)
- How do these values show up in my parenting? (Think about how they shape your choices, responses, rules, or family traditions.)
- Do any of my values feel in conflict with each other? (e.g., discipline vs. creativity, obedience vs. autonomy)
- Which values am I carrying that don't feel like mine? (Ones you may have inherited but want to rethink or release.)
- Which values do I want to strengthen more in my parenting now?

Step 4: Integration

Write one short intention for how you want your values to guide your parenting this week:

"This week, I will parent with more focus on _____ by _____."

■ This worksheet isn't about choosing the "right" values — it's about clarity. Knowing what matters most helps you make intentional choices instead of reacting from old patterns.