Family Values, Vision & Direction Conversation Guide

TogetherWell Family Wellness Practical Resource | Version 1.1

Resource type: Guided family reflection and conversation tool
Primary use: Couples, parents/caregivers, families, engaged couples preparing for shared family life
Companion resources: Good Marriages Need More Than Love; Faith Can Strengthen Family Life; Family Pattern Map
Family Wellness connection: Shared Identity, Meaning & Direction
Positioning: Educational and developmental; non-diagnostic and non-psychometric

Families live more intentionally when they know what matters to them, what kind of family they hope to become and how they want to live now.

This guide helps a family move from assumed values to shared understanding, from shared understanding to vision, and from vision to practical direction.

For this resource:

REFLECT → DISCUSS → DEFINE VALUES → ENVISION → ALIGN → ACT → REVIEW

This is a resource-level conversation prompt, not a new TogetherWell Family Wellness model.

PAGE 1 — REFLECT

What matters to us?

Where possible, adults and older family members should reflect individually before discussing their answers together.

Children and adolescents may also participate in developmentally appropriate ways, especially by sharing what helps them feel safe, connected, respected and included. They should not be made responsible for carrying adult family decisions or responsibilities.

1. What matters most to me?

The words below include values, priorities and ways of living. Choose the ones that best help you name what matters.

☐ Love
☐ Faith
☐ Respect
☐ Dignity
☐ Honesty
☐ Responsibility
☐ Safety
☐ Belonging
☐ Compassion
☐ Integrity
☐ Generosity
☐ Hard work
☐ Learning
☐ Growth
☐ Service
☐ Forgiveness
☐ Loyalty
☐ Hospitality
☐ Financial responsibility
☐ Excellence

☐ Humility
☐ Family connection
☐ Independence
☐ Interdependence
☐ Justice/Fairness
☐ Gratitude
☐ Healthy boundaries
☐ Rest and wellbeing
☐ Other: _____
☐ Other: _____

My five most important

---

2. Why do these matter to me?

Ask:

Where did I learn that this matters?

It may come from faith, culture, parents, personal experience, something you appreciated growing up or something you wish had been different.

One value I strongly want to carry forward:

One value or experience I wish had been more present in my family growing up:

One family practice I would like to do differently:

“This is how my family did it” is important information. It is not automatically the final answer for the family we are building now.

---

3. What did my family of origin teach me?

Love was usually expressed by:

Respect meant:

Conflict was handled by:

Money was viewed as:

Children were expected to:

Extended family was expected to:

Faith or spirituality was expressed through:

PAGE 2 — DISCUSS & DEFINE

What do our values actually mean?

Two people can use the same word and mean very different things.

Do not rush disagreement into consensus.

Ask:

“What does this value mean to you, and why does it matter?”

If one person's views automatically override everyone else's because of fear, status or authority, the family may need to examine the decision-making process before assuming the conversation is genuinely shared.

4. Compare your values

Values we share:

Values one person emphasises more strongly:

A difference we want to understand better:

Differences are useful information.

They do not automatically mean one person's values are superior.

5. Define important values in behaviour

VALUE: _____

In our family, this means:

We would expect to see it when we:

Who should be able to expect this value from whom?

We would know we are drifting from it when:

VALUE: _____

In our family, this means:

We would expect to see it when we:

Who should be able to expect this value from whom?

---

6. Test the meaning

Ask of each important value:
Does everyone understand it similarly enough?
Could this value be used to silence or control somebody?
Does it protect dignity and wellbeing?
Does it apply only downward, or to everyone?
Is it realistic in daily family life?
Does it remain meaningful during disagreement?
For example:
Respect should not mean that only children or younger relatives must speak respectfully.
Loyalty should not require hiding abuse or serious wrongdoing.
Faith should not eliminate accountability or appropriate professional help.
Generosity should not require financial irresponsibility.
Peace should not mean avoiding every difficult conversation.
Family unity should not require forced silence.
No family value should be used to justify violence, coercion, abuse, humiliation or degradation.

---

7. Keep five sources of understanding distinct

When discussing values and family direction, it can help to distinguish:

Research Evidence → Professional Practice → Cultural Context → Biblical/Theological Perspective → Personal/Family Interpretation

These may inform one another.
They are not automatically the same thing.

PAGE 3 — DEFINE VALUES, ENVISION & ALIGN

What kind of family are we trying to become?

8. Choose your shared core values

Choose approximately 4–7.
A value may be a current strength, an aspiration, or both.
These markers are descriptive only. They are not scores.

ENVISION

What kind of family do we hope to become?

Values answer:

What matters to us?

Vision answers:

What kind of family do we hope to become?

Imagine your family several years from now, increasingly living these values well.

Ask:

What would relationships between us feel like?

What would we hope children growing up in this family carry into adulthood?

How would we want to handle disagreement and repair?

What role would faith, meaning or shared purpose have?

What relationship would we want with extended family?

How would we want to use money and resources?

What would we want people to experience in our home?

How would we want our family to contribute to others and future generations?

OUR FAMILY VISION

As a family, we hope to become…

A family vision is a direction of aspiration, not a prediction or guarantee.

It should guide growth without becoming a standard used to shame family members when life develops differently than expected.

Parents may shape the environment and formation they hope to provide, but a family vision should not prescribe children's future careers, personalities, spouses or adult lives.

ALIGN

What will guide us now?

Values = what matters
Vision = what we hope to become
Direction = what should guide our choices now

OUR FAMILY DIRECTION STATEMENT

We will build our family by…

Keep it short enough to remember and broad enough to guide decisions.

Example:

“We will build our family through loving relationships, honest communication, responsible stewardship, wise boundaries, intentional parenting and a living faith.”

These domain prompts are for application only. They are not a Family Wellness assessment.

PAGE 4 — ACT & REVIEW

Turn values and vision into practice

9. Where are we already aligned?

A strength we want to preserve:

How we know it is a strength:

Family strategy should not begin only with what is wrong.

---

10. Where is the clearest gap?

What we say matters:

What is currently happening:

The gap we notice:

Sometimes a gap exists because people are not living the value.

At other times, the value is unclear, unrealistic or competing with another legitimate value.

Ask:

“What pattern or practice needs to change?”

rather than:

“Who is failing?”

---

11. Choose one realistic family practice

VALUE / DIRECTION:

PRACTICE WE WILL TRY:

WHO WILL PARTICIPATE?

WHEN / HOW OFTEN?

START DATE:

The practice should be specific enough to notice, but flexible enough to fit real family life.

12. What needs protection?

One thing we need to protect more intentionally:

The boundary or agreement that may help:

A family value does not give one person unlimited authority to control everyone else.
A family agreement should also be reviewed if its burden falls consistently on one person.

13. When good values compete

Families sometimes face competing goods.
For example:
generosity vs financial sustainability;
extended-family responsibility vs immediate household needs;
honesty vs kindness;
work responsibility vs family presence;
privacy vs appropriate marital transparency.
When this happens, ask:
What are we trying to protect?

Who carries the cost of each option?

Is anyone being made unsafe or chronically disadvantaged?

Which option best fits our wider family vision?

Can we honour both values partly?

14. Review

Review date:

At review, ask:

What worked?

What did not work?

What unexpected effect did the practice have?

What did we learn?

What needs to change?

The goal is not perfection.

It is greater alignment over time.

DIFFERENCE IS DATA

Family members may experience the same household differently.

Differences may reflect age, role, power, experience or access to information.

Difference is data, but different perspectives do not mean that every factual claim is equally accurate.

Use differences to deepen understanding, not merely to decide who is wrong.

FAITH-SENSITIVE USE

Christian families may want their values and vision to reflect biblical conviction.

That can be deeply meaningful.

Keep distinct:

Research Evidence → Professional Practice → Cultural Context → Biblical/Theological Perspective → Personal/Family Interpretation

Where family members differ in belief or level of religious commitment, values conversations should not require someone to pretend agreement in order to belong.

Faith is most helpful when it shapes how people actually treat one another, not merely the language written in a family statement.

FAMILY WELLNESS CONNECTION

Within the TogetherWell Family Wellness Architecture, this tool primarily supports:

Shared Identity, Meaning & Direction

Its effects may also touch communication, conflict and repair, partnership and power, parenting, routines and resources, relational boundaries and resilience.

This guide helps clarify direction.

It does not score or rate family wellness.

RESOURCE NOTE

The TogetherWell Family Values, Vision & Direction Conversation Guide is a structured educational and reflection resource.

It is not a diagnostic, psychometric, clinical, theological-certification or family-scoring tool.

It does not determine whether a family is “good” or “bad,” and there is no universal approved list of values every family must choose.

Agreement alone also does not establish that a chosen value or family practice is ethically sound.

One person's responses represent that person's perspective. Family members may experience the same household differently.

Where significant relationship, developmental, mental-health, medical, legal or safeguarding concerns are present, appropriate specialist support may be needed.

THE CENTRAL IDEA

Values answer:

What matters to us?

Vision answers:

What kind of family do we hope to become?

Direction answers:

What should guide our choices now?

Practice answers:

What will we actually do?

The goal is not to produce an impressive family statement.

It is to build greater alignment between what the family says matters and how the family actually lives.

REFLECT → DISCUSS → DEFINE VALUES → ENVISION → ALIGN → ACT → REVIEW

Families live more intentionally when they know what matters to them, what kind of family they hope to become and how they want to live now.