

Parenting Values Clarification Worksheet

Clarify what you truly value as a parent — and align your daily choices with intention rather than habit or fear.

Name: _____ Date: _____ Clinician: _____

***Purpose:** When we know what we truly value as parents, we can make decisions from intention rather than from fear, exhaustion, or habit. This worksheet helps you clarify your core parenting values and align your daily choices with them.*

WHAT KIND OF PARENT DO I WANT TO BE?

When my children are grown, I want them to say about their childhood:

The qualities I most want to model for my children:

The things I do NOT want to repeat from how I was parented:

The parent I am at my best — what does that look and feel like?

MY CORE PARENTING VALUES

Circle your top 5 parenting values, then rank them 1–5 in the box:

- | | | |
|--------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Connection | <input type="checkbox"/> Safety | <input type="checkbox"/> Autonomy |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Warmth | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Empathy | <input type="checkbox"/> Boundaries |
| <input type="checkbox"/> Play | <input type="checkbox"/> Learning | <input type="checkbox"/> Faith/Spirituality |
| <input type="checkbox"/> Resilience | <input type="checkbox"/> Independence | <input type="checkbox"/> Creativity |

Parenting Values Clarification Worksheet

Clarify what you truly value as a parent — and align your daily choices with intention rather than habit or fear.

■ Service

■ Culture/Heritage

■ Compassion

My top 5 ranked values and what they mean in practice:

1.

2.

3.

4.

5.

REFLECTION & INTEGRATION

Where my current parenting aligns well with my values:

Where there is a gap between my values and my daily parenting reality:

One concrete change that would better align my parenting with my values:
