

## Family Values Worksheet

Instructions: Using the individual Family Values Checklist from Understanding Myself, together decide which box best describes the value you want to place on the following for your marriage.

<b>The family I grew up in:</b>	<b>Very Important</b>	<b>Somewhat Important</b>	<b>Somewhat Unimportant</b>	<b>Very Unimportant</b>
Television				
Sports				
Doing well in school				
Eating together				
Holidays				
Going to church				
Saving money				
Having a nice car				
Showing affection				
Family time together				
Sense of humor				
Prayer				
Having money to spend				
Discipline for kids				
Owning a home				
Family vacations				
Time with friends				
Modesty				
Social status				
Careers – how important				
Talking about money				
Dealing with conflict				