



How to Become a Confident Parent and Family Leader

A workbook to help you and your partner find your purpose as parents, align your values and goals, and adjust your mindset to become confident leaders of your family team





We truly hope that you and your family will love this workbook and find it of extraordinary value for years to come. We value your feedback. Please don't hesitate to contact us for questions, concerns, or just to say hello at info@raisingfamilies.org.

The Raising Families Team



Welcome

Hey there! You've made a fantastic choice to invest in yourself and your family today. Learning to enhance your skills as a parent and family leader is a truly admirable choice and we're honored you've chosen us to support you in that effort.

At Raising Families we develop resources to support your parent education journey in four specific categories:



COMMUNICATION



LIFE SKILLS



TEAMWORK



COMMUNITY

This workbook will focus on Teamwork.

If you don't know where
you're going, any road will
take you there.



Lewis Carrol,
Alice in Wonderland

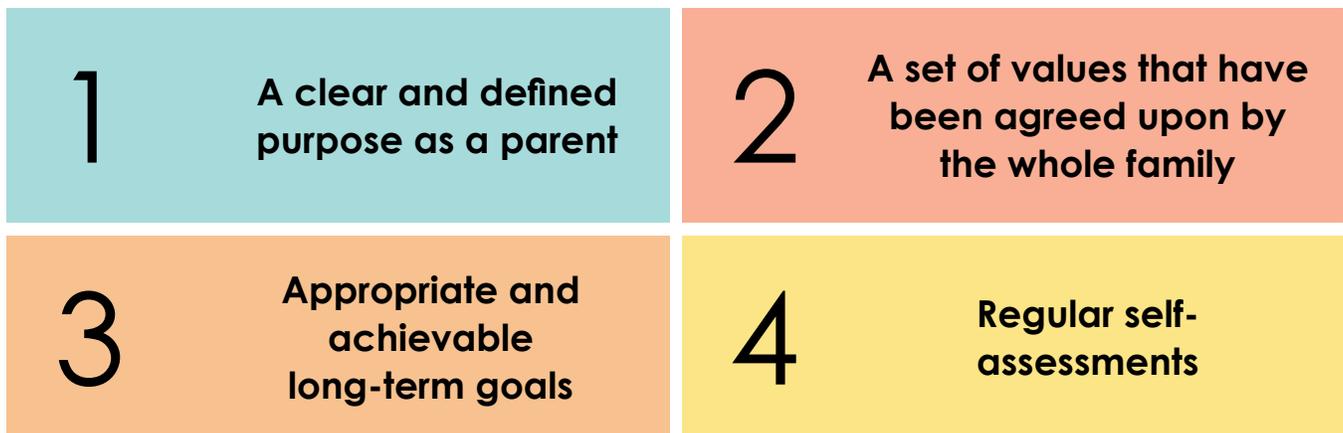


Introduction

Becoming a confident parent and family leader is all about knowing where you are going and knowing which road will take you there.

Although most of us like to have a well thought-out plan for our lives, circumstances around us change. As a result, sometimes our plans need to change. Having a road map is the most important tool you can have to maintain the direction you want and to make the best decisions when changes are thrust on you.

While there are many tools for creating your roadmap to success in the Raising Families tool bag, they all depend on establishing a solid four-part foundation:



When people think about creating or building a foundation, they tend to think it takes a lot of time and hard work. Sure, you'll need to invest some time (a couple of hours at most) and do some serious thinking.

But, trust us, the investment of time and energy will be small in comparison to the value it will provide you in guiding your actions, making decisions, and reducing the stress in your life over the long-term.

Step 1: Define Your Purpose

Put your phone on silent and find a quiet place. Now, think about what is important to you as a parent and family leader. Don't overthink it, though.

Spend no more than 10 minutes deciding and then write down your purpose as a parent and family leader. It doesn't need to be too long or encompass everything. That's what the goals section is for in part three of this guide.

Once you've figured out your purpose, you'll have the most important part of your foundation. It's what you'll think about when you make decisions regarding your children and your family. Writing it down helps make it real.

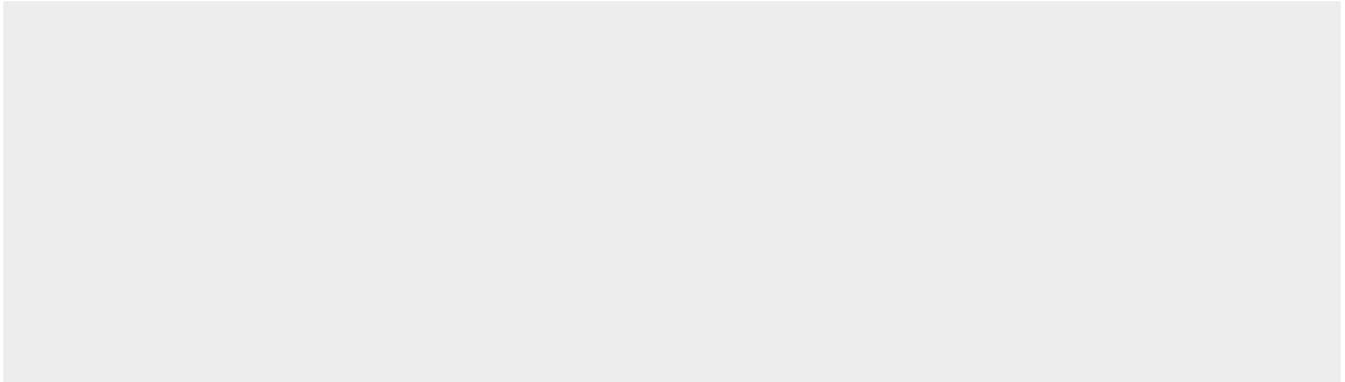
FOR EXAMPLE

To provide a wholesome environment, create opportunities, and spend quality time with my children so that they grow to be engaging, caring, successful adults who value family as much as I do.

Step 1: Define Your Purpose

EXERCISE: (APPROX: 10 MIN)

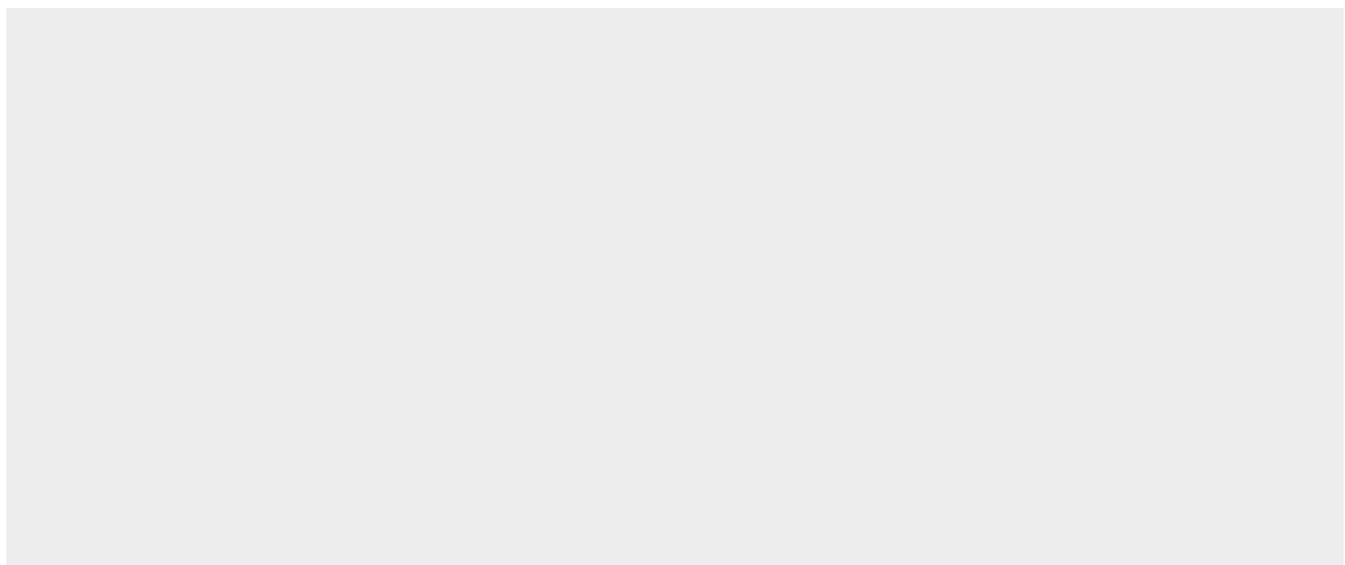
My Purpose as a Parent and Family Leader:



NEXT STEP

Share your purpose with your partner ... what's the same, what's different? This discussion might take more than a few minutes ... that's OK. In the end, you'll be a stronger couple for having the discussion!

After comparing answers with my partner, together we realized:



Step 2: Identify Your Values

One of the responsibilities we have as parents is to think about what we hold as important values. In most cases our values were put in place while growing up. If we grew up in an environment where fairness was modeled and we were held accountable for the things we did (or didn't do), then most likely, fairness and accountability are important values for us.

Knowing your values and discussing them with your partner will help guide you in the many circumstances you face each day.

Step 2: Identify Your Values

EXERCISE: (APPROX: 10 MIN)

The following page contains examples of personal values. **Make two copies**, one for yourself and one for your partner

01 | Pick your top 15 values

Circle up to 15 of the values listed on the following page. Choose those that are the most important to you.

Feel free to write in your own and circle them if they aren't listed. But remember, keep the list to 15. It doesn't mean the others are not important; this is your list of the most important.

02 | Compare with your partner

After you've each finished, share your lists and talk about why you each circled your 15.

During the discussion, talk about why you believe each is important and how you can teach those values to your children! Take as much time as you need for this conversation.

PRO TIP

You can also do this exercise with your kids. Don't underestimate your very young children. Three-to-five-year-olds can contribute meaningfully if we explain what our values are as adults and why they matter.

Asking your young child to tell a story about something that makes them feel good (or bad) might allow you to interpret that they value honesty, friendship, sharing, hugs, and so forth.

Important note: While many of these terms may sound similar, we intentionally do not define them for you. How you interpret each term is an important part of the conversation you have with your partner afterward.

accountability	conflict resolution	fairness	integrity	recognition
achievement	continuous learning	faith	job security	reliability
adaptability	control	family	leadership	respect
ambition	courage	financial stability	listening	rewards
balance (home/work)	courtesy	forgiveness	loyalty	risk-taking
being liked	creativity	friendship	making a difference	safety
being the best	dialogue	future generations	openness	self-discipline
caring	ease with uncertainty	generosity	patience	teamwork
caution	efficiency	health	perseverance	trust
clarity	enthusiasm/positive attitude	honesty	personal fulfillment	vision
coaching/mentoring	entrepreneurship	honor	personal growth	wealth
commitment	environmental awareness	humility	personal image	well-being (physical/emotional/mental/spiritual)
community involvement	ethics	humor/fun	power	wisdom
compassion		independence	professional growth	work ethic
competence		initiative		

Step 3: Set Long-Term Goals

Your goals as a parent and family leader provide the direction for your day-to-day decisions. The goals we're talking about here are not individual personal goals for your career, for example. Rather these are the goals you have for yourself as a parent and for your family overall.

FOR EXAMPLE

When you look back 20 years from now, what do you hope you will have accomplished relative to your children and your family?

- 01 | My children are caring and engaged adults.
- 02 | My children are economically self-sufficient, having the knowledge and set of skills necessary to be personally financially accountable and responsive to whatever happens.
- 03 | My children are able to communicate effectively both orally and in writing so they can develop friendships and relationships, cooperate, negotiate, share, empathize, and listen.
- 04 | My children value participation in the governance process using wisdom learned from personal experiences and making judgments according to their values.
- 05 | My children enjoy learning, unlearning, and relearning on an ongoing basis.
- 06 | My children focus on the future and create the future that they want. They see past experiences as neither a promise nor limitation but rather a springboard to the future.

Step 3: Set Long-Term Goals

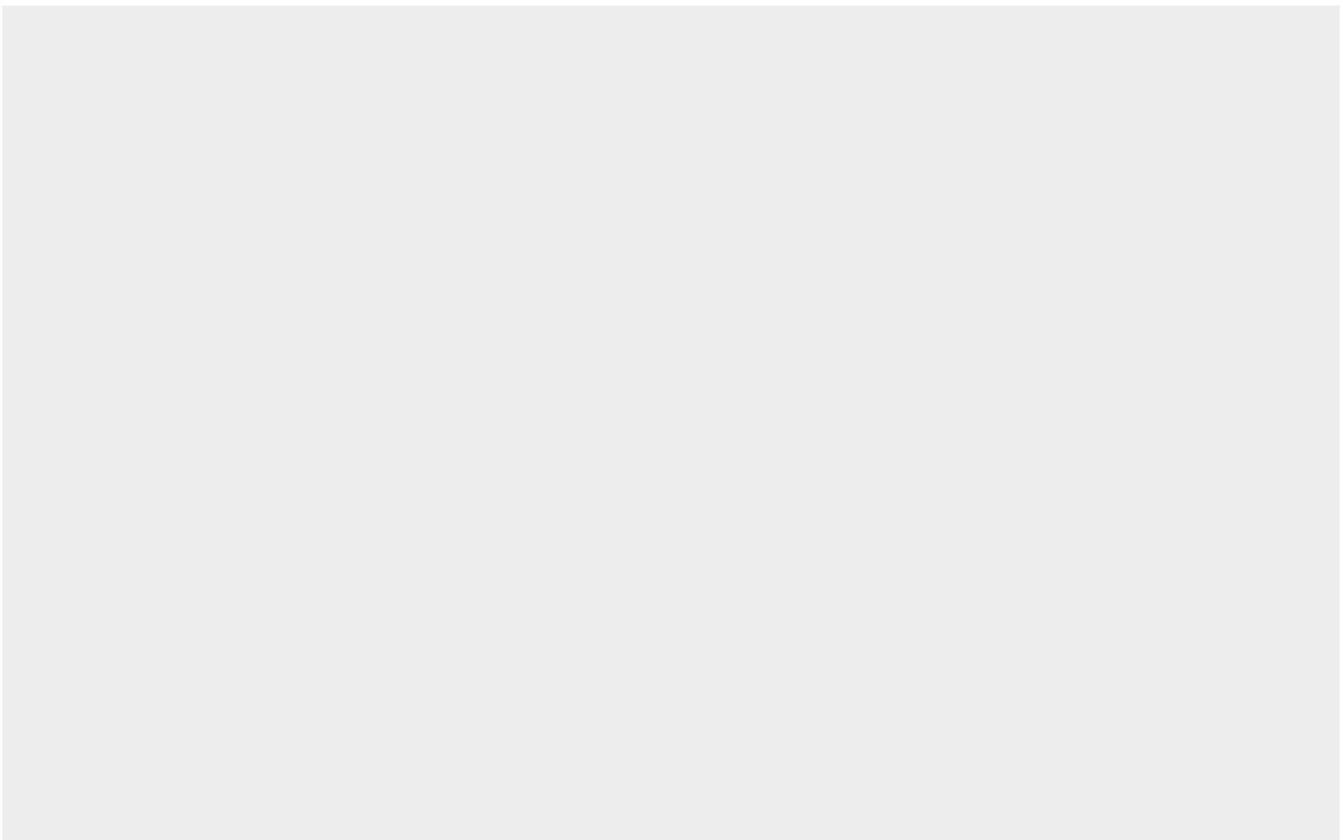
EXERCISE: (APPROX: 20 MIN)

Go back to your quiet place (turn off the TV and silence your phone), then write your **top five** long-term goals you have as a parent and family leader. Ask your partner to do the same. Each goal should include a statement about what you want the future to look like.

PRO TIP

Remember, you'll be the one who helps guide your children and family to these goals. Include thoughts about the values, behaviors, skills, and capabilities you want your children and family to have. Check the examples on the previous page for ideas.

My Top 5 Long-Term Goals for My Family:



Step 3: Set Long-Term Goals

EXERCISE:

You've done the hard part of thinking, writing, and discussing! You now have a foundation for action! It's time to turn your dreams into action and make decisions not on the short-term, but rather the long-term goals you've set.

01 | Make a plan of action for each goal

Using one goal at a time, think about your daily life and what you can do to help ensure your children are learning the values you want them to have and taking steps toward the goal you want to achieve.

FOR EXAMPLE

Let's use one of sample goals we listed for parents and family leaders as an example:

Goal:

My children are economically self-sufficient, having the knowledge and set of skills necessary to be personally financially accountable and responsive to whatever happens.

Our plan of action:

Instead of buying something for our child every time we go out just to make them happy, we will use the opportunity to talk about our priorities around money.

We can acknowledge that yes, having a new toy would be nice, but we're focused on using our money wisely so we can have a place to live, reliable transportation, and food on the table.



Step 3: Set Long-Term Goals

PRO TIP FOR FAMILIES WITH YOUNG CHILDREN

The discussion of finances and values is a common theme for parents. Many are afraid to tell their young children “no” in public for fear of causing a loud public tantrum. We’re here to tell you, it’s really ok.

A two-year-old doesn’t have any interest in a logical discussion about finances so when you say no, even in your most gentle and caring voice, there still may be some crying and pouting involved. It’s still ok.

They’re not the first child to be disappointed at not getting everything they wanted. You’re not the first parent to lovingly say no to a child’s request. You’re still a great parent!

Stick to the goal, and know that by more carefully choosing what you purchase models the behavior and values you want for your children

As they got older, you’ll have discussions about how much things cost, what the family can afford, allowances, and budgets. You can talk about what you did growing up to make money.

Spend time with your children to help them understand the value of money, the value of hard work, the value of living within a budget, and perhaps even the value of learning how to create and run their own business.



Exercise

A Personal Example from Rick Stephens, Raising Families Co-Founder:

The example goal used above about economic self-sufficiency was taken from my own experience as a parent. When my children were teens, we talked about what I did growing up to make money, including the businesses I started in my teenage years.

It was a rule in our home that they had to earn what they wanted. They all had jobs as teens, because they had wants that my wife and I didn't provide. Were there ripples along the way, of course there were. But keeping the goal in focus, the values I had, and my purpose as a parent is what I believe parent leadership is all about.

I'm proud to say that as my children now raise our grandchildren, the value of economic self-sufficiency has come through very well. The oldest of the grandchildren is married and completely independent.

My teenage grandchildren have all talked about what they want to go do when they leave their parents' home. One has already started her own business.



Exercise

My Plan of Action for Long-Term Family Goal Number 1:

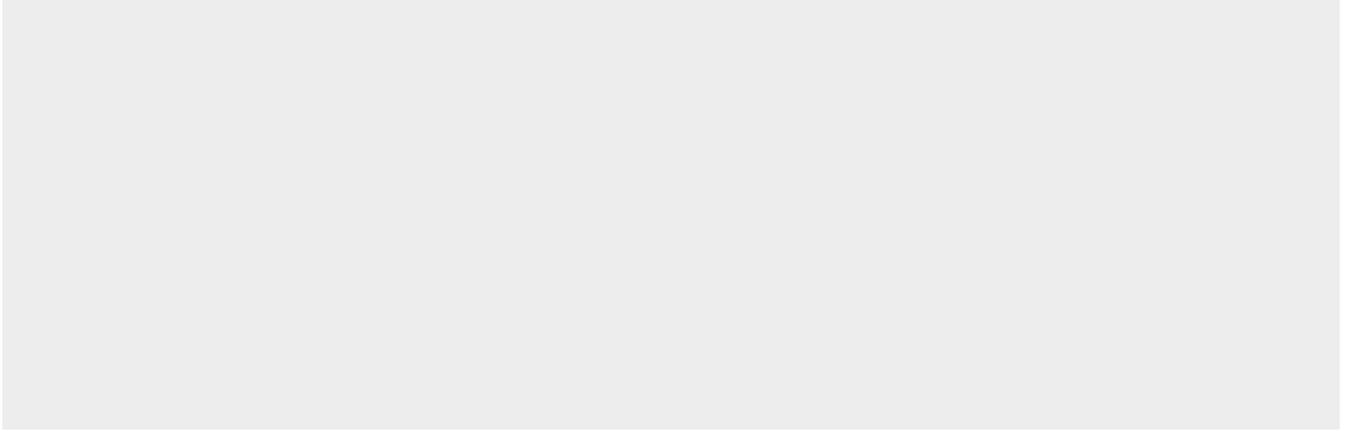
My Plan of Action for Long-Term Family Goal Number 2:

My Plan of Action for Long-Term Family Goal Number 3:

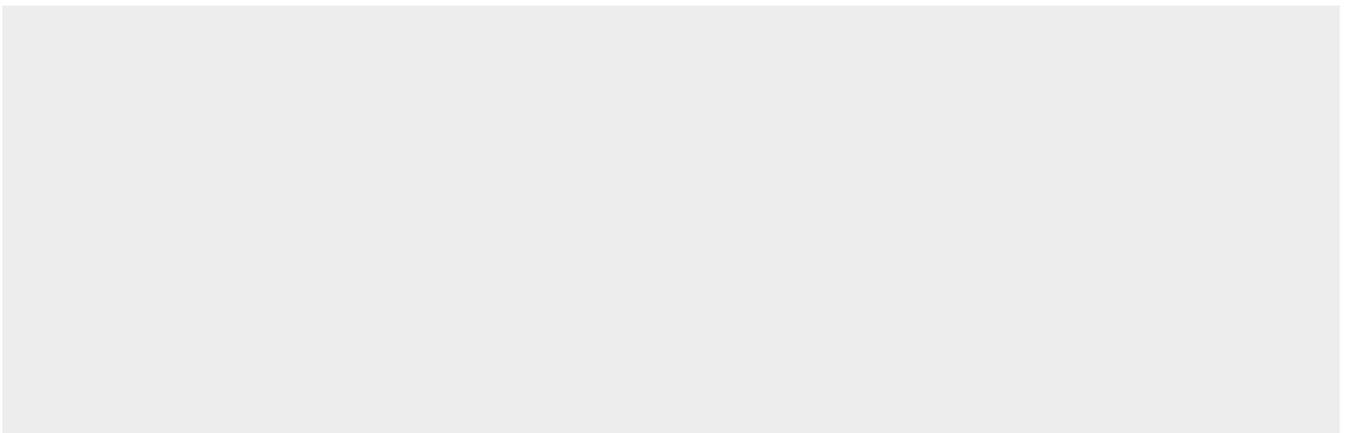


Exercise

My Plan of Action for Long-Term Family Goal Number 4:



My Plan of Action for Long-Term Family Goal Number 5:



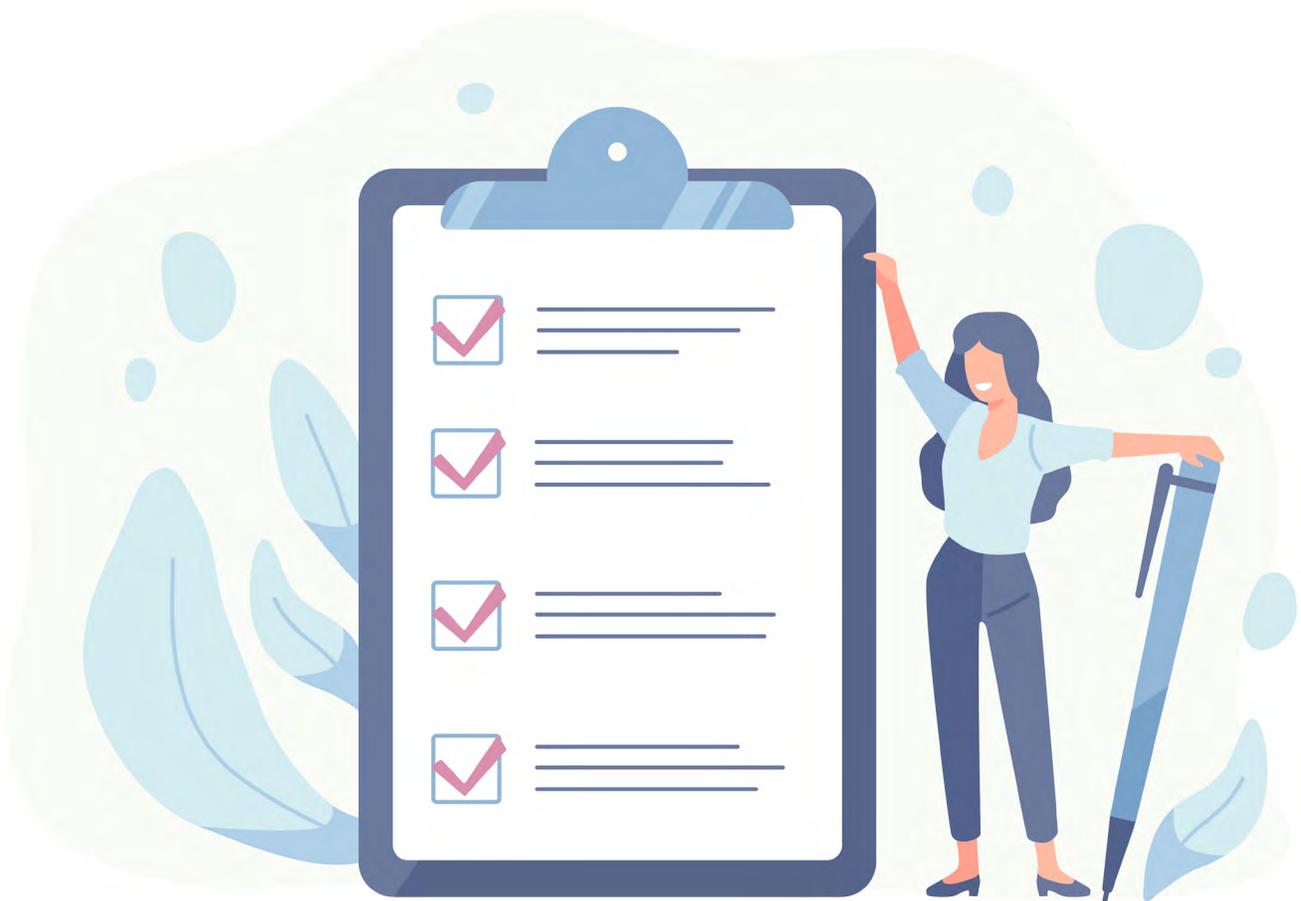
Take Action and Do Self-Assessments

Once you start taking actions based on the goals you believe are important, you'll find that as your children learn, you'll have more time and less stress in your life.

Is it simple ... no! It takes time to think as the family leader. It will be less difficult with every action you take based on your purpose, values, and goals. Will your children always like it ... of course not! They would rather sit back, enjoy life, and not be challenged. Challenge them ... it will serve them throughout their life!

So, what about self-assessment? Once a year, set aside time with your partner to review your purpose, values, and goals. Talk about how it's going and any changes you want to make. Then go forward. It really is that easy.

Additional Resources



Tools to Help You Learn What Leadership is All About

ARTICLES

▶ **10 Ways To Make You Closer To Your Family**

Lifehack.org

[Read More](#)

▶ **Family Leadership: Becoming a Successful and Effective Parent Leader**

themomiverse.com

[Read More](#)

▶ **Mindset Training for Parents: 6 Fascinating Elements**

RaisingFamilies.org

[Read More](#)

Tools to Help You Learn What Leadership is All About

▶ **Why is Systems Thinking So Important for Parents?**

RaisingFamilies.org

Read More

BOOKS

▶ ***Zapp! The Lightning of Empowerment***

by William Byham and Jeff Cox

This is a fun story written primarily to help first-line leaders understand how to improve employee satisfaction and their productivity and quality. It's one of our favorite leadership books because whether at work or at home, we all want to be "Zapped" with energy.

Easy to read in one sitting. Put your parent hat on when you read it and you'll learn how to "Zapp" your kids and your family.

VIEW ON AMAZON

▶ ***The 7 Habits of Highly Effective Families***

by Stephen R. Covey

Stephen R. Covey is one of the most highly respected authorities on leadership. This spin-off from his original work [The 7 Habits of Highly Effective People](#) applies powerful storytelling about the benefit of changing our ingrained habits for the betterment of our entire family.

VIEW ON AMAZON



Tools to Help You Establish Your Values

ARTICLES

▶ **6 Unexpected Ways We Pass On Our Family Values**

RaisingFamilies.org

[Read More](#)

BLOG

▶ **HandsFreeMama.com**

Rachel Macy Stafford is an author, speaker, and wildly successful blogger. Her message of “letting go ... to grasp what really matters” speaks to many of us seeking guidance and support.

[Read More](#)

BOOKS

▶ **Been There, Done That: Family Wisdom for Modern Times**

by Al Roker and Deborah Roberts with Laura Morton

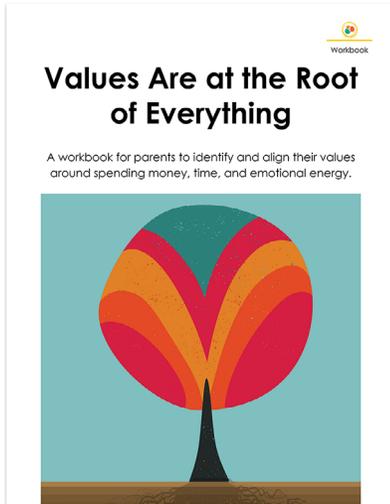
The authors provide great reading for parents focused on gaining agreement as couples and as parents when it comes to family values.

[VIEW ON AMAZON](#)



Tools to Help You Establish Your Values

WORKBOOKS



▶ **Values Are at the Root of Everything**

A workbook for parents to identify and align their values around spending money, time, and emotional energy

[Read More](#)



▶ **20 Common Areas Parents Disagree**

Simple but important questions to answer with your partner so you can understand your past and build a more united future

[Read More](#)



Next Steps

01 | Mark your calendar

Pick a date 6-9 months from now and schedule a time to come back to this workbook. Do it again. See if anything has changed in your behavior or values.

Maybe your children have changed and they're ready to talk about these issues too. Don't lose the momentum of the powerful change you've started today.

02 | Share your genius

If you enjoyed this workbook and know others would too, click here to share your genius find with friends on Facebook. Thank you for your support!

[Share My Genius](#)

03 | Consider a membership

On-going community support and a massive savings in the cost of resources could be yours today! (Inner-Circle Members receive all of our printables for free!)

[Tell Me About Memberships](#)

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