

A PROVEN BLUEPRINT THAT WILL TEACH
YOU AND YOUR CHILD TO THRIVE.

THE PARENTING BLUEPRINT



The Parenting Shift
with Christina Schneider

The Parenting Blueprint is the first step in building a strong foundation which will support your family years down the road. This is the first step that will empower you to build influence and a healthy long-term relationship with your child. It will also support you when negative social influence and peer pressure affect your family.

As a parent you want the best for your child. You want them to thrive and succeed in school and in life. You desire your children to value honesty, integrity, and cooperation. You deeply want the best for them; however, maybe you don't feel like you have the right tools or don't know where to begin. This blueprint will walk you through creating a system that supports the desires you have for your child. We personally believe that defining values with your child is the #1 way to achieving cooperation, connection, and trust. It sets the foundation and structure for everything inside the family.

Let's get started!

We'll start with defining the things that are important to you. I encourage you to do this by yourself before you do it with your family. Below are a list of common values that are widely held. You may hold some values that are not on this list. Feel free to add more if you care deeply about something that is not on the list. This exercise gives you a framework for identifying your personal core and present life values.

1. Review the list below.

2. Circle or mark 10 values that you feel are most important in your life today. You don't have to think about this too much. It is usually fairly accurate to quickly identify the values that resonate with you, move you, and jump out at you. **BE HONEST!** Don't select something (or not) because you feel it is something that you "should" or "shouldn't" value.

3. After you've got your list of everything that you personally value, you'll want to simplify! Pare it down to 10-15 of your top values, and highlight your top 5.

ABUNDANCE
ACCEPTANCE
ACCOUNTABILITY
ACHIEVEMENT
ADVENTURE
ADVOCACY
AMBITION
APPRECIATION
ATTRACTIVENESS
AUTONOMY
BALANCE
BEING THE BEST
BENEVOLENCE
BOLDNESS
BRILLIANCE
CALMNESS
CARING
CHALLENGE
CHARITY
CHEERFULNESS
CLEVERNESS
COMMUNITY
COMMITMENT
COMPASSION
COOPERATION
COLLABORATION
CONSISTENCY
CONTRIBUTION
CREATIVITY
CREDIBILITY
CURIOSITY
DARING
DECISIVENESS
DEDICATION
DEPENDABILITY
DIVERSITY
EMPATHY
ENCOURAGEMENT
ENTHUSIASM
ETHICS
EXCELLENCE
EXPRESSIVENESS
FAIRNESS

FAMILY
FRIENDSHIPS
FLEXIBILITY
FREEDOM
FUN
GENEROSITY
GRACE
GROWTH
FLEXIBILITY
HAPPINESS
HEALTH
HONESTY
HUMILITY
HUMOR
INCLUSIVENESS
INDEPENDENCE
INDIVIDUALITY
INNOVATION
INSPIRATION
INTELLIGENCE
INTUITION
JOY KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LOVE
LOYALTY
MAKING A
DIFFERENCE
MINDFULNESS
MOTIVATION
OPTIMISM
OPEN-
MINDEDNESS
ORIGINALITY
PASSION
PERFORMANCE
PERSONAL
DEVELOPMENT
PROACTIVE
PROFESSIONALISM
QUALITY
RECOGNITION

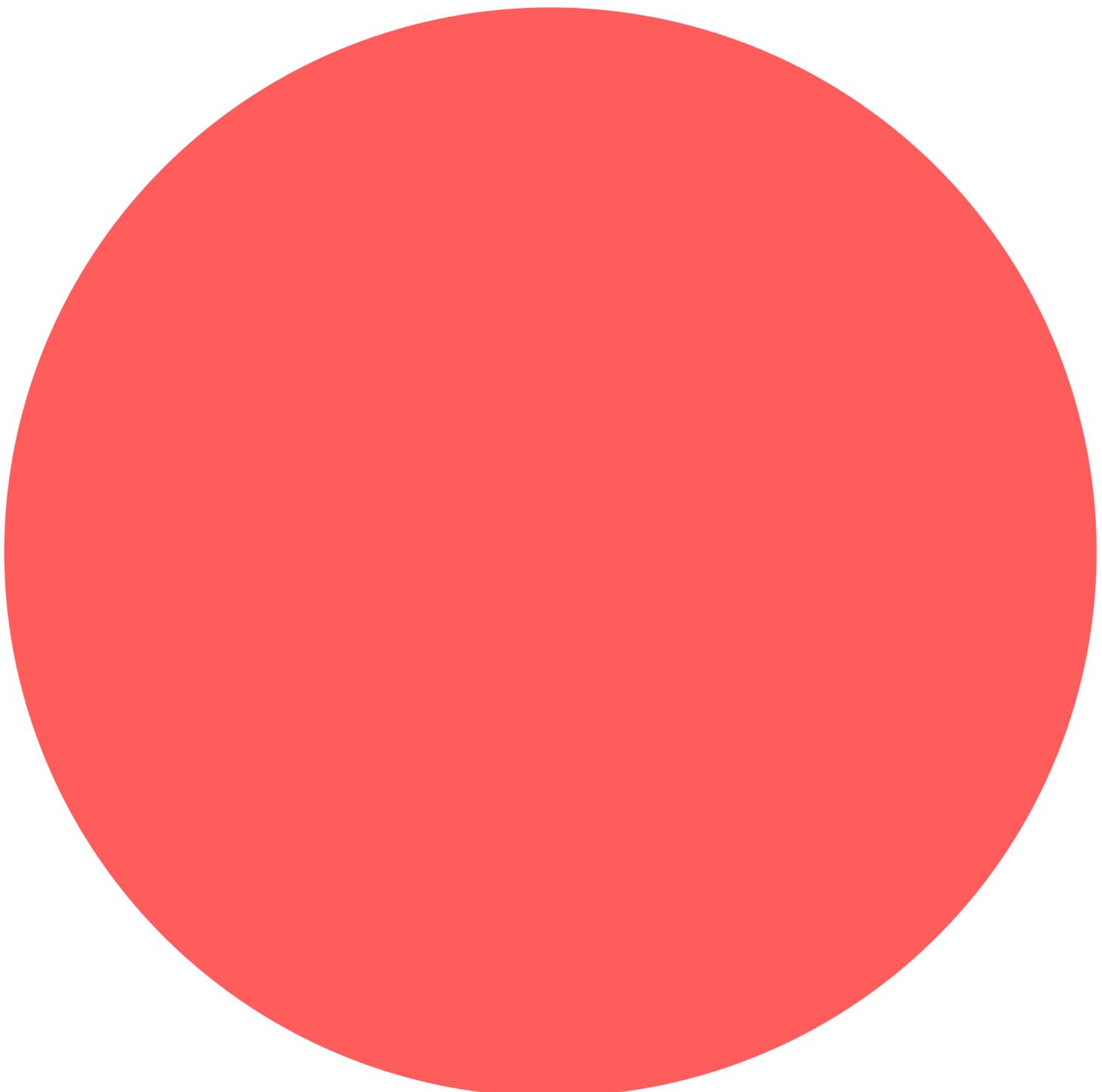
RISK TAKING
SAFETY
SECURITY
SERVICE
SPIRITUALITY
STABILITY
PEACE
PERFECTION
PLAYFULNESS
POPULARITY
POWER
PREPAREDNESS
PROACTIVITY
PROFESSIONALISM
PUNCTUALITY
RELATIONSHIPS
RELIABILITY
RESILIENCE
RESOURCEFULNESS
RESPONSIBILITY
RESPONSIVENESS
SECURITY
SELF-CONTROL
SELFLESSNESS
SIMPLICITY
STABILITY
SUCCESS
TEAMWORK
THANKFULNESS
THOUGHTFULNESS
TRADITIONALISM
TRUSTWORTHINESS
UNDERSTANDING
UNIQUENESS
USEFULNESS
VERSATILITY
VISION
WARMTH
WEALTH
WELL-BEING
WISDOM
ZEAL

1. _____
2. _____
3. _____
4. _____
5. _____

Now, that you have finished. I recommend creating a visual representation of your values. We wrote each of our values down on paper and laminated them. This allowed for us to write examples of how we support the value on the back with supportive examples. You can change them as your family grows and limits change. For example, health is one of our family values. On the back of each card, we wrote things that support health. A bath each evening, brushing teeth 2x a day, eating fruit each day, etc. If you have question, please feel free to reach out! christina@theparentingshift.com

INSTRUCTIONS

1. PRINT THE 5 CIRCLES IN THIS WORKBOOK
2. WRITE EACH FAMILY VALUE ON THE CIRCLE
3. LAMINATE EACH OF THE CIRCLES
4. USE A DRY ERASER TO WRITE HOW YOU SUPPORT YOUR FAMILY VALUES ON THE BACK OF EACH CIRCLE. (SEE EXAMPLES BELOW)
5. DISPLAY YOUR FAMILY VALUES WHERE EVERYONE CAN SEE THEM



Examples

Value: Health

Limit: (write on the back of circle)

- Shower each evening
- Brush teeth 2x's a day
- 1 Fruit and 1 Veggie daily

Value: Safety

Limit: (write on the back of circle)

- Wear seat belts in the car
- No hitting the baby
- Follow curfew rules - If you're late call

Value: Fun

Limit/Support: (write on the back of circle)

- Family Friday game night
- Monthly on-one-on time with each parent
- Playtime

