Tool No. 6: Create Your Family's Code

Every family has a culture — the question is whether you're creating it on purpose or letting chaos do it for you.

This worksheet helps you define your Family Code — the values, behaviors, and relational rules that anchor your household. It's not about being strict. It's about being intentional.

Don't overthink it. Don't aim for perfect. Aim for honest.

Step 1: Choose 3–5 Core Values

Circle or write the ones that feel most true to what you want to build.
Kindness – Accountability – Curiosity – Growth – Respect – Humor – Truth – Courage – Steadiness – Generosity – Grit – Love – Equity – Self-control – Community – Compassion – Responsibility

My Family's Core Values:

1.
2.
3.
4.
5.

Step 2: Define Them in Your Own Words
Fill in each sentence as a family or on your own.
In our family, [value] means we…

→

We show [value] by…

→

(Repeat for each value you chose)

Step 3: Set Your "We Don't Do That Here" List

Every culture has boundaries. What won't fly in your house — even if the world allows it?
In our family, we don't...

- Hit to solve problems
- Lie to avoid hard conversations
- Disrespect others to feel powerful
- Blame without reflection
- Make fun of others' feelings
- Other:
- Other:
- Other:

Step 4: Use Your Code in Real Life

Here's how to bring it up without sounding like a cult leader.

- "Hey, in our family, we value [value] — so I'm going to stop us here."
- "That's not part of our family code. Let's try again."
- "What's the value that fits here?"
- "Remember our code. What does that value look like in this moment?"

Tip: Print or write your Family Code and post it somewhere visible — fridge, hallway, or inside a cabinet door. Let it evolve as you do.

— Melissa | Parenting Dirty