



BELLANAIJA
weddings

| M♥THER
HONESTLY

PARTNERS IN PARENTING WORKBOOK

Blessing Adesiyan
Founder & CEO, Mother
Honestly

REFLECTIONS

We bring our past experiences into our current environments. And as we move forward with our desire to create a family culture that is unique to our strengths and values, we will glance back to look at where we came from and determine how we use those experiences to affect where we want our own families to go.

REFLECTION QUESTIONS FOR COUPLES:

What do I/we love about my family of origin that I want to bring into my new family?

What did I/we never do or wish I did more of with my family of origin and want to do now with my family?

What I/we did with my family of origin and DID NOT enjoy and do not want to do with my family?

What do I/we want our family to look, feel, and operate like?

Where in our family life are we sensing that things need to change?

Where are you/we sensing that things are out of alignment?

IDENTIFY YOUR STRENGTH

Our strengths are a key ingredient, as are those of our spouse and children. Together we create the perfect **team**. When we focus on our weaknesses we get paralyzed, stuck.

Circle some of your top strength and have your partner circle theirs as well. When combined with our spouse's strengths these can set the tone as we set out to live and parent with purpose, authenticity and alignment. **It's not a competition; we are all different and have different wonderful strengths.** Reflect on your strengths and how it complements your spouse.

Adventurous	Analytical	Artistic	Athletic	Brave
Calm	Capable	Caring	Cheerful	Communication
Considerate	Courageous	Creative	Dedicated	Detailed-oriented
Determined	Direct	Disciplined	Easygoing	Efficient
Encouraging	Energetic	Fair	Flexible	Focused
Forgiving	Friendly	Frugal	Funny	Gentle
Gracious	Generous	Hardworking	Helpful	Honest
Hospitable	Independent	Inspiring	Intelligent	Kind
Listener	Logical	Loving	Loyal	Manager
Mature	Mathematical	Multi-Tasker	Open	Optimistic
Organized	Patient	Persuasive	Planner	Positive
Practical	Problem Solver	Reflective	Reliable	Resilient
Resourceful	Responsible	Risk-Taker	Sensitive	Self-Assured

IDENTIFYING YOUR FAMILY VALUES

Let's define what is most important in your family. What do we want our family to be about? What values do we want our kids to leave home with in 18 years? This will help to create a map of how we want to navigate our family through life. For example, do you value fun? Perhaps you'll want to prioritize family fun dates or activities. Do you value hard work? You may incorporate family chores early on. Respect for the environment? You will probably make ecology and environmental education an important part of your family. Is faith a priority? If so, regular church attendance may be at the top of your list.

Accomplishments	Adventure	Ambition	Authenticity	Beauty
Belonging	Career	Caring	Community	Confidence
Creativity	Curiosity	Dignity	Diversity	Education
Empathy	Environment	Equality	Excellence	Financial
Family	Forgiveness	Friendship/Fun	Grace	Gratitude
Growth	Honesty	Humility	Inclusion	Influence
Justice	Knowledge	Leadership	Making A Difference	Obedience
Organization	Openness	Power	Recognition	Rest
Risk-Taking	Safety	Self-Discipline	Service	Spirituality
Sportsmanship	Stewardship	Structure	Success	Teamwork
Tradition	Travel	Uniqueness	Vision	Wealth
<u>Add:</u>	<u>Add:</u>	<u>Add:</u>	<u>Add:</u>	<u>Add:</u>

OUR FAMILY: DESIGNED BY US

In this final section I want to provide some practical tools to use as you seek to live out your aligned home culture and family dynamics. These exercises will be helpful for creating an action plan and implementing meaningful practices to keep your family living out what you value most. Whether it's just you and your spouse (if your children are young) or the whole family, set aside a time when you have a few hours to work on creating your family purpose statement.

How can I/we create an environment of _____ in our home?

Are there places/area where we can rebuild _____ in our home?

Do we have clear boundaries in place to protect our family values?

Are there things I need to let go of that are not aligned with our family's core values?

What are our responsibilities as parents to our home?

What are our responsibilities as parents to our children?

Create a family purpose statement: In this family we will.....