

Start With Why Worksheet

1. What is the WHY that drives you as a mother? Think of this as your number one goal of parenting, the thing you're working toward no matter what else changes in your life.

2. Using this WHY, create a family mission statement for your family. It's best to do this with your husband and your children if they are older. Here is a great document that can walk you through the process:

<http://www.saintjohnsunbury.org/sites/default/files/The%20Mission%20of%20the%20Catholic%20Family.pdf>

3. Now I want you to write out the top five things your family spends time on outside of your job (i.e. kid's sports, church volunteering, watching television, exercising, cooking dinner etc.) For each of these items, relate them back to your family mission. Is this activity helping you accomplish your family goals?

1.

2.

3.

4.

5.

4. Schedule a time to sit down with your kids and explain how your House Rules are related to what Jesus asks of us. Almost all the things we expect of our children are related to the Christian values of kindness, stewardship, sacrifice and love. If your children are very young, create a few simple catch phrases that they can pick up (i.e. patience means waiting with a smile, obey right away etc.)
