

Value Mapping



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Thanks so much for attending the webinar!

One of first things you can do to conquer mom-guilt is to get clear on your personal mothering values.

Instead of measuring yourself against the values you are told that you should strive for, take some time to consider what is important to you. This exercise will help you with that.

1. Start by recalling one of your favorite memories as a mom. If it helps, do this with a friend, partner or family member.
2. Review the values on the **List of Common Values** page and mark the ones that seemed obvious in your memory or that really resonate with you. The list provided is not exclusive, so add any values that feel significant that aren't on the list.
3. Write all the values you identified on the List of Common Values in column one of the **Values Map**. See example provided for help with this.
4. Now that you have a big list of values in column one on the Values Map, start and narrow down the list. Do this by reviewing column one and begin to rank them in order of importance. Then re-write your top ten most important values in the second column on the Values Map.
5. Next, try and narrow the list even further by ranking the ten values in column two in order of importance. Here are some questions to help you narrow your list:
 - a) Which of these values feel the most vital to you?
 - b) Which of these values feel critical to teach your children?
 - c) Which of these values feel like an integral part of who you are as a mother?
6. Finally, write the top five values in column three on the Values Map.
7. Congrats! You now have a short list of your parenting values.

List of Common Values

Accountability Accuracy Achievement
Adventure Altruism Ambition Assertiveness
Balance Being the best
Belonging Boldness Calmness Carefulness
Challenge Cheerfulness Clear-mindedness
Commitment Community Compassion Competitiveness Consistency
Contentment Contribution Control Cooperation
Correctness Courtesy Creativity Curiosity Decisiveness Dependability
Determination Diligence Discipline Discretion
Diversity Effectiveness Elegance Empathy Enjoyment Enthusiasm
Equality Excellence Excitement Expertise Exploration
Expressiveness Fairness Faith Family Fidelity Fitness Fluency Focus
Freedom Fun Generosity Goodness Grace Growth Happiness
Hard Work Health Helping Society Holiness Honesty Honor
Humility Independence Ingenuity Inner Harmony Inquisitiveness Insightfulness
Intelligence Intellectual Intuition Joy Justice Leadership Legacy
Love Loyalty Making a difference Mastery Obedience
Openness Order Originality Patriotism Perfection Positivity Practicality
Preparedness Professionalism Prudence Quality Reliability Resourcefulness
Restraint Results Rigor Security Self-actualization Self-control
Selflessness Self-reliance Sensitivity Serenity Service Shrewdness
Simplicity Soundness Speed
Spontaneity Stability Status Strategic Strength Structure
Success Support Teamwork Temperance
Thankfulness Thoroughness Thoughtfulness Timeliness
Tolerance Traditionalism Trustworthiness
Truth-seeking Understanding Uniqueness
Unity Usefulness Vision

Values Map - Example

Column 1

Column 2

Column 3



<i>Intelligence</i>
<i>Freedom</i>
<i>Usefulness</i>
<i>Exploration</i>
<i>Control</i>
<i>Thankfulness</i>
<i>Growth</i>
<i>Leadership</i>
<i>Goodness</i>
<i>Joy</i>
<i>Assertiveness</i>
<i>Simplicity</i>
<i>Exploration</i>
<i>Making a difference</i>

<i>Leadership</i>
<i>Making a difference</i>
<i>Intelligence</i>
<i>Exploration</i>
<i>Thankfulness</i>
<i>Freedom</i>
<i>Simplicity</i>
<i>Control</i>
<i>Assertiveness</i>
<i>Goodness</i>

<i>Leadership</i>
<i>Exploration</i>
<i>Thankfulness</i>
<i>Simplicity</i>
<i>Assertiveness</i>