

## Family Meeting #01

# Personal Values Bracketology

### Meeting Preparation

- Print 1 bracket for each family member
- Bring 1 pen or pencil for each family member

### Meeting Setup

- Say something like:  
“Personal values are our perceptions of what is good, important, useful, and more in the world and in our lives. Our values help us choose goals and make decisions. This exercise will help us determine our most important personal values and learn about what each other value. There are no wrong answers.”

### Activity Instructions

- Ask each family member to complete a bracket by starting with Round 1 and progressing round-by-round through the championship.

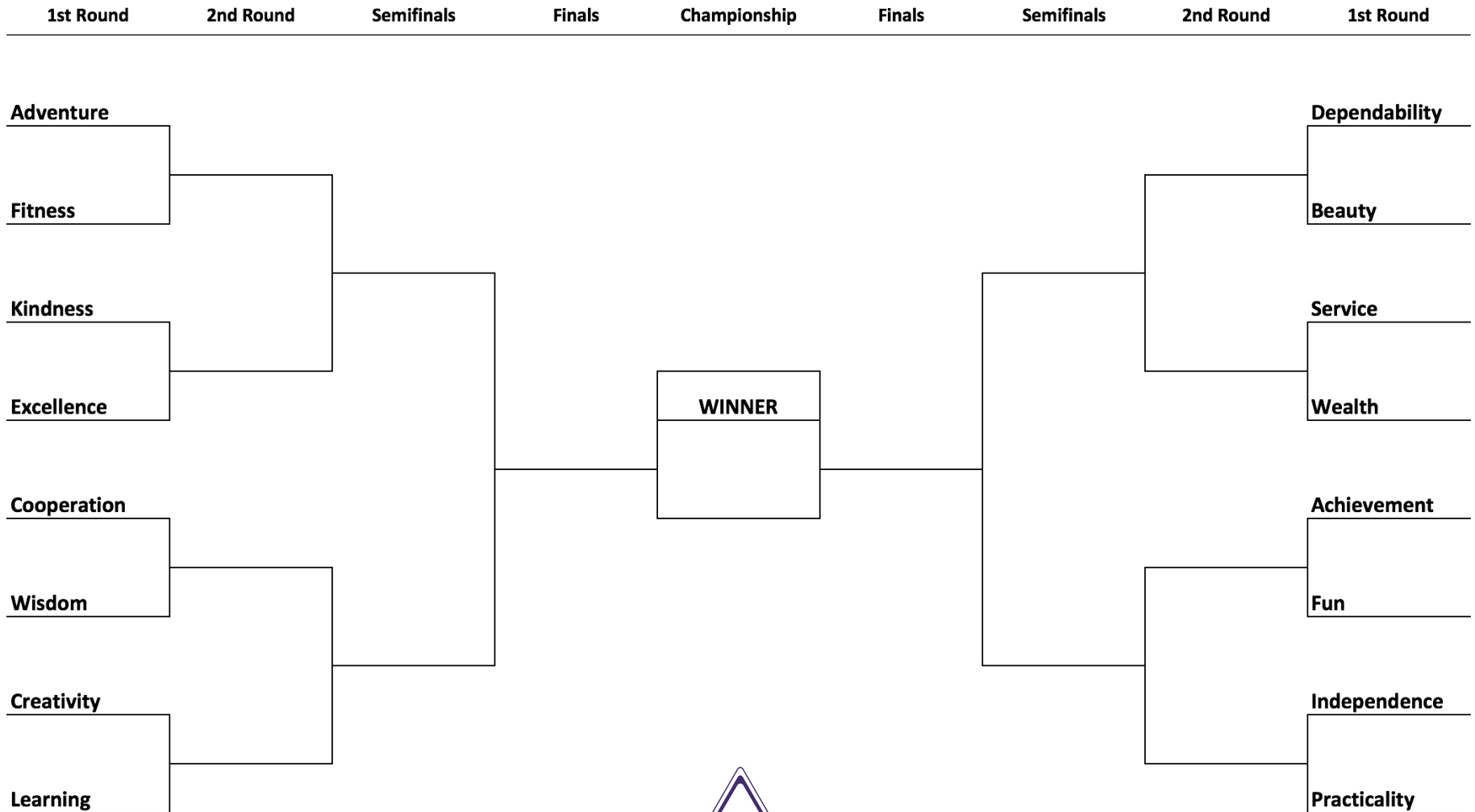
### Meeting Debrief

- “Which was easier, choosing winners in Round 1 or in the Finals? Why?”
- “Give an example of somebody (a historical figure, a famous person, or somebody you know) who has demonstrated your highest value in his or her life.”
- “Share an experience or an example from your own life when you were able to demonstrate your highest value.”
- “In the next 30 days, what could you do to bring more of your highest value into your life?”



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Name: \_\_\_\_\_



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### Definitions

**Achievement**

the act of achieving something  
<the achievement of an ambition>

**Adventure**

an exciting or remarkable experience

**Beauty**

a particularly graceful, ornamental, or excellent quality

**Cooperation**

the actions of someone who is being helpful by doing what is wanted or asked for : common effort

**Creativity**

the quality of being creative

**Dependability**

capable of being trusted or depended on : reliable

**Excellence**

the quality of being excellent

**Fitness**

the quality or state of being fit

**Fun**

what provides amusement or enjoyment

**Independence**

the quality or state of being independent

**Kindness**

the quality or state of being kind  
<treating people with kindness and respect>

**Learning**

knowledge or skill acquired by instruction or study

**Practicality**

of, relating to, or manifested in practice or action : not theoretical or ideal

**Service**

contribution to the welfare of others

**Wealth**

abundance of valuable material possessions or resources

**Wisdom**

accumulated philosophical or scientific learning

