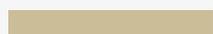
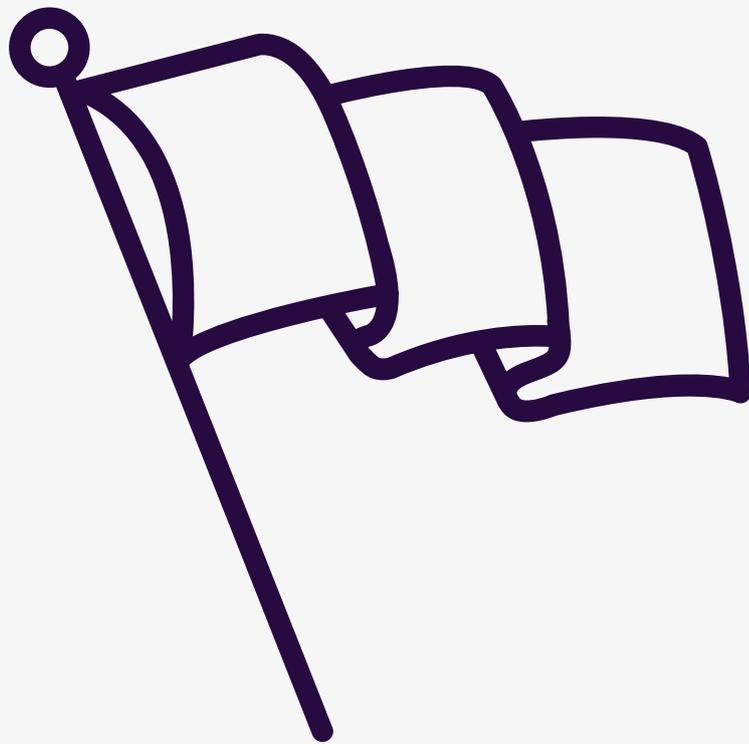




MICHAEL & ASSOCIATES
Professional Corporation
Barristers & Solicitors

FAMILY MISSION STATEMENT



THE _____ FAMILY

A family mission statement is a description of your family's reason for existing.

It describes your family's idea of its guiding principles and values, and sets out your family's purpose, goals and standards.

By creating one, you not only bring your family together, but you create an identity for your family - a vision of where you want to go, how you want to live, and a path on achieving these things together.

Writing a family mission statement is a bonding experience we are sure you'll find positive and encourage you to revisit on a yearly basis together.

A family mission statement doesn't have to mean you have a large family or even that you have children!

Couples can equally benefit from creating a mission statement and doing so usually strengthens the relationship.

We encourage families of all sizes, big or small, to take the time to write one. The positive benefits are worth every minute!

RULES TO GUIDE YOU

Remember that everyone has a say.

Each member of the family, no matter how young or how old, is a vital piece of the puzzle and each should be free to be part of an open dialogue.

Listen to each other.

Listening means hearing what each member has to say, paying attention to the message and being empathetic about what each person is trying to convey.

Write things down.

It's important to keep track of all your ideas. This way you'll have plenty to work with when it comes to boiling down your family's mission to something concise and purposeful.

Take your time!

A mission statement doesn't have to be done in one sitting. Its purpose is so meaningful that you should feel free to extend the session to another day or time if things are getting a little drawn out. Besides, sometimes taking the time to think about things makes for a better mission statement in the long run!

STEPS TO WRITING YOUR FAMILY'S MISSION STATEMENT

Step 1 : The Family Meeting

Everyone should be together and available to talk about the family's goals and values at a family meeting. Put away phones, devices and distractions.

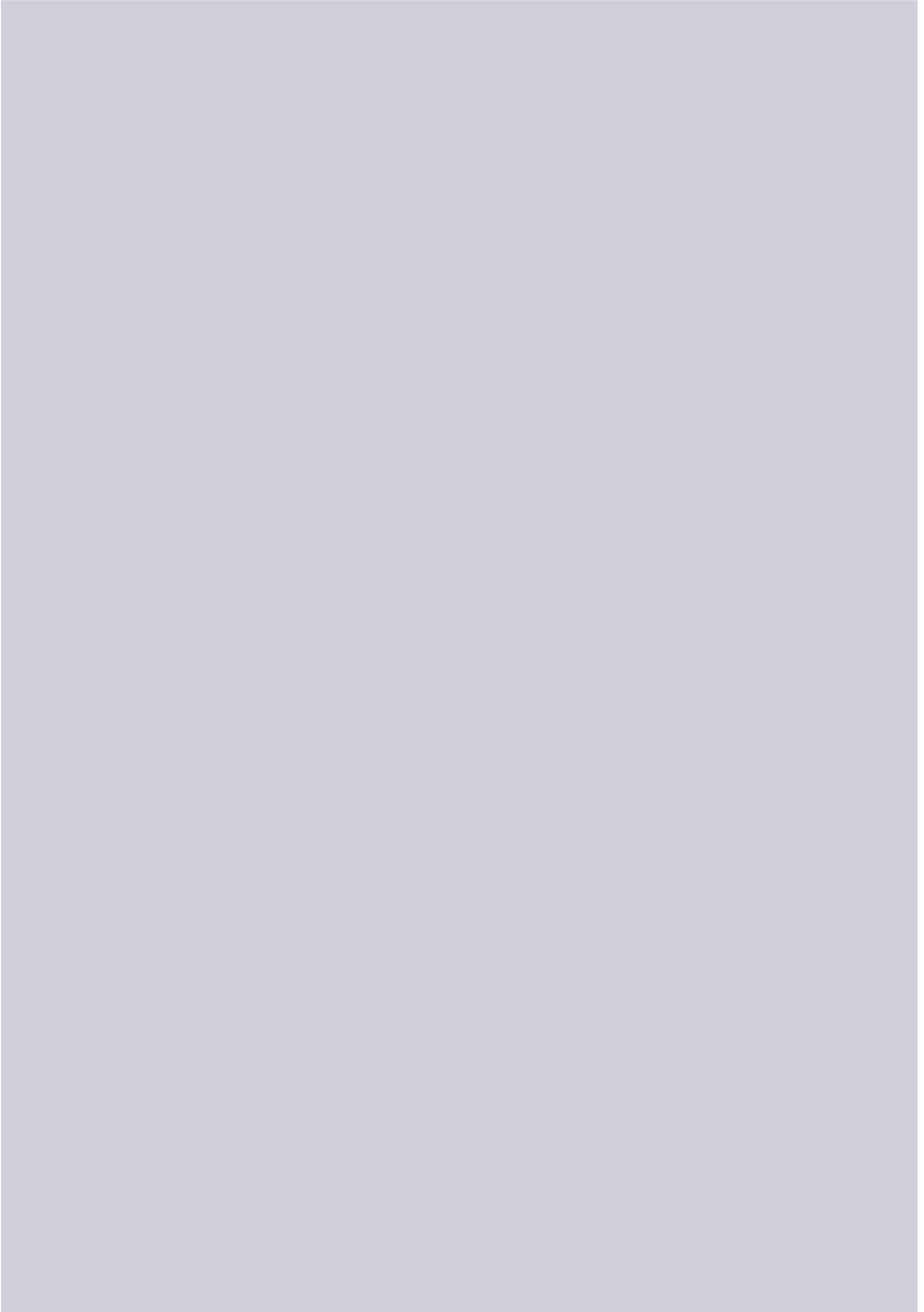
Everyone should be present.

Once present, take the time to talk about what your family is about.

Some useful questions include:

- What kind of marriage partners or parents do we want to be?
- What is the purpose of our marriage? What is the purpose of our family?
- How do we want to treat each other?
- How do we want to resolve differences?
- How can we support each other in our goals?
- How do we want to handle finances?
- What kind of parents do we want to be?
- What kind of people do we want to be?
- What principles will lead us to be responsible and caring people?
- What roles do each of us have?
- How can we best relate to each other?
- What traditions do we want to enjoy as a family together?
- What traditions do we want to create together?
- How do we want to give back?
- What things are we unhappy about that we want to change?
- What is our purpose as a family?
- What kind of things do we want to do as a family together?
- What kind of feelings do we want to have in our home?
- What kind of home do we want to invite our friends to?
- What do we think is embarrassing?
- What makes us want to come home?
- What do we want to be known or remembered for?
- How do we want to treat each other and speak to each other?
- What are the most important things to us?
- What are each of our unique talents and gifts?
- What are each of our responsibilities?
- What are the principles and guidelines we want our family to follow?
- What individuals do we admire and why do we admire them?
- What families do we admire and why do we admire them?
- How can we contribute to our community as a family and how can we be more service-oriented?

NOTES



Step 2 : Make A List of Core Values

A core value is something that is so important to us that we would sacrifice short term satisfaction in order to hold on to it.

Even if that means punishment or denying an immediate pleasure, these values are what we stick to and what define us.

Some examples you may want to consider are:

**Honesty
Integrity
Kindness
Service
Adventure
Creativity
Discipline
Education
Faith
Fun
Imagination
Humor
God
Health**

Step 3: Come Up With A Phrase That Captures Your Family's Essence

This is where you can get creative, but the trick is to be concise. Think of one sentence that would encapsulate what your family is all about. You can make one up, or you can use someone else's quote. The important part is that it reflects the core principle your family lives by.

NOTES

Step 4: Write It Down

Nothing is more important than to finish the exercise by writing down your family's mission.

Write it down and post it in a place where the whole family can see it often. It will serve as a guiding light for each member and a reminder of what makes your family unique.

You might choose to write it in a sentence form, or bullet points. How you do it is up to you!

THE _____ FAMILY

A large, empty rectangular box with rounded corners and a thick black border, intended for drawing or writing.