



TRANSFORMATIONAL PARENTING

Be the change you want to see in your kids™

THE VALUES JAR...



Your child's values are the things that are most important to them, the things they feel inspired from within to do, the stuff that makes their little worlds tick. It is important to know your child's values, because this is where they will both give and receive love, where they will feel heard and respected, what they are most likely to hear and remember.

When we truly understand somebody else, by taking the time to know what is important to them, then we take our communication to a much deeper level.

This is a fun way to implement this into your daily family life and keep up to date with the ever-changing people in your home.

Grab an empty jar and label this your "Values Jar". Then fill it with all sorts of questions that you can pick at random when sitting down to a meal together.

Create your own questions, or print mine below. You can also pop your questions into a ziplock bag and take them out to dinner, on holiday, or to ponder in the car on the way to school.

Find out what your child is thinking about, dreaming about, working towards and excited to pursue. Get to know what makes them feel scared, what they need when they feel sad, and which of your rules they think are unfair. Share your own embarrassing moments, valued traits, and ideas on what could improve in the world.

Use these questions as a starting point for deeper conversations about life, love, friendships and faith. Find out just how deeply your little ones ponder, catch limiting beliefs before they grow, and entice your whole family into questioning the greater questions in life.

Most importantly, have fun getting to know each other!

To gain a deeper understanding of values and how these apply to parenting, please sign up to my parenting blog at www.transformationalparenting.guru



What is your favourite day of the week? Why?



What can you do that makes people laugh?



If you could design your own home, what would it look like?



What have you done today that you'd like to be acknowledged for?



What do you think it would be like to be very rich?



What do you think it would be like to be very poor?



If you could ask anyone in the world one question, who would you ask and what would you ask?



When last did you get into trouble? What did you do?



Who is the first person you think of when you are afraid?



What are you most scared of?



What do you think about when you lie in bed?



What is the best thing to do if someone is shouting at you?



Should children have time limits on computers? Why?



What is your biggest challenge at the moment?



Who is the funniest person you know?



Who is the kindest person you know?



Do you want to have children one day? Why?



What are you grateful for today?



When last did you tell a lie? What did you say?



Would you be different if you had a different name? How?



How old are you? How old do you feel?



What is something real that you can't touch?



What was the longest day of your life?



What was the shortest day of your life?



What would you most like to do in the next year?



What act of kindness did you see / perform today?



What would you like to be famous for?



What is the funniest word you've ever heard?



What is the strangest name someone could call their child?



What is your best quality?



What is the most difficult thing you've ever had to do?



Describe your perfect day...



What do you like most about yourself?



What was great about today?



List three things that make you happy.



List three things that make you sad.



List three things that make you feel scared.



List three things that make you angry.



What magical thing did you see today?



Who do you know who could really use a hug today? Why?



Who is the greatest leader you know? Why?



What is the purpose of life?



Can somebody be both good and bad?



Who decides what is good and bad?



Have you ever done something you thought was good that turned out to be bad? Or something bad that turned out to be good?



What would you do if you were ruler of the world?



If you could be an insect for a day, which one would you be?



What is the best dream you've ever had?



What is the worst nightmare you've ever had?



What unresolved issues do we have that we need to talk about?



What was the most difficult thing you ever had to say?



How could you make your family even better?



What is your favourite song?



What do children know more about than adults?



What is the most difficult thing about being a friend?



If you could switch places with anyone for a day, who would it be?



How have you changed the world today?



Who makes you smile?



Why do you like living here?



What new rule do you think is needed in your home?



Which rule or law do you think should be abandoned?



If you could change one thing in your home, what would it be?



How can you make a difference today?



Which world problem would you like to solve?



Why is it important to keep learning?



How will you know when you are grown up?



How do you cheer yourself up?



What is the worst thing you've ever said to somebody else?



What is your favourite smell?



What is the worst smell in the world?



If aliens landed here today, what would they think of our world?



If you had to give one of your most precious things away, what would it be and who would you give it to?



Would you rather be blind or deaf? Why?



If everyone in the world had to follow only one rule, what would it be?



What one word best describes your family?



What is your favourite time of day? Why?



If you could change one thing that happened today, what would it be?



What does freedom mean to you?



What is the craziest thing you've ever done?



Who would you like to see more of that you don't see enough of now?



If you could travel in time, where would you go?



If you could change one thing in history, what would it be?



If you could change one thing in your own past, what would it be?



What is something that you are good at that you could teach others?



What would you like to be doing in 5 years' time? And in 10 years?



If you could only eat one food for the rest of your life, what would it be?



If you could remove one food from the planet, what would it be?



What is the most difficult decision you will ever have to make?



If you could have one superpower, what would it be?



What is the best thing that has ever happened to you?



What is the worst thing that has ever happened to you? How did you cope and who helped you?



If you had three wishes, what would they be?
(You can't wish for money or more wishes)



If you had a trunk full of money, what would you buy?



What is your favourite thing to do on a lazy day?



If you had two hours free every day what would you do?



If you could put pictures all over your room what would they be of?



If you had to get rid of everything in your room except three things, what would they be?



What do you enjoy doing so much you could do it every day for the rest of your life?



What do you do that gives you energy?



What do you get excited about doing?



What would you like to save for?



Where are you very organised?



What can you focus on for hours at a time?



What do you think about most?



How do you picture your life when you are older?



What do you say to yourself about yourself?



What do you like talking about with your friends?



Who is the most inspiring person you have met?



Who is your favourite character in a movie?
Why?



Who is your worst character in a movie? Why?



Who is your favourite famous person?



What would you most like to be famous for?



If you won a Noble Prize, what would it be for?



What is the best documentary that you have ever seen?



Which job do you think is the most interesting?



What is your favourite book?



If you could have one pet, what would it be?



Who do you know who seems sad?



Which famous person would you most like to meet? Why?



What is something you've always wanted to ask?



What are the most important qualities in a friend?



Who would you most like to be your teacher?



What would you like to have too much of?



What is one thing that everyone has that you think they could do without?



Who is the most important person in the world?



What is your earliest memory?



What was your most embarrassing moment?



What was your favourite holiday?



Which chores do you enjoy? Which do you hate?



If you could paint all the rooms in your house a different colour, which colours would you choose?



If you had wings, where would you fly to?



If you became a cartoon character, who would you like to be?



If the electricity was off for a month, what would be the best things about that? And the worst?



If you became a teacher, what subject would you like to teach?



What is one decision that you regret making? What would you have done instead?



How can you show someone else how much you care about them?



What one nice thing can you do for somebody else today?



What one nice thing can you do for yourself today?



What would you do if you saw someone bullying someone else?



What is the most important job in the world?



Is it possible to help someone you've never met? How?



If you could move anywhere in the world, where would you go?



Do you feel like you are a leader or a follower? Why?



What are three things you want to do before you die?



How would you describe yourself?



If you could stay up all night, what would you do?



What is the most beautiful thing you have ever seen?



What is the bravest thing you've ever done?



What is the funniest thing you've ever said?



What makes a good parent?



Who was your favourite teacher? Why?



What traits of your mom/dad do you hope you have too?



What is the nicest thing anyone has ever done for you?



If you wrote a newspaper headline about your day, what would it be?



What is the best gift you have ever received?



If you were stranded on a desert island, what three things would you take with you?



If you were stranded on a desert island which one person would you take with you?



If you won the lottery, what would you do with the money?



If you had a trunk full of money to give to a charity, which charity would you choose?



What is the most exciting sport in the world?
And the most boring?



If you won a gold medal at the Olympics, what would it be for?



If you could invent something to make life easier, what would it be?



If you could be one age for the rest of your life, what age would that be?



If you wrote a book, what would it be about?



If you could change one thing about yourself, what would it be?



Who is the most important person in your life?



What is the most important thing in your life?



What is the best thing about being your age?



What is the worst thing about being your age?



Who is your best friend? What is it that you like about them?



Who are you not friends with? What stops you from making friends with them?



When was the last time you cried? What did you cry about?



If you could ask God one question, what would it be?



If you were president, what would you change in your country?



How can you help out at home and have fun doing it?



Describe God...



Describe the perfect friend...



Describe the perfect parent...



What prize would you most like to win?



What should a parent do if a child has a tantrum?



How can you tell if somebody loves you?



What is your favourite wild animal?



If you could be any animal, which one would you be?



Which word describes you best?



What is the best meal you've ever eaten?



What is your favourite treat?



What do you think will be the best thing about being a grown up?



What is your favourite sound?



Do you learn more when you pass or fail? Why?



What kind of exercise do you enjoy?



What is your favourite way to spend time with your family?



If you could change your name, what would you change it to?



If someone was really sad, what could you do to cheer them up?



If you could be a fly on the wall, what conversation would you listen in on?



What does it mean to be successful?



If you had to give a speech to the whole world, what would you talk about?



How can you get to know somebody better?



If you could do anything for your birthday, what would you do?



What is the best compliment you have ever received?



Which is your favourite season? Why?



What would you like to try doing that you've never done before?



How do you know when you can trust someone?



Which job do you think is the most boring?



If you were going to study something, which three subjects would you choose?



What is your best talent?



What do you like to read about?



If you didn't have a name, gender, nationality, race or religion, how would you describe yourself?



What is good about keeping secrets? What is bad about it?



What one thing would you like to be remembered for?



Are animals as important as humans? Why?



If you could bring one extinct animal back to life, which one would you choose?



Who would miss you if you disappeared?



What is your favourite word?