



# FAMILY VALUES REFLECTION GUIDE

BY ASHLEIGH -THE ISLAND AUTISM COACH

*Clarify and Establish Your Family's Unique Values & Priorities*



## PURPOSE

This guide helps your family identify what truly matters most  
– the beliefs, behaviors, and priorities that guide your choices,  
relationships, and daily life.

## HOW TO USE

- Set aside 1–2 hours in a relaxed setting.
- Bring snacks, journals, and open hearts.
- You can complete this as a couple, family, or even extended family.



Ashleigh — The Island Autism Coach is an autism specialist teacher, wife, and mom from Bermuda who has spent more than a decade supporting autistic children and their families. Through her work, Ashleigh empowers parents to nurture Connection, Confidence, and Calm at home using practical, compassionate strategies that honor every child's unique strengths.

As the founder of The Island Autism Coach, she's creating a supportive space where families can find hope, guidance, and community on the autism journey.

Ashleigh is also the author of *Beautifully Connected: Nurturing Connection, Confidence, and Calm on the Autism Journey* — a heartfelt guide to bringing peace and joy back into family life.

She believes connection doesn't have to be big or complicated — it just has to be intentional.

*Ashleigh*



# PART ONE

# FAMILY REFLECTION

## *WHO ARE WE?*

*Goal:* Explore your family's identity and what makes you unique.

### *Reflection Questions*

1. What three words best describe our family?
2. What do people often say about us as a family?
3. What are our favorite things to do together?
4. When do we feel happiest or most connected as a family?
5. Which traditions or routines mean the most to us?
6. What do we hope people feel when they spend time with us?
7. What are our biggest strengths as a family?
8. What challenges have helped us grow closer?

### *Activity: Family Portrait Collage*

- On a large sheet of paper (or Canva page), draw or paste images that represent your family.
- Label each image with what it symbolizes (e.g., "laughter," "teamwork," "kindness").



## PART TWO

# Identifying core values

**Goal:** Discover the guiding principles that shape your family's life.

### **Step 1: Choose Your Values**

Read through this list and highlight the values that stand out. Then narrow your list to your top five.

*Examples of Family Values:*

Respect • Kindness • Faith/Spirituality • Adventure • Hard work • Honesty • Empathy • Gratitude • Family time • Creativity • Learning • Responsibility • Generosity • Humor • Perseverance • Health & Wellness • Independence • Community • Love

### **Step 2: Discuss Each Value**

For each chosen value, reflect on these prompts:

- What does this value mean to us?
- How do we show it in our daily lives?
- What happens when we don't live this value?
- How can we keep this value strong in our family?

### **Activity: Value Spotlight Jar**

- Write each of your top values on a slip of paper and place them in a jar.
- Each week, pull one out and make it your “focus value.”
- Think of small ways to practice it (e.g., “Gratitude Week — share something you're thankful for every night at dinner”).

# Part 4: Living Your Values

Goal: Turn reflection into meaningful habits and rituals

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## Reflection Questions

1. What small actions can we start taking to live our values more fully?
2. What habits or traditions could we create that reflect our top values?
3. How will we hold each other accountable in a loving way?
4. How will we celebrate when we live out our values?

## Activity: Create a Family Values Statement

Together, write a short statement that captures your family's spirit and values.

Example:

“We are the Smith family — we lead with love, stay curious, and support each other's dreams. We face challenges with courage and choose kindness every day.”

Display it in a visible place like your living room, kitchen, or family binder.





# Bonus Reflection Prompts

Use these for journaling or deeper conversation:

- What do we want our legacy to be as a family?
- What brings us closer together — and what tends to pull us apart?
- How can we show love to one another more intentionally?
- What do we each need to feel safe and valued at home?

## OPTIONAL FAMILY ACTIVITIES

- Family Gratitude Jar: Write one thing you're grateful for each week and read them together at the end of the year.
- Monthly Family Meeting: Review your top values, share highlights, and set new intentions.
- Kindness Challenge: Choose one act of kindness to do together every week.

## FINAL THOUGHT

Your family's values are the foundation of your connection and purpose.

Revisit this guide regularly to keep your values alive and aligned as your family grows.

“When you know what you stand for, your family stands strong — together.”

*For More Resources & Connection:*

Visit: [www.theislandautismcoach.com](http://www.theislandautismcoach.com)