

FUNDAMENTALS FOR GOOD DADS[®]

GOALS FOR THE SEASON – VALUES



2

MODULE

THE VALUE OF VALUES

DIRECTIONS: The coaches listed six values they associate with a winning season. After watching the Coaching Clip, define each value in your own words. What kinds of things might you add?

- 1. Self-evaluation is required.
- 2. Teamwork is a priority.
- 3. Accept your role; don't settle.
- 4. Set rewarding, realistic goals.
- 5. Daily work, routine and strategies.
- 6. Working well together takes time.


Most (if not all) teams start the season with the goal of winning. But some are much better than others at understanding how to connect their values to actual **strategies** that will make them successful.

The same can be said about successful families. Most people want a happy family. They want strong, safe, secure relationships with the people they love. Some are just much better at connecting this goal with the actual values and activities that help them achieve their dreams.




What are some other values or standards associated with a winning season?


Our values influence everything from our choice of job, the type of food we eat and the person we chose to marry. Because values differ from person to person, it's important to reflect on the things you value and **why** they are important to the way you live your life.



When you hear the words "value" or "standards," what other words come to mind?



What would you say are the values or standards important to the way you live your life?



How are these values and standards important to your daily life?



RECOGNIZING AND RANKING VALUES

DIRECTIONS: Place a checkmark in each row of the table below to indicate if a value is *Very Important*, *Somewhat Important*, or *Least Important* to you. There is room at the bottom to write in 1–2 more values that aren’t already listed.

Then, using a different color of pen or pencil, go back through the list and mark what you think your partner or co-parent might believe is *very*, *somewhat*, or *least important* to him or her.

WHAT I VALUE	Very Important	Somewhat Important	Least Important
Being well-known in the community.			
Personal appearance.			
Having successful children.			
Being happily married/in a committed relationship.			
Being a great dad or mom.			
Having fun.			
Having the respect of others.			
Financial security.			
Having an enjoyable job.			
Spending time with friends.			
Helping others in the community.			
Having a nice car.			
Living by my faith/beliefs.			
Having a good/healthy sexual relationship with my partner.			
Getting along with my extended family.			
Expressing my creativity (music, writing, drawing, etc).			
Having trustworthy friends.			
Being fit and healthy.			
Living according to my cultural traditions.			
Attaining higher education (anything after high school).			
Caring for aging parents.			
Owning a home.			
Traveling.			



If I had to pick my top five values, they would be...



How are my values similar or different from the family in which I grew up?



How do my values influence my day-to-day decisions?



Which values are more difficult to reflect in my day-to-day life?



VALUE AUDIBLES

DIRECTIONS: If you say you hold a belief or value, it is important to know **why** you hold that value. Below each statement, rank your level of agreement or disagreement. Be ready to share why you feel the way you feel **while remaining respectful of others**.

Men and women can care for children equally.

Strongly Disagree ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ **Strongly Agree**

Once you have a child, you become an adult.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Men who father children should be forced to pay child support.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

It works out better if a woman stays home with the children and a man goes to work.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

A man who shows his emotions too often should be considered weak.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

It is a woman's responsibility, not a man's, to use birth control.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

It's a problem when a woman makes more money than her partner.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

A man should take any job available to support his family.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

There are things you should never tell your partner.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Marriage messes up good relationships between men and women.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



REVIEWING YOUR GAME

After the activity on page 5, you may begin to question some of the values you hold or become even firmer in your beliefs and why you do the things you do.

In the time left before dismissal, think about what you value and write on one or more of the questions below. This is also a good opportunity for you to record personal thoughts that you don't want to share with the group.

- Does my behavior in the real world fit in with how I ranked valuable audibles?
- Can I explain any discrepancies between what I wrote and how I behave?
- What happens when I do not behave according to my values?
- What values did I have before I had a child? Have my values changed?
- What values do I want to pass on to my children? Are there any I want to change so they do not inherit them?
- How will I communicate and coach my children in my most important values?

Handwriting practice lines for reviewing the game.



IN THE NEXT MODULE...

- Describe and summarize the impact of childhood role models.
- Evaluate the influence of various parenting role models from childhood on one's current beliefs about what it means to be a good father or mother.
- Assess the impact of one's beliefs on current parenting behavior.
- Reflect on the impact of a father's absence on a child and articulate its effect on the ability to be a good parent.

Good Dads Inc.
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One Dad at a Time"*

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